

Race Conditions of Entry

The race will be run in accordance with UK Athletics Rules a copy of which can be seen here: <http://www.uka.org.uk/competitions/rules/>

Withdrawal Policy

If you have entered and are unable to run, we do not refund entry fees (because we have paid for T shirts, medals etc.), however you can transfer your number to someone else subject to an admin fee of £2 up to 2 days before the event.

Race Numbers

Race numbers must be secured to the front of your vest. Chip timing bands are to be secured to running shoes.

Medical

Runners must retire from the race if requested to by a member of the medical staff.

Earphones

No earphones please. From 1 April 2016, a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition: –

“The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.” Although our race has a rolling road closure, this may not include both sides of the carriageway over some parts of the course.

This includes bone conductive earphones even though they are approved by UKA. This is because it's impossible for us as race organisers to differentiate between ear phone types. Safety at our events is paramount.

Finish Time Limit

There is a 3 hour time limit to complete the course. After this time the roads will be opened to traffic and anyone still left on the course must use pavements at their own risk.