



BOGSTACLE 2018 FAQs

What is BOGSTACLE?

BOGSTACLE is a super fun mud run organised by [WaterAid](#). With 5km and 10km routes, loads of great obstacles, our coveted poo emoji medal and lots more besides, there's something for everyone - whether you're dipping your toe in the mud for the first time or a seasoned obstacle runner.

There's also an epic twist - [your sponsors can decide how hard the course you take on is](#). So better hope they're nice, or you're getting filthy!

Who is organising the event?

BOGSTACLE is organised by WaterAid, with the help of 8.2 Ltd, an experienced outdoor challenge and adventure events agency.

Why create a toilet-themed obstacle course run and why call it 'BOGSTACLE'?

Toilets are serious business! 2.3 billion people – that's 1 in 3 – don't have access to a decent toilet.

WaterAid hosts BOGSTACLE to raise money, so we can bring toilets and clean water to everyone, everywhere. Decent toilets should be a normal part of everyday life – at home, school, work and in public places. They're a basic human right that protects people from dangerous diseases, giving them opportunities to live a healthy and happy life. Find more information about the importance of toilets and the work WaterAid do [here](#).

Do I have to raise money for WaterAid?

No, but we'd love it if you did. Your entry fee only covers the cost of taking part in the event, so any sponsorship money you raise will go towards bringing life-saving loos and clean water to people around the world.

Plus, this year we've added another level of importance to sponsorship – as your sponsors decide the difficulty level of your obstacles!

You can set up your online fundraising page [here](#) and the BOGSTACLE team at WaterAid will send you lots of hints, tips and advice to help.

Can I fundraise for other charities?

No. This event is run by and raises funds for [WaterAid](#) and our vital work to help the world's poorest people get life-saving loos and clean water. WaterAid are paying all the costs of the event and the Bogstacle staff at WaterAid have been working for months to create the event. Therefore, WaterAid are the only charity that you can fundraise for at this event.

How do I get to the venue?

We encourage participants to use public transport for as much of their journey to Pippingford Park (which is near Nutley off the A22) as possible.

The best train station to use is East Grinstead and it can be reached in an hour or less from London Bridge, Blackfriars and Victoria. You can then get a taxi from the station to Pippingford Park.

Travel times for driving to the venue directly:

- East Grinstead: 15 mins
- Brighton: 45 mins
- Croydon: 1 hour
- Central London: 1 hour 45 mins

Look out for the 'Event Parking' and 'BOGSTACLE' signs

What time does the event start?

The first wave, or 'flush' (remember how much we love toilets!), will set off at 10.00 with later flushes at 10.30, 11.00 and 11.30.

Whatever time you sign up for make sure you arrive an hour before your start time. This will give you time to pick up your race number, drop off your kit and make any last minute preparations before you head to the start line.

Can I choose my own start time?

Yes. You do this when you register.

Can I sign up as part of a team?

Yes. Unlike going to the loo, the event is more fun with your mates alongside you. Just enter a team name when you register and invite people to sign up by sending them the link to the event along with your team name and password (if used). There is no restriction to the number of people in a team.

Can I sign up a whole team in one go?

Yes. You can pay entry fees for your whole team in one go and then send them an official link to fill in their details and take up their pre-paid place. Please be aware that all participants need to fill in their details before the online event registration closes on Monday 22 October.

How many people will be taking part?

Each flush will have a maximum of 250 people in it and with four flushes currently scheduled that means there is a potential 1,000 people taking part. It shouldn't be too crowded though as the 30 minutes between each flush will help prevent blockages on the course.

When will I receive my event pack?

We will send you an event day information booklet by email a week or so before the event. It will include everything you need to know about the event, like how to get there, where to park cars, what to bring, what to do on the day, and details of the event facilities.

You can collect your race number, bag/key drop tags and Bogstacle branded technical t-shirt at the registration marquee on the day.

We will also have some face paint, glitter and temporary tattoos available in the event village to really get you looking the part!

Is there a bag/key drop facility?

Yes. A free bag drop facility will be provided for everyone taking part. This will be in the event village and will be fully supervised. Items are left at the owner's risk. You'll also be able to leave your car keys with us in an envelope we provide, meaning you can leave your change of clothing and valuables in your car if you prefer.

Will there be refreshments on site?

Yes. Water will be provided on the course and at the end. There will be a small snack or two in your goody bag but you'll be able to grab some proper hot and cold food and drink from our caterers in the event village.

What medical facilities will there be on site?

There will be trained medics on the course in case of accidents and emergencies. There will also be trained medics and an indoor treatment area in the start/finish area.

Will there be photographers?

Yes. We will have a number of photographers out'n'about capturing your finest mud-filled moments and the best bit is we're giving you all of your event photos for FREE!

We'll let you know when they're available a couple of days after the event, then you can download them from the online gallery and share away! Just remember to tag us using #BOGSTACLE.

What clothing should I wear?

We suggest wearing close-fitting, sports clothing that won't snag on the obstacles or restrict your movement – no capes (although underpants on the outside are optional!). If you have them, sports gloves and technical clothing can protect your skin from scratches and wick away the inevitable sweat. A technical BOGSTACLE t shirt (provided as part of your entry) over a long-sleeve base layer combined with sports leggings would be ideal.

