

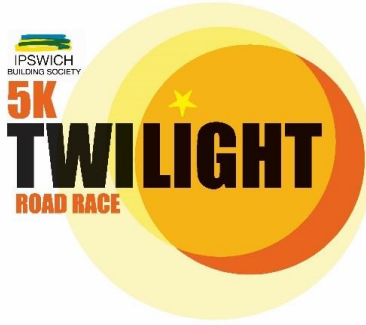
Entry into the Ipswich Building Society Twilight 5k Races is subject to the following rules, terms and conditions. In the event of any dispute, the race referee's decision is final.

1 Race Organisation

- 1.1 These races are 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 5k races are 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 the 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. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.
- 1.5 You agree that we may publish your Personal Information as part of entry lists for the Event and may pass such information to the governing body or any affiliated organisation or any media partner of the Event, for the purpose of publishing entry data or validating eligibility to compete. Entry lists may include (but not be limited to) name, any club affiliation, gender and age category.
- 1.6 The majority of race communication will be by email. This includes, but is not limited to, confirmation of entry, e-mails 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.
- 1.7 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.
- 1.8 The Event Team can be contacted using the following email address: twilight5k@ipswichjaffa.org.uk

2 Entry

- 2.1 With the exception of the family wave and Daily Mile, you must be at least 11 years old on 9th May 2020 to enter any of the races (*parental consent is required for all under 18s and entry to the race implies this has been granted*).
- 2.2 Entry price includes chip timing and a memento for every finisher. Affiliated price where available is for a member



of a club affiliated to UKA. URN must be provided.

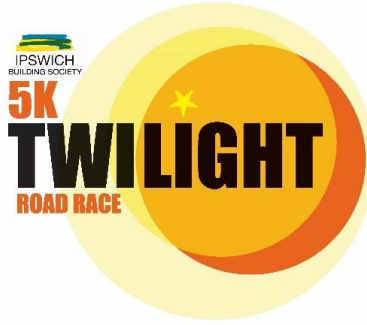
- 2.3** Entry will be accepted up to the race limit for each wave. The closing date for entries is midnight Saturday 2nd May, or when the race limit has been reached, whichever comes first.
- 2.4** Entry fees are non-refundable. Entries cannot be deferred or transferred. Your entry will only be valid for the wave or waves you enter.
- 2.5** If your postal address, email address or telephone number change please inform the race office as soon as possible by emailing twilight5k@ipswichjaffa.org.uk
- 2.6** Ipswich JAFFA Running Club are not responsible for duplicate entries however they occur and will not refund a duplicate entry fee or transfer the place. Please ensure you enter each wave only once. 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.
- 2.7** You must fill in any medical details and the name and number of an emergency contact on your race bib.
- 2.8** Please be aware that photographs or film of spectators and participants 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 T-Shirts

- T-Shirts are not included in the entry fee. All entries in the Twilight 5k (5k waves only) and Twilight 10k events as at 31st January 2020 will be entered into a prize draw to win a t-shirt / vest.
- Entry into both events doubles your chance of winning. Only one prize per entrant can be won.
- Numbers will be drawn at random.
- T-Shirts will be allocated based on the size/style selected during entry and cannot be changed.
- There is no cash alternative.
- The Race Organiser's decision is final.

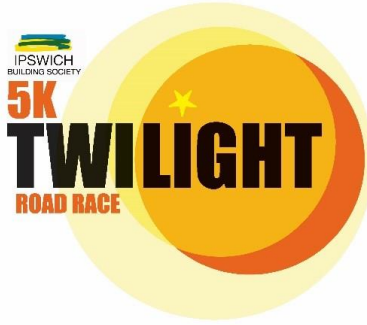
4 Race and Course

- 4.1** The following waves will be available:
- 4.1.1** Daily Mile (for invited schools only)
 - 4.1.2** Family Fun Run (2k)
 - 4.1.3** Business Challenge (5k – teams of 3)
 - 4.1.4** Twilight 5k (3 waves based on predicted finishing time)
- 4.2** 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.
- 4.3** 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.

- 4.4** Wheelchair entries are not permitted in the general waves due to the multi lap nature of the course, however a separate wheelchair race may be made available as a separate wave if there is sufficient interest. Please contact the Event Office if you are interested in competing.
- 4.5** 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.
- 4.6** If you consider yourself to have any other disability or may require additional assistance on the day, please indicate any details in the relevant section of the online entry form. If you are unsure of your ability to participate, please contact the event office prior to entering. We will do our best to assist in any way we can.
- 4.7** 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. If you enter more than one wave, please ensure you change your race number for each one and wear the correct bib and chip for that particular race. Bibs will be colour coded.
- 4.8** 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.
- 4.9** Entrants 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.
- 4.10** 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.
- 4.11** 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.



