



Race Rules – Breckland 10K Road Race 2024

1. This race is organized by Thetford AC 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. Entrants for this event must be aged 16 years or older on race date.
3. Entry to this race is personal to each applicant and race numbers cannot be sold but can be transferred through Total Race Timing if the race becomes full and cut off date is advertised on Total Race Timings site. Any runner who competes in another person's race number will be disqualified.
4. Once you have paid for your entry there can be no refund if you are subsequently unable to take part in this race.
5. We reserve the right to refuse or cancel applications, including duplicate applications, or alter the date of the event, the course route or distance.
6. Entrants to this race undertake not to take part unless they are medically fit to run a 10K and able to complete the course in under 1 1/2 hours.
7. The course is not suitable for wheelchairs.
8. 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.
9. Race numbers must be pinned securely to the front of your running top using a safety pin in each corner.
10. The use of iPod's, MP3 players, earphones of any description includes bone conducting and any similar devices is prohibited during all road races organized by Thetford AC. You will be running on the left hand side of the road during this race and we want you to be alert and aware of everything that is going on around you, especially when traffic is approaching from behind. It is also very important that you are able to hear clearly any verbal instructions that the race marshals may need to give you. If you are observed wearing such a device during this race you will be disqualified.
11. No wheeled vehicles, dogs or following cycles are permitted, this includes pushchairs.
12. Any belongings left in the baggage area are stored at the owner's risk.
13. 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.
14. Runners are required to report any casualties immediately to the nearest first aid post or race marshal.
15. In the event of any dispute the decision of the Race Referee shall be final.