



Entry into the Ipswich Building Society Twilight 10k Road Race is subject to the following rules, terms and conditions. In the event of any dispute, the race referee's decision is final.

1 Race Organisation

- 1.1 This race is organised by Ipswich JAFFA Running Club and none of our members, volunteers, 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.
- 1.2 The Ipswich Building Society Twilight 10k race is delivered in accordance with UKA Rules and regulations: *UKA Licence and permit applied for*. It is a condition of entry is that you agree to abide by these rules, any additional race rules defined below and to follow any race instructions given by the organisers and race officials. Failure to comply with the above conditions will result in disqualification and potential barring from future events.
- 1.3 The data Ipswich JAFFA Running Club gather and hold is managed in accordance with the General Data Protection Regulation 2018 (GDPR) and will be used solely for the purpose of administering the race. This means your details may be shared with third parties directly connected with the organisation of the race, such as event photography, official charity, chip timing or strategic partners. Your data will not be disclosed to, or shared with, any other individual or party external to the race organisation
- 1.4 You agree that we may publish your Personal Information as part of entry lists or results of the event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Personal Information may include (but not be limited to) name, any club affiliation, race times and age category.
- 1.5 The majority of race communication will be by email. This includes, but is not limited to, confirmation of entry, eshots prior to the event, final instructions and post-race communication. By entering the race, you confirm that we may communicate with you in this way. It is your responsibility to provide us with a valid email and postal address and keep us updated of any changes.
- 1.6 If you would like to be kept updated on an ongoing basis, for example about future events, please ask to subscribe to our mailing list. You can unsubscribe at any time.
- 1.7 The Event Team can be contacted using the following email address:
twilight10k@ipswichjaffa.org.uk

2 Entry

- 2.1 You must be at least 15 years old on 26th July 2019 to enter the race (*parental consent is required for all under 18s*).
- 2.2 Races are held under UK Athletics rules. UKA Licence and permit applied for.
- 2.3 Entry price includes chip timing and a memento for every finisher. Affiliated price is for a member of a club affiliated to UKA. URN must be provided.
- 2.4 Entry will be accepted up to the race limit 1500 for the 10k. **Race T-Shirts are limited to the first 1000 entries**. The closing date for entries is midnight 21st July 2019 or when the race limit has been reached, whichever comes first.



- 2.5** Entry fees are non-refundable. Entries cannot be deferred. Transfer of entries will be made available for a limited period closer to the race date. via an online form. You will need your Run Britain reference number so please ensure you keep this. Further details will be publicised nearer the time. We cannot accept transfers at any other time or by any other method.
- 2.6** If your postal address, email address or telephone number change please inform the race office as soon as possible by emailing twilight10k@ipswichjaffa.org.uk
- 2.7** Ipswich JAFFA Running Club are not responsible for duplicate entries however they occur and will not refund a duplicate entry fee. You may transfer the entry to another runner but this is subject to the same restrictions as above. In the event that a duplicate entry is as a result of a technical problem during entry or as a result of the online payment service taking duplicate payments, please contact Run Britain directly using the contact details on their website.
- 2.8** Please be aware that photographs or film of spectators and participants in both races may be taken by event officials or event partners. These may be published on the internet or otherwise used for promotional purposes in relation to this event. Entry into either race or attendance at any part of the event constitutes acceptance of this.

3 The Race and Course

- 3.1** You must take part on foot, and must not introduce any animal, roller blades, skates or other wheeled vehicle into the race at any point. If you do so you will be disqualified.
- 3.2** We regret that the 10k race is not suitable for wheelchair entries for safety reasons due to the multi lap nature of the course. Please contact the Event Office prior to entering if you have any other special requirements or are unsure of your ability to participate.
- 3.3** Registered Blind or Partially sighted athletes may run with a guide, who does not need to enter in their own right. The event office must be informed prior to the event and full details and emergency contact information for the guide runner must be provided. We would request that both athletes wear hi viz "guide runner" / "partially sighted" bibs to advise runners around you and to assist with your safety and enjoyment of the race. Please let us know if you need these to be provided.
- 3.4** The use of personal stereos and MP3 players or similar devices is prohibited, and their use will lead to disqualification. This includes 'bone conduction' earphones. Mobile phone running apps may be used at your own risk (without headphones/earphones) but we recommend mobile phones are carried in an appropriate arm holder. The organisers accept no responsibility for damage or injury caused.
- 3.5** Running with someone else's number is strictly forbidden and will result in disqualification. It may also result in both the named runner and the substitute being banned from future events.
- 3.6** We reserve the right, in our absolute discretion, to refuse to allow you to participate in the event at the start or to continue participation at any point along the route of the event, should you be deemed to behave inappropriately or give cause for concern that your continued participation may cause offence or injury to yourself, any spectator or other competitors. This includes the wearing of any clothing or visual message that may cause offence. Failure to comply with an instruction from race officials will result in ejection from the race and potential reporting to the police.
- 3.7** Entrants to the race undertake not to take part unless they are medically fit. It is a condition of entry that you must record emergency contact details and any medical information on the back of your race number. If you



