

## Terms and Conditions of Entry and Participation

### City of Norwich Half Marathon

Please see below for the Race Rules and Conditions of Entry

By entering this race you agree that you have fully read, understood and accept these rules.

Race Rules  
City of Norwich Half Marathon  
Sunday 7 April 2019

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 also the Rules of Competition as laid down by UK Athletics and available at [www.uka.org.uk/competitions/rules/](http://www.uka.org.uk/competitions/rules/).
3. Entrants for this event must be aged 17 years or older on race day.
4. 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.
5. Once you have paid for your place there can be no refund if you are subsequently unable to take part in this race for any reason. You may however defer your place, one time only, to the next City of Norwich Half Marathon. Please note, the deadline for deferrals is midnight 12 March 2019 when we will prepare and send you your race pack.
6. 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.
7. 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 three hours. Any pre-existing medical condition must be declared on entry and will be shared with our medical teams in the event treatment is required.
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. You accept that if you have not reached the half-way point by the time the official race clock shows 1hr 40mins or if you are unable to reach the end of the public road section (12 miles) within three hours you will retire from the race when directed and not continue.
10. 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 already a CoNAC member) to undertake straightforward race day duties (eg working at a water station, medal distribution, baggage, etc) in his or her place.
11. 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.
12. You must not cover your race number with outer clothing when running as this may invalidate your timing chip and result in a failure to register a time.
13. Timing chips must remain affixed to the reverse of race numbers at all times and must not be removed under any circumstances.

## Terms and Conditions of Entry and Participation

### City of Norwich Half Marathon

14. Devices with headphones or earbuds, including bone-conducting headsets, 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.
15. 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.
16. Runners are required to follow the directions of police, traffic officers and race marshals at all times.
17. 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.
18. Runners are required to report any casualties immediately to the nearest first aid post or race marshal.
19. Individual bonuses will be awarded to the first ten men and first ten women regardless of age category.
20. Category prizes will be awarded in age categories as follows. All individual prizes will be decided by finishing positions, not by chip times - this is a race, not a time trial.

M17-39	First three	F17-39	First three
M40-44	First two	F40-44	First two
M45-49	First two	F45-49	First two
M50-54	First two	F50-54	First two
M55-59	First two	F55-59	First two
M60-64	First two	F60-64	First two
M65 -69	First two	F65-69	First two
M70-74	First one	F70-74	First one
M75-79	First one	F75-79	First one
M80+	First one	F80+	First one

21. Team prizes will be awarded to the first three men's and women's teams (four to score) from UKA clubs. Team prizes will be decided by aggregated finishing positions.
22. On race day, prizes will be presented to the first three men and women only. Other individual and team prizes will be posted following the race, once all results queries are resolved and results made final.
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.