

# Nicholson's Lowestoft Half Marathon Terms and Conditions



## **Personal Health:**

The race is something that needs to be trained for. It is your responsibility to make sure you are physically and medically fit and capable of running a half marathon distance. All participants are strongly advised to consult their doctor prior to undertaking any exercise programme.

## **Medical Treatment:**

Should you require any medical treatment on Race day, this may be administered by our official medical provider. You must complete your full personal and medical information on the back of your race number so that this information can be passed to and used by the medical teams operating on Race day.

## **Entry Fees:**

We begin to incur costs early in the event organisation process and all entry fees will go towards paying these costs. Therefore, we are unable to offer refunds under any circumstances (except for Race cancellation – see below). We may, at our discretion and up to 4 weeks prior to the Race, agree to transfer your paid-for place to another person of your choosing. We do not offer deferral systems to a following year.

## **Your Details:**

Should any of the details given to us by you change, you must contact us and inform us of this change. We cannot be responsible for any information that is not received by you if the details we hold are incorrect.

## **Number Switching:**

You must not, under any circumstances, give your race number to anyone else. Doing so is dangerous in the event of an emergency or other medical issue on Race day.

## **Methods of Participation/Disabilities:**

For safety reasons, no bicycles, hand cycles, roller skates, skateboards, scooters, pushchairs or buggies, dogs or other pets are allowed to participate or accompany runners. If you are a partially sighted runner, please contact us before making your application so that we can assess whether your needs can be accommodated. Unfortunately, this course is not suitable for wheelchair athletes.

## **Image Rights:**

By entering the Race, you give permission for the free and unlimited use of your name, voice or picture in any photographs, videotapes, motion pictures, website images, recordings or any other records of the event.

## **Data Protection:**

Both the organisers and Break comply with the Data Protection Act 1988 and you have the right of access to your personal records held on our system. By entering the Race you agree that we or Break may contact you from time to time with details of other events or services which may be of interest to you.

## **Music:**

The use of personal music devices is allowed as long as (a) headphones or earphones are used (b) both the personal music device and any wires are securely fastened to your body and do not swing or cause a hazard to others and (c) the audio is played at a volume that allows you to still be able to hear your surroundings clearly and in particular any instructions given by stewards or otherwise (by way of example, if you cannot hear a person speaking at normal volume six feet away then the audio is too loud). Failure to follow these rules will put yourself and those around you at risk and we reserve the right to request that the device is switched off if we reasonably believe you are not following these rules.

## **Goodie Bags:**

Only finishers will receive a medal and any other finisher gifts. Please do not ask for more than one as this may deny another finisher from receiving theirs.

## **Application Deadline:**

Applications will be accepted up to 22nd September 2017 unless the entry limit is reached earlier.

## **Prior to Race Day:**

Further instructions for Race day will be given to you by email approximately 2 weeks prior to Race day.

You will be given your race number and chip timer upon registration on Race day.

**On Race Day:**

You must arrive at the indicated registration point in good time prior to the Race as outlined in any instructions we give to you. We cannot guarantee you a space in the Race should you be late and your entry fee will not be refunded.

**Cancellation:**

We reserve the right to cancel, abandon, delay or postpone the event due to unforeseen or unavoidable circumstances. In such cases we will endeavour to inform participants as quickly as possible. We cannot be liable for any inconvenience, expenses, costs, losses or damage suffered by participants in the event of cancellation. Entry fees will be returned in the event that we make a successful claim under our cancellation insurance.

**Time Limit:** The race has a strict 3 hour time limit due to using public roads. If the limit is exceeded you will be asked to stop racing.

**Disclaimer:**

Endurance running should only be undertaken by persons who have carried out an appropriate training regime. It is your responsibility to make sure you are physically and medically fit and capable of running a half marathon distance and to seek appropriate medical advice prior to participation. Participation in the event is entirely at your own risk and that by entering, you acknowledge that we shall not be liable for death, injury, loss or other damage arising from your participation in the event, save to the extent that any death or personal injury is caused by our negligence.