

## Race Rules – Lotus Test Track 5k 2026

1. This race is organised by Harling Athletics Club, in collaboration with Lotus Cars Running Club 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.
3. Race format:
  - a. The course consists of one lap of the South Circuit, followed by one lap of the Full Circuit of the Lotus test track.
  - b. The start will be split into waves, to avoid congestion on the smaller South Circuit.
  - c. Entry into each wave will be based on predicted race times. The plan is to have 3 waves, starting 5 minutes apart. However, this may vary based on race entries.
  - d. There will be Prizes for Individual runners and for Teams.
  - e. Teams may consist of 3-5 runners, of any age or gender.
  - f. The Team Score will be the average of the highest 3 age graded scores of the team members.
  - g. **The Individual Prizes** will be awarded as follows:  
1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male (open class) & 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> female runners. *Based on Gun Time.*  
(These runners will not qualify for age category prizes.)  
1<sup>st</sup> male (open) & 1<sup>st</sup> female runners in the age categories; Junior (Under 18), Senior (18- 39), then in 5 year age bands until 70+. *Based on Chip Time.*
  - h. **The Team Prizes** will be awarded as follows:  
1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Team. *Based on Age Graded Score.*
  - i. There will be an additional prize for **Champion of the Event**. This will be awarded to the runner with the highest Age Graded Score.
4. Entrants must be over the age of 11 years on race day:
5. 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
6. Once you have paid for your entry there can be no refund if you are subsequently unable to take part in this race. However, the entry can be transferred to another runner before midnight on 6 June 2026.
7. We reserve the right to refuse or cancel applications, including duplicate applications, or alter the date of the event, the course route or distance.
8. Entrants undertake not to take part unless they are medically fit to run 5km and be able to complete the course in under 1 hour.
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. Race numbers must be pinned securely to the front of your running top using a safety pin in each corner.
12. Runners must remain between the white painted boundary lines at each side of the track. Any runner observed running outside this boundary, or on the curbs will be disqualified.
13. The use of iPods, MP3 players and similar devices is permitted during the race. However, headphones must not be worn at the start line prior to the race, where runners must be alert and able to hear clearly any verbal instructions given out by the race officials.
14. No wheeled vehicles (including child's pushchairs or buggies), dogs or following cycles are permitted.
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. In the event of any dispute the decision of the Race Referee shall be final.