

Race Rules – Harling 10k 2024

1. These races are organised by Harling Athletics 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. Entrants must meet the minimum age limit of 16 years on race day.
4. 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.
5. 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 29 August 2024.
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 and healthy, and able to run the distance on the day.
8. The course is not suitable for wheelchairs.
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 running top using a safety pin in each corner.
11. Runners must follow the prescribed route and remain on the indicated roads and paths at all times. Any runner observed running outside the boundary of the course will be disqualified.
12. The use of iPods, MP3 players and similar devices is not permitted, and headphones of any type must not be worn.
13. No wheeled vehicles (including pushchairs), dogs or following cycles are permitted.
14. Assistance from an external pacemaker is not permitted. i.e. entrants must not run with persons who are not entered in the race.
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. Runners must treat the volunteer marshals with respect and must not abuse them, either verbally or in any other way. Any such behaviour will result in disqualification.
18. In the event of any dispute the decision of the Race Referee shall be final.