

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

Saturday 8 July 2017

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 may not be sold or transferred. Any runner who competes while wearing another person's race number will be disqualified.
4. The prize list (please see Rule 16) is only available to athletes eligible to represent Great Britain & Northern Ireland in international competition. This policy is designed to encourage greater competition amongst leading domestic runners and we took a lead from the Vitality London 10,000 when taking this stance.
5. Once you have paid for your entry there can be no refund if you are subsequently unable to take part in this race. Similarly, you may not defer your entry until next year.
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 5k and able to complete the course in under 20 minutes.
8. 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. If you are retired in this manner please surrender your timing chip immediately to the Race Referee.
9. The course is not suitable for wheelchairs.
10. 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.
11. Your race number must be pinned securely to the front of your running top using a safety pin in each corner and your timing chip must be affixed to your running shoe using the ties we will provide. If you do not wear your timing chip as directed you will not be credited with an official finishing time. You must return your timing chip to us after the race.
11. In the interests of everyone's safety, the use of devices with headphones or earbuds 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.

13. All belongings left in the Baggage Van during the race are stored at the owner's risk.

14. 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.

15. No fancy dress; no wheeled vehicles; no dogs or following cycles permitted.

16. Prizes will only be awarded to athletes eligible to represent Great Britain & Northern Ireland in international competition. To the first five men so eligible, we will pay £500, £300, £200, £100 & £50. To the first three women so eligible, we will pay £500, £300 & £200. To the first two men and first two women aged 40+ so eligible, we will pay £50 & £25. And for the avoidance of any doubt, no other prizes will be available.

17. In the event of a man aged 40+ finishing amongst the first five men, the second and third men aged 40+ will then receive prizes. In the event of a woman aged 40+ finishing amongst the first three women, the second and third women aged 40+ will then receive prizes.

18. Should the first man or first woman (who is eligible to represent Great Britain & Northern Ireland in international competition) set a new course record, we will pay a bonus of £250 in each instance. The current records are 14mins 11secs (Paul Evans, 2000) and 15mins 59secs (Gemma Steel, 2011 & 2012). For the avoidance of doubt, equaling an existing record will not attract a bonus.

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

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

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