5 Event Cancellation

5.1 Cancellation due to force majeure:

5.2 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

5.3 Cancellation by the Race Committee:

5.4 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.

5.5 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.

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

5.7 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.

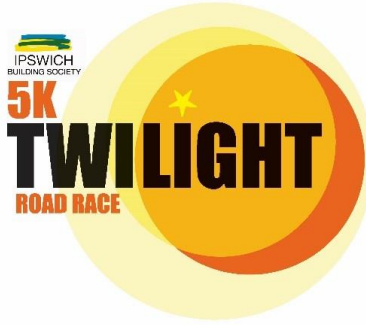
6 Prizes

6.1 Cash prizes are only available in the elite ladies and elite mens 5k races and only available to athletes eligible to compete for Great Britain under the British Athletics rules of competition.

6.2 All prizes are based on Gun Time.

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

- 1st male and female - £600 (plus annual race winner's trophy (to be returned) and individual trophy to keep)
- 2nd male and female - £300 (plus trophy)



- 3rd male and female - £200 (plus trophy)
- 4th male and female - £150
- 5th male and female - £100
- 6th male and female - £50

6.4 Age Categories (Masters)

- 1st Male aged 40 or over £50
- 1st Female aged 35 or over £50

6.5 Affiliated Team Prizes

- 1st Male Team £300
- 1st Female Team £300

6.5.1 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.

6.5.2 Club must be affiliated to UK Athletics

6.5.3 Runner must be running for first claim club and be wearing club colours. International vests can be worn but must be declared to the race referee prior to the race start in order to be included in a team.

6.5.4 Team prize can be won in addition to individual prizes.

7 Waves

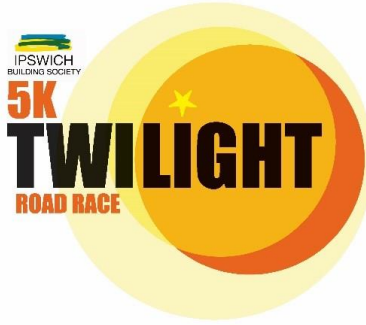
Each wave has a time limit of 45 minutes to allow the next wave to start on time.

7.1 Daily Mile

This wave is for invited schools only.

7.2 Most Active County – 2km

- This wave is aimed at families and people new to fitness, running or racing.
- Child cost is for children aged 5-12.
- Adult cost is for 13yrs and over.



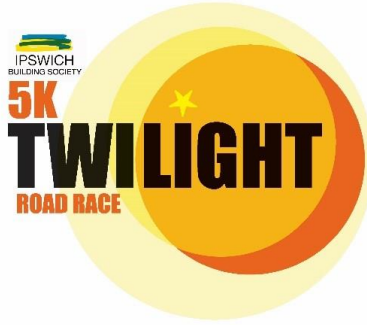
- Under 5's and prams are welcome with a paying adult. (No need to do an additional entry for the baby/child)
- All under 8's must be accompanied.
- Medal for all paid entries.

7.3 ABP Business Challenge – 5km

- Held on the same route as the 5km waves, this wave is for teams of 3 runners working for the same employer. At least one male and one female per team.
- Team score is made up of the combined times of all three runners. Fastest team time wins. In the event of two teams having the same cumulative team time, the winning team shall be determined by the team with the highest placing third runner.
- Entry price is for a team of 3.
- Medal for all finishers.
- Trophy for winning team.

7.4 Ipswich Building Society Twilight 5km (3 waves, plus elite men's race for invited athletes only)

- Entries to the 5k will be allocated to a specific wave prior to the event. You will be asked to specify a predicted finishing time during the entry process. Please give a valid indication of your expected finish time and try not to significantly over or under estimate your time. The course is 2 and a half laps and running in the wrong wave will cause issues with lapping.
- You cannot swap between waves and the actual start times for each wave are yet to be confirmed and subject to change.
- We reserve the right to request proof of a previous qualifying time for entries in the 15-20 minute predicted time band.
- Medal for all finishers



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	17/12/2019	Original Document
1.1	12/02/2020	Correct prize money for 4 th place.

