

Roc Newbury 10K Terms & Conditions

10K

1. Athletes compete at their own risk. Race entrants should be prepared for a hard, physical effort and an uneven running surface in some sections of the course. Registrants should only participate if they are medically fit and fill out the medical form on the back of their race number for use in an emergency.
2. Please be aware that:
 - Race entrants must be aged 16 or over to run
 - Not all sections of the road are closed to traffic
 - Headphones will not be allowed. Any runner wearing headphones risks being disqualified
 - There will be a cut off time of 100 minutes in the 10K after which time competitors will be on the course at their own risk without support from marshals and time keepers
 - No other runner can participate with your race number.
 - Race numbers cannot be traded, swapped or exchanged
 - Entries cannot be exchanged or refunded after purchase (unless there are extenuating circumstances)
 - Unfortunately, the 10K course is not suitable for wheel chair users or pushchairs due to some narrow sections and uneven ground
 - Runners cannot be accompanied by dogs.
3. Race packs:
Will be dispatched to arrive a week before the race. Anyone entering after Thursday 9th May will need to collect their pack on the day from HQ.
 - The race HQ will open at 08.30am
 - Runners should be at the race start before 09:55am for the race briefing.
4. By entering the race, you grant us permission, to contact you with regards to the Roc Newbury 10k.
5. Any competitor not following the rules risks being disqualified.

Message to members of Newbury AC

To put on this event and benefit from a share of the race entry proceeds, we require the support of all our members. If you would like to run on the day please could you also nominate someone to help on the day (the hardest task is finding enough marshals).

There are also a large number of tasks (small and big) which can be completed by those who also want to run.

For the U16s and ages 5-11 years

You must have a parent/guardian's permission to enter.

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2. Please be aware that:
 - Race numbers cannot be traded, swapped or exchanged
 - Entries cannot be exchanged or refunded after purchase (unless there are extenuating circumstances)
 - Headphones will not be allowed
 - Runners cannot be accompanied by dogs.
3. Race packs:
Will be dispatched to arrive a week before the race. Anyone entering after Thursday 9th May will need to collect their pack on the day from HQ in The Waterside Youth and Community Centre.
The race HQ will open at 08.30am
4. By entering the race, you grant us permission, to contact you with regards to the Roc Newbury 10k.