

Entering the race

Q. How old must I be to enter the St David's Day Run?

A. 10K and 5K entrants must be 14 years or older on the day of the race. Younger runners can take part in the 2K Family Fun Run.

Q. When do entries close?

A. Entries will close at 23:59 on 16th February 2020

Q. I have entered the race, how do I know my entry has been received?

A. If you entered online you will receive a confirmation email shortly afterwards. If this did not happen please contact us.

Q. What will I receive before the race?

A. All runners who have been accepted into the race have the option to collect their race packs either the day before or the day of the race

Q. I have entered but am unable to take part, can I get a refund or give my place to a friend?

A. You are entitled to a refund of your entry fee (with the exception of the processing fee taken by the online registration provider) within the first 7 days of signing up (the cooling off period). After this time, we are unable to give refunds. Alternatively, you can transfer your place to a friend or defer your entry for a fee of £5 up until 16th February 2020. The cooling off period does not apply in the final two weeks before entries close in February, as race packs will be put into production instantly– so please only enter if you are sure you are able to take part at this stage.

Please note: Never swap your race number with any other runner as this could cause problems for our medical teams and results service. If race organisers become aware of anyone who swaps their race number they will be disqualified.

Registration And Withdrawal Information

Q. How do I make changes to my registration?

A. Changes to your entry can be made by logging into your account using the web address included on your confirmation email.

Q. When will I receive my race t-shirt?

A. Finishers' t-shirts will be given out on completion of the race. A medal and a goody bag will also be given out separately.

Q. I can no longer take part in the race. Can I withdraw from the race and receive a full refund?

A. You are entitled to a refund of your entry fee (with the exception of the processing fee taken by the online registration provider) within the first 7 days of signing up (the cooling off period). After this time, we are unable to give refunds. Alternatively, you can transfer your place to a friend or defer your entry for a fee of £5 up until 16th February 2019. You must email us requesting a transfer and we will confirm once the transfer has been processed. Without an official transfer confirmation email from us the request will not be valid.

The cooling off period does not apply in the final two weeks before entries close in February, as race packs will be put into production instantly to ensure you receive them in good time before the event – so please only enter if you are sure you are able to take part at this stage.

Please note: Never swap your race number with any other runner as this could cause problems for our medical teams and results service. If race organisers become aware of anyone who swaps their race number they will be disqualified and reported to British Athletics.

Q. I can no longer take part in the race. Can I defer my entry to another event?

A. Entries cannot be deferred to any other event.

Q. I would like to withdraw from the race. Can I transfer my space to another runner?

A. Yes, spaces can be transferred to another runner until the transfer deadline date on Wednesday 16th February 2019, all requests must be sent by email. After this date, race packs go into production so details cannot be changed.

Q. Why have I been charged an admin fee from Full On Sport

A. Full on Sport are the company who provide our registration system; the admin fee charged by them is non-refundable and is separate from the race entry fee.

Running the race

Q. How slowly can I complete the race? Can I walk part of the race?

A. The St David's Day run is a fun run but we do ask that all participants should make best efforts to complete the course within a 2 hour cut-off point. In order to safely get the city moving again and protect all participants, after this time all roads will be reopened and throughout the race a sweep bus will collect those at the back of the race unable to keep up with the allotted pace. We encourage everyone to run as much as possible in order to avoid the cut-off time.

Q. Where is the race village?

A. The race village is at Cooper's Field within Bute Park.

Q. I don't live in Cardiff and don't know the route, is the route fully sign posted and marshalled?

A. Yes, there will be signage and marshals throughout ensuring you stay on the correct route.

Q. What happens if I cannot finish the race?

A. We will have medical points along the route. If you are just too tired we will have vehicles to get you back to the start/finish area.

Q. Can I take part in the 10K race with a pushchair, dog, skateboard, wheeled device, Nordic sticks, or bulky fancy dress?

A. No participant may bring dogs, baby joggers, baby strollers, skateboards, Nordic sticks, rollerblades, hand cycles, Kangoo Jumps, stilts, crutches, unauthorised bicycles or any other wheeled device on the course, except for hand propelled wheelchairs. Any bulky items or fancy dress which you wish to carry with you as part of a challenge must be cleared with the race director if it is likely to impact on your ability to complete the course within 2 hours or impede other participants.

Q. Can I wear headphones?

A. Please avoid using headphones whilst running to limit the risk of injury to yourself and other participants. The Organiser will not be held responsible for incidents caused as a result of the use of headphones which inhibit the communication of important warnings or information from emergency services or course marshals.

Q. Will there be anywhere to store my bag during the race?

A. Yes, each runner will be able to store one bag. You will receive a baggage tag in your race pack, which match up with your race number, you will need to show your number to collect your bag post race. The baggage area will be on located within the event village.

Q. Is the course suitable for a wheelchair?

A. We welcome wheelchair competitors. To discuss the course in more details please contact the team via email.

Running for charity

Q. Can I raise money for any charity I choose?

A. Yes. Please contact your chosen charity to obtain sponsor forms and support.

Q. Do I have to raise money for a charity or good cause?

A. No, it is not compulsory – it is entirely up to you. However we will be donating a percentage of your entry fee to our charity partner Kidney Wales.

Q. Where do I go for my sponsorship forms?

A. Sponsorship forms/running vests are to be obtained from your chosen charity direct, please contact them at your earliest convenience.

General information

Q. What do I get for my money?

A. You'll get a fantastic, well organised race with good facilities and a variety of freebies and a post race goody bag, including a technical running t-shirt & bespoke medal to all finishers.

Q. Can I get a photograph of myself running the race?

A. Yes there will be photographers around the course, although we cannot guarantee that you will be captured with so many participants out on the course. Their pictures will be available to purchase online 24 – 48 hours after the race (subject to their terms & conditions).

Q. How can I help with the event if I'm not running?

A. The race relies on professional marshals and volunteers acting as stewards and giving out drinks and medals every year. If you're not running it's a great way to ensure the event is a success and helps raise lots of money for charities to continue doing their vital work. If you're a student, it's also great experience to put on your CV and a fun thing to do with friends. To find out more please email us.

Q. Is water available during the race?

A. Yes water for every runner at the half way point and at the end of the race.

Q. What if I need medical attention when at the event?

A. Our Medical team will be on site to deal with all medical matters. We do not suggest anyone runs if they are feeling unwell.