

March AC
Whitemoor 5 Miler and Darren's Dash (Fun Run)
Race Rules and Instructions

General Rules

1. Both runs are based at the club's Elm Road, March HQ and are licensed by UKA. The event will be run under the UKA Rules of Competition. The Whitemoor 5 Miler will be approx. 5 miles long and Darren's Dash between 3k and 5k.
2. March AC will host the events and will provide the Race Director.
3. A UKA Race Adjudicator will be appointed and there will also be a Race Referee.
4. The start for both races will be at, or close to, the Club's Elm Road, March HQ with the finish on the Elm Road Sports field.
5. The Whitemoor 5 Miler is limited to 250 and Darren's Dash (Fun Run) to 150.
6. Race entries will be on a 'first come first served' basis.
7. Entries on the day are allowed unless the race is sold out prior to the day. On the day entries for the 5 Miler are £2 extra.
8. Darren's Dash (Fun Run) will commence at 10.00 hrs and the Whitemoor 5 Miler at 10:45 hrs on the first Sunday in July.
9. All proceeds from the event will go to March AC.
10. It is the responsibility of each runner to ensure they are aware of the event rules.
11. In the event of any dispute the Race Referee's decision is final.
12. If for any reason the route or travelling conditions are deemed dangerous or parts of the course are flooded or inaccessible March AC has the right to rearrange the date of the race. No refunds will be given. Credit notes for the following year's race will be given if a runner is unable to run on any alternative date arrange by the Club.
13. Race numbers must be worn on the front of vests or shirts (this is to aid the timekeepers to correctly record runners)

Safety Rules

1. The organisers and representatives take no responsibility for any injury, damage or loss that occurs during the race. Runners are advised to confirm their fitness to compete and if uncertain consult their G.P.
2. Road sections of the race will require adherence to usual codes of conduct and running on the left hand side of the road unless instructed otherwise by a marshal or signage.
3. Marshals are provided along the route but runners should read the map that will be displayed in the clubhouse and familiarise themselves with the course.
4. Marshals will wear hi-viz tabards.

5. Marshals' instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
6. **It is the runner's responsibility to ensure their safety on public highways and the Marshal is only present to assist. Traffic has the right of way on the public highway at all times.**
7. The wearing of MP3 players, IPODs (or similar audio equipment) is strictly prohibited.
8. Medical support will be provided on course and at the end.
9. In the event of a runner requiring medical attention or help, Marshals will be able to communicate with the medical support for the event. The primary duty is on the runner to make himself/herself known to the nearest Marshal but any runner coming across another runner in distress must assist in whatever way they can.

Facilities

1. Changing facilities and toilets are provided at the HQ.
2. Refreshments will be available to be purchased at the HQ.
3. Parking will be at the HQ or in the nearby industrial estate and prison area.
4. Runners are asked to be considerate when parking near residents' homes.

Race Numbers

Race Numbers are to be collected on the day.

Prizes

There will be cash prizes for