

Race Rules – Lotus Test Track Races 2019

1. This race is 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 following age limits on race day:
 - 2.5k Junior race: Min. 9 years, Max. 15 years
 - 5k Team race: Min 13 years
 - 10k race: Min 15 years
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.
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 to run the distance of the race they have entered and be able to complete the course in under the following cut-off times:
 - 2.5k Junior race: 25minutes
 - 5k Team race: 1 hours
 - 10k race: 1 1/2 hours.
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 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.
12. The use of iPods, MP3 players and similar devices is permitted during the race. However, they 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.
13. No wheeled vehicles, dogs or following cycles are permitted.
14. 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.
15. Runners are required to report any casualties immediately to the nearest first aid post or race marshal.
16. In the event of any dispute the decision of the Race Referee shall be final.