

3. Can anyone participate?

In line with England Athletics requirements, participants must be 16 or over. As part of the entry process participants under 18 will require their parents to confirm their consent. This is part of the registration form.

The Hogsmill5 has always been a ladies only race to encourage women of all abilities to take part.

We have maintained this for our virtual race.

Please only participate if you are fit and well to do so.

You can walk, run or roll the distance, it is your choice and there is no cut off.