

Trowse 10k – Race Rules 2026

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 16 years or older on race day.
4. Registered club members must run for their first claim club.
5. Once you have paid for your entry there can be no refund or deferral if you are subsequently unable to take part in this race. However, you may transfer your place to another runner, no later than 8 March 2026 - no transfers will be possible after this date.
6. Members of City of Norwich AC may enter this race; however, they must provide a replacement marshal on race day who is not also a CoNAC member.
7. Entry to this race is personal to each applicant. After the transfer deadline has passed, race numbers may not be sold or transferred. Any runner who passes their race number to another runner is liable for sanctions and any runner who competes while wearing another runner's race number will be disqualified and is liable for sanctions.
8. We reserve the right to refuse or cancel applications, including duplicate applications, or alter the date of the event, the course route or distance.
9. 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 80 minutes.
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. Race numbers must be pinned securely to the front of your running top using a safety pin in each corner.
12. In the interests of everyone's safety, the use of devices with headphones or earbuds - including bone conduction headphones - 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 can clearly hear any verbal instructions that the police and our race marshals may need to give you.
13. No wheeled vehicles, dogs or following cycles are permitted. Unfortunately, the course is not suitable for Wheelchair athletes.
14. As this is a 2-lap race, slower runners are required to stay on the left kerb once the faster runners start to overtake. As you approach the start of your second lap, please leave room on the left-hand side for any faster runners to finish their race.
15. Any belongings left in the Race HQ area are stored at the owner's risk.
16. 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.
17. Runners are required to report any casualties immediately to the nearest first aid post or race marshal.
18. Individual prizes or trophies will be awarded to the overall 1st/ 2nd/3rd Male/Female finishers (based on gun time); With age category prizes (based on chip time) 1st/2nd/3rd, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70-74 and 75+. Note: only one prize per competitor with the overall prize taking priority.
19. In the event of any dispute the decision of the Race Referee shall be final.