



# 5 Mile Beer Race & Fun Run

## Frequently Asked Questions

*I've entered but can't now run, can I get a refund?*

Yes. Refunds are available until Friday 22 May 2026. Refund requests should be made by email to [beerrace@romseyroadrunners.co.uk](mailto:beerrace@romseyroadrunners.co.uk). We usually have a waiting list of runners so can transfer your place to another person.

*If I'm ill on the day, can I give my number to someone else?*

We are sorry, your number must not be worn by anyone else as this is our only identification of you.

*Can I run with my child in a buggy?*

Unfortunately UKA rules for competition now state that the pushing of persons in any device is not permitted, so no buggies are allowed in the race.

*Can I run with my dog?*

We are sorry, no, dogs are not allowed to run in the race.

*Can I wear headphones during the race?*

For safety reasons, the use of in-ear headphones is not permitted. However, in accordance with England athletics guidelines, bone conducting headphones are allowed.

*Can I run with my child in the fun run?*

We encourage children to run on their own but understand some, particularly the very young, may want you to run with them and this is permitted.

*Is there a cycle park?*

You are welcome to leave your bike, at your own risk, outside the village hall.

*Is the race run on closed roads?*

There is a brief road closure for the start of the race but the rest of the course is on lanes open to traffic around Braishfield village.

*I can't find the answer to my question, who can I contact?*

Please email the beer race secretary at [beerrace@romseyroadrunners.co.uk](mailto:beerrace@romseyroadrunners.co.uk).