

Felpham Five Terms and Conditions

Event rules & guidelines

This race is being held under ARC (Association of Running Clubs) rules.

The following terms and conditions are to ensure the safety of all participants, to ensure local council requirements and race permit issuer rules are adhered to.

All entry fees are non-refundable.

Participation

- To register for this race you must be 18 years of age or older the day of the event.
- Each runner must agree to the disclaimer and terms & conditions before participating in the event.
- All runners take part at their own risk and a disclaimer waiving all claims against the race organiser and any party acting on its behalf must be completed by all entrants.
- Runners must be capable of completing the race distance within the time limit. The organiser holds the right to disqualify anyone not making the advertised race cut off.
- By taking part, all runners confirm that they are happy for their names and any footage or photographs taken during the runner to be used to in future publications, either online or printed.
- Race numbers are specific personal identifiers and may not be swapped, transferred or sold once issued.
- All runners must provide their full name and details of any health problems or medication upon entry.
- All entry fees are non-refundable
- Registration closure is determined and announced when event participation reaches the established capacity.

Event Day

- Runners must follow instructions given by all event officials (race staff, volunteers and medical personnel) during the event.
- All runners are expected to conduct themselves in a professional and courteous manner during the race.
- Every runner will be issued with a paper race number; this shall be worn on the front during the race. The paper race number must not be modified in any way other than write emergency details on the rear. No runner shall be permitted to take part without a race number.
- Pushchairs, skateboards, rollerblades, unauthorized bicycles or any other wheeled device are not permitted on the course.
- Please note The Felpham Five is unsuitable for wheelchairs.
- All participants must acknowledge and agree that personal information (including medical information entered in my details or collected by event medical staff during or after the event) can be stored, used and disclosed by the organiser in connection with the organisation, promotion and administration of the event and for the compilation of statistical information.

Course Monitoring

- Any participant who refuses to obey the directions of the event official or course marshal, or who conducts himself/herself in an unsportsmanlike manner, or who is offensive by action or language to officials, volunteers, participants or spectators may be disqualified from the event and banned from participation in any future events provided by the organiser.
- Any participant who has been found by a course marshal or event official to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") will be immediately disqualified from the event and banned from participation in any future events provided by the organiser.
- Any person who participates in the event without an official event bib number not officially assigned to them will be immediately disqualified from the event and banned from participation in any future events provided by the organiser.
- No person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without the permission of the event management, to receive assistance or refreshment from anyone during the progress of the event. Any person not properly displaying an authorized and issued bib number shall be directed to leave the course.
- A hands-on medical examination during the progress of an event by officially designated medical personnel shall not be considered assistance and will not result in disqualification if participant is deemed medically fit. If a participant becomes ill during or after the event and/or receive medical attention or treatment either from event medical staff, first aid team or any doctor or

hospital, they must authorise such persons to provide details (including details of medical treatment) to the event organiser or others authorised by him/herself.

Participant Safety

- The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to (a) authorized and registered competitive wheelchair participants and (b) authorized course marshals on bicycles. Pushchairs, skateboards, rollerblades, unauthorized bicycles or any other wheeled device are not permitted on the course.
- Runners are asked not to wear mp3 players or other devices plugged into the ear whilst taking part for reasons of health & safety, both yours and other runners.
- Runners are responsible for their recognition and understanding of race signage and symbols.
- Medical personnel authorised by the event to do so may examine any runner who appears in distress. If in the sole opinion of authorised medical personnel it is in the best interest of the runner's health and welfare, medical personnel may remove the runner from the event.
- Runners must retire at once from the race if ordered to do so by a member of the event's official staff, official medical staff, or any governmental authority, including fire and police officers.
- Runners are responsible and assume liability for any and all medical expenses incurred as a result of training for and/or taking part in the event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.
- Event officials reserve the right to delay, cancel, or suspend the race due to inclement weather in accordance with emergency protocol on severe emergencies and/or inclement weather. No refund will be issued in these circumstances.

Result Timing

- Pulled tag clock time (gun time) is the official method for timing and all times shall be recorded from the start of the race by the starting gun to the point where the participant crosses the finish line. Times shall be rounded to the next highest second.
- All runners are assigned a unique race number bib which must be worn on their front for the duration of the race. The bibs must not be tampered with or modified in any way; failure to comply will result in disqualification.
- Runners with missing race numbers at official checkpoints will be reviewed and may be disqualified.
- Runners must begin the event during the official recognized starting time in order to register an official course completion time.
- A full list of results will be published online, on the results page of the event website, following each race. Full and final results will also be made available to relevant parties.

Amendments / Reservations / Acknowledgements

- Event officials reserve the right, to modify, supplement or waive all or part of the event rules.
- Runners shall be bound by any modification or supplement of the event rules published prior to the event.
- Failure to follow these event rules, as may be amended, will result in immediate disqualification.
- The race organiser follows, and participants are subject to, the rules specified by the ARC. Please visit <http://www.runningclubs.org.uk/> for additional information concerning the rules.