

Race Rules - Trowse 10k, Sunday 4 April 2010

1. This race is organised by City of Norwich AC and none of its 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.
3. Entrants for this event must be aged 15 years or older on race day.
4. 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.
5. Once you have paid for your entry there can be no refund if you are subsequently unable to take part in this race.
6. We reserve the right to refuse or cancel applications, including duplicate applications, or alter the date of the event, the course route or distance.
7. Entrants to this race undertake not to take part unless they are medically fit to run a 10k and are able to complete the course within 90 minutes.
8. The course is not suitable for wheelchairs.
9. 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.
10. Race numbers must be pinned securely to the front of your running top using a safety pin in each corner.
11. 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. You will be running on the left hand side of the road during this race and we want you to be alert and aware of everything that is going on around you, especially when traffic is approaching from behind. It is also very important that you are able to hear clearly any verbal instructions that the police and our race marshals may need to give you.
12. No wheeled vehicles, dogs or following cycles are permitted.
13. As this is a 2-lap race slower runners are required to move over and stay on the left kerb once the elite athletes start to overtake.
14. Any belongings left in the baggage area are stored at the owner's risk.
15. 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.

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

17. Individual prizes will be awarded to the first man & woman regardless of age category; and to the first three M15-39; first two M40-44; first two M45-49; first two M50-54; first two M55-59; first two M60-64; first two M65+; first three F15-39; first two F40-44; first two F45-49; first two F50-54; first two F55-59; first two F60-64; and first two F65+.

18. Team prizes will be awarded to the first M15-39 team (four to score); first M40+ team (four to score) and first women's team (three to score). Team prizes will be decided by aggregated finishing positions.

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