are unaccustomed to exercising, we would advise you to seek medical advice before embarking on a training plan and to allow plenty of time to build up your training slowly. The website <http://www.runnersmedicalresource.com/> contains further information and guidance.

3.8 Individual chip times will be recorded, these are for your personal information only and are not used for prize determination. Chip time is the time a runner takes to run the actual race distance from the moment of crossing the start line to the moment of crossing the finish line. The event organisers are not responsible for any failure of chips to activate or record a time.

3.9 Your bib must be clearly visible at all times. Please take this into account if wearing layered clothing. Your bib must not be altered in any way or covered by clothing or tri belt. Please do not bend, twist or fold it and take care not to put safety pins through the timing chip. Please also ensure when crossing the finish line that it is clearly visible.

4 Event Cancellation

4.1 Cancellation due to force majeure:

If the Race Committee are forced into taking the decision to cancel by implication of an incident that renders the course/route inaccessible, participants will not be entitled to a refund of their entry fee. Examples include but are not limited to:

- Crime Scene
- Road Traffic Accident
- Major Utility Fault
- Foot and Mouth
- Force Majeure – An unforeseen event beyond the control of the organisers
- Severe weather conditions
- Government embargo on staging mass events

4.2 Cancellation by the Race Committee:

4.2.1 To reschedule an event of this complexity ensuring relevant emergency services are available is not deemed feasible, therefore in the event the race is cancelled by the Race Committee all participants will be offered a full refund of their entry fee.

4.2.2 Personal arrangements including travel, accommodation or hospitality relating to the event which have been arranged by you are at your own risk. Liability for the cancellation or rescheduling of an event will be limited to the refund as set out in these terms and conditions.

4.2.3 Entry fees can only be refunded to the card used for the original payment.

4.2.4 We will not be responsible for any loss, theft or damage of your personal belongings, other than caused as a result of our negligence or other breach of statutory duty

5 Prizes

5.1 All prizes are based on Gun Time. UK Athletics road races are competitive races - not time trials – therefore competition results, prizes and course records are awarded according to the order people cross the line not the elapsed chip time.

5.2 Only 1 prize may be won from the Open and Masters categories. Open to take priority.



6 Prizes

6.1 Open – First 3 men and First 3 women regardless of age category and based on finishing position in the race

1st Male and 1st Female Trophy and £50

2nd Male and 2nd Female Trophy and £30

3rd Male and 3rd Female Trophy and £20

6.2 1st in each of the following Masters categories:

MM 35, 40, 45, 50, 55, 60, 65, 70

FM 35, 40, 45, 50, 55, 60, 65, 70

6.3 Affiliated Team Prize

6.3.1 Trophies will be awarded to the first male team and first female team

6.3.2 First three runners to cross the line make up the team score with the winning team based on lowest aggregate finishing positions. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

6.3.3 Club must be affiliated to UK Athletics

6.3.4 Runner must be running for first claim club and be wearing club colours

6.3.5 Team prize can be won in addition to individual prizes

6.4 The time limit for this event is 1 and a half hours - after this time roads will be opened and the route may no longer be marshalled. Any runner unable to complete Lap 1 in 45 minutes may be asked to retire from the race if deemed necessary for safety reasons, however we will endeavour to allow all runners to complete the race if safe to do so. After 90 minutes you will be required to run on the pavement and give way to traffic.

6.5 T-Shirts are limited to the first 1000 entries. Please note our sponsors are providing these as a bonus for early entry. There is no additional cost to early entrants, however the standard entry fee will still apply after the 1000 limit has been reached. T-Shirts will be sent out in batches, and will be the size requested on the entry form. We are unable to exchange them.



7 Version Control

The following table indicates any amendments to the rules or terms and conditions that have been made since the original document was published

Version	Date	Description of changes
1.0	18/12/2018	Original Document