

Frequently Asked Questions | Brighton Marathon and BM10K | 7 April 2024

What if I get injured or ill and are unable to run/cycle?

These things happen, all we ask is that anybody who has an injury helps us to find a replacement for their place.

Can I run for Team Domenica if I already have a place?

You can still sign up with us to receive support and fundraise without a target.

Can the place be rolled over to the following year?

You can't roll over the places for next year as the places have already been purchased by the charity. In case of injury or other circumstances, we would ask you to help us find a replacement.

If the above situation, what happens to the sponsorship money raised?

As you raise money it comes directly to Team Domenica, so it can't be returned to the donor.

When will I get my running vest?

We're having new running vests designed and printed, these will be sent out or given to you a couple of months before the event.

What support will Team Domenica give me on the day of the event?

We'll be opening Café Domenica on Preston Road, from 8 am for use of the facilities, team talk, and coffee shots. This will also be your first *Cheer Station*, where your friends and family are invited to join us. At the end of the event, there will be a support station with refreshments in the *Charity Village*, full details to be confirmed nearer the time. We will also be taking photographs of you along the route. Be sure to give us a wave.

What support will Team Domenica give me before the event?

Fundraising advice and support via phone and email, personalised high-quality Team Domenica running T-shirt, paper sponsorship form, if needed, plus an invitation to our runners' team get-together (coffee and cake on us).

Do I need to get a personal trainer?

No, but you can if you want to.

What if I get injured during the run?

Brighton Marathon provides first aid throughout the route.

How much sponsorship do I need to raise?

We're asking for a minimum of £750 for the marathon (£350 for 10k), which is almost the cost of one year of support for our wrap-around service. This service is essential for our candidates when they gain paid employment to help them retain and grow their roles.



What if I don't reach the required sponsorship target?

We're on hand to help you reach the target and will give support before and after the challenge. There is no penalty if you don't reach it. We have found that our challengers are surprised at how much easier it is to raise the money than they had first thought.

Can I set up a team of friends to run and raise sponsorship together?

Yes! However, we would ask you to set up your individual Just Giving fundraising page, or a team page with a separate joint target.

Do I need to provide a health certificate to run?

Team Domenica does not require any certification but do check the terms and conditions of the race.