

# **Race Rules - Lord Mayor's 5k City Centre Classic**

## **Saturday 10 July 2010**

1. This race is organised by City of Norwich AC and none of our members, staff, sponsors, suppliers or agents will be liable for any injury, loss or expense which may arise as a consequence of your participation in this event.
2. A condition of entry is that you agree to abide by these Race Rules and the Rules of Competition as laid down by UK Athletics. Entrants for this event must be aged 13 years or older on race date.
3. Entry to this race is personal to each applicant and race numbers cannot be sold or transferred. Any runner who competes in another person's race number will be disqualified.
4. Once you have paid for your entry there can be no refund if you are subsequently unable to take part in this race.
5. We reserve the right to refuse or cancel applications, including duplicate applications, or alter the date of the event, the course route or distance.
6. Entrants to this race undertake not to take part unless they are medically fit to run a 5k and able to complete the course in under 20 minutes. If you do not reach the half-way point inside 10 minutes you will be directed to retire by the Race Referee. This is a police stipulation and part of the conditions we agreed to when acquiring permission to stage this event.
7. The course is not suitable for wheelchairs.
8. All runners are required to complete the contact and medical details on the back of their race number. This is a requirement of participation and may be checked by race officials prior to the start.
9. Race numbers must be pinned securely to the front of your running top using a safety pin in each corner.
10. In the interests of everyone's safety, the use of iPods, MP3 players and similar is prohibited during all road races organised by City of Norwich AC. It is very important that you are able to hear clearly any verbal instructions that the police and our race marshals may need to give you.
11. No fancy dress; no wheeled vehicles, dogs or following cycles are permitted.
12. Any belongings left in the baggage area are stored at the owner's risk.
13. Race marshals and medical team members have the authority to disqualify and remove any runner they consider to be acting dangerously, or to be unfit to compete.

14. Individual prizes are restricted to competitors who have been bona-fide members of UKA affiliated clubs for 9 continuous months immediately prior to race day.

15. Cash prizes will be awarded to the first five men (£500, £300, £200, £100, £50), first three women (£500, £300, £100) and first two men aged 40+ (£50, £25). In the event of a man aged 40+ finishing in the first five, the second and third men aged 40+ will then receive prizes. Should the first man or first woman set a new course record, a bonus of £250 is payable in each instance (Paul Evans 14.11, Tara Krzywicki 16.23).

16. Prizes will be presented in Tombland immediately after the race has concluded – you will forfeit your prize if you do not collect it personally.

17. Runners are required to report any casualties immediately to the nearest first aid post or race marshal.

18. In the event of any dispute the decision of the Race Referee shall be final.