What footwear should I use?

We suggest using some good quality trail running shoes with grip designed to handle rough terrain and mud.

You'll be running, crawling, climbing, sliding and wading your way through our course so you need to ensure you're wearing training shoes with good grip and ABSOLUTELY NO SPIKES OR STUDS – as these are dangerous to other participants and can damage the obstacles.

Also make sure they are tied on really well as they can often get stuck in the mud!

How fit do I need to be and what kind of obstacles will there be?

You should be reasonably fit as this isn't an event for a total beginner, but we want it to be a fun and enjoyable. Both the 5km and the 10km course will include a mix of terrain with a variety of obstacles in your way. Be ready for running, crawling, climbing, carrying, splashing, swinging and sliding your way through our course.

Remember – some obstacles will have different difficulty levels so if you're really not able to do an obstacle, you can try the easier difficulty or skip it and go onto the next one. Our marshals and staff will be there to encourage you all the way.

Will there be any deep water or obstacles that require swimming?

No. You'll get muddy and wet taking on our obstacles and crossing a small stream or two, but there will be no deep water involved, and you definitely won't need to swim!

Can I walk rather than run?

Yes - you are absolutely free to walk. All we'd ask is that you start nearer the back of your 'flush' to let runners go ahead. Also, where possible, allow runners from later 'flushes' space to get past you whilst on the course. That way everyone involved will have the best and most fun experience possible.

What if I don't want to tackle a particular obstacle?

No problem. Go around it. We won't make you do anything you don't want to. It is meant to be fun after all!

My sponsors have voted for the easier #BOGBUDDY obstacles and I want to do the harder #BOGBUDDY ones. Is this ok? (and vice versa)

As much as we really do want you to do the course that your friends and family voted for (as that's part a big part of the fun), it is ultimately down to you on the day to choose the obstacle you want to take on. We don't want anyone having their fun lessened by doing an obstacle that is too easy or too hard for them.

Can people with disabilities take part?

Due to the nature of course (uneven, muddy, hilly terrain, water crossings and physically demanding obstacles), we're unable to allow wheelchair users to participate and we would not recommend that anyone with major physical disabilities or mobility issues takes on the course. However, it would be great to have you with us on the day supporting the participants and enjoying the other activities at the event.

If unsure about your ability to complete the course, please consult your doctor.

What facilities are there for people with disabilities and mobility issues?

Blue badge parking - The car parking spots closest to the event village (and the hard-standing road surface) will be reserved for Blue Badge holders.

Accessible toilet – A wheelchair-friendly toilet will be positioned in the hard-standing area within the event village.

Please note – the car park and event village are both situated in grassy fields but have hard (somewhat bumpy) gravel paths around the edge allowing wheelchair access. The path in the event village is a great spot for spectating the race as it's near the start of the course, with an obstacle in the middle and the finish.

If you have any issues on the day please contact an event marshal and we'll do our best to assist you.

What age do you need to be to take part?

All runners need to be 18 and over on event day to take part. We will have lots of fun things going on in the event village that under 18's can get involved with – from face paint and glitter to virtual reality films and of course, spectating at obstacles.

Can I bring my dog?

Yes – dogs can come to BOGSTACLE, although they can't take part in the run (sorry boggy dogs!). As long as they're kept on leads at all times we're happy for you to bring well-behaved dogs to the event with your friends and family looking after them while you take part in the event. We would ask that you try to keep them away from the busiest areas of the event such as registration and bag drop **and please do not leave them in your car.**

Can my friends and family come to watch? And is there a charge for this?

Yes (they can come) and no (there is no charge). What's the point of making a mess of yourself if your friends and family can't watch you do it? And unlike some bigger mud run events, we don't believe in charging spectators for the privilege.

There will be viewing areas at the start/finish and the course comes through or near the event village a few times. So your supporters will get the chance to see you take on some of the obstacles and see if you stuck to the difficulty level they assigned to you.

Can my friends and family volunteer at the events?

Yes! Even better than coming to watch, your supporters could really get involved by volunteering at the event. This could be cheering people at the finish, helping them with their face paint, glitter and temporary tattoos or giving out t-shirts at registration. If you or anyone you know is interested please just email us at bogstacle@wateraid.org

And as a big thank you from us - we can offer volunteers a place in the final 'flush' of the day in return for their help on the day.

I can't come! Is my entry fee refundable or can I defer to next year?

No. It's a shame to hear you can't make it but the entry fees for this event purely cover the cost of the event and as many of these costs are paid well before the event takes place, we cannot offer any refunds or deferments.

However, you can transfer your place to another person up until a week before your event.

Is my entry transferable?

Yes. You can transfer your place to another person up until a week before your event. That person could always pay you back personally, pay for your place in next year's event (hint hint) or take you out for a meal to say thank you. Just a few ideas.

Why is there only one event this year?

Every year we have to assess which events work best, generate the most engagement and are most the cost-effective. After reviewing last year's events and our budgets for 2018, we decided it was best to rebrand and reformat our mud run event into Bogstacle and only do one event in the South this year.

We are hopeful that the changes made this year will be a big success and allow us to consider doing multiple events in the future.