

Race Rules - City of Norwich Half Marathon

Sunday 9 April 2017 v1

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 also the Rules of Competition as laid down by UK Athletics from time to time. Entrants for this event must be aged 17 years or older on race day.
3. Entry to this race is personal to each applicant and race numbers must not be given, sold or transferred to another person. Any runner who wears another person's race number will be disqualified.
4. Once you have paid for your place there can be no refund if you are subsequently unable to take part in this race for whatever reason. Similarly, you may not defer your place to a subsequent year.
5. We reserve the right to refuse or cancel applications, to alter the date of the event, to alter the course or distance and to cancel the event altogether if we deem the conditions to be unsuitable on race day.
6. Entrants to this race undertake not to take part unless they are medically fit to run a half marathon and able to complete the course in under 3 hours.
7. Runners who have not reached the half-way point by the time the official race clock shows 90 minutes will be directed to retire and not allowed to continue.
8. Any member of City of Norwich AC who wishes to take part in this race is expected to supply a competent adult replacement (who is not a CoNAC member) to undertake straightforward race day duties (eg working at a water station, medal distribution, baggage, etc) in his or her place.
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 outer layer using a safety pin in each corner. Take care not to pierce your timing chip which is affixed to the reverse of your race number.
11. You must not cover your race number with outer clothing when running as this may invalidate your timing chip.
12. Timing chips must remain affixed to the reverse of race numbers at all times and must not be removed under any circumstances.

13. Devices with headphones or earbuds are 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. If you are observed using such a device during this race you will be disqualified.
14. Wheeled vehicles, prams, buggies, dogs and following cycles are not permitted. You must not encourage or allow children to run across the finish line with you.
15. Runners are required to follow the directions of police and race marshals at all times.
16. Race marshals and medical team members have the authority to disqualify and remove any runner they consider to be acting dangerously or unfit to compete.
17. Runners are required to report any casualties immediately to the nearest first aid post or race marshal.
18. Individual bonuses will be awarded to the first ten men & first ten women regardless of age category. Category prizes will be awarded 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+. All individual prizes will be decided by finishing positions, not by chip times – this is a race, not a time trial.
19. Team prizes will be awarded to the first five men's teams (four to score) from UKA clubs and first five women's teams (three to score) from UKA clubs. Team prizes will be decided by aggregated finishing positions.
20. On race day, prizes will be awarded to the first three men & women only. Other individual and team prizes will be posted during the week following the race.
21. The aggregate time of the first three finishers in each Business Challenge team will determine the winners of the Larking Gowen Business Challenge trophies.
22. Each member of a Business Challenge team must be a bona fide employee of the organisation he or she is representing.
23. All belongings left in the baggage area are stored at the owner's risk.
24. In the event of any dispute the decision of the Race Referee shall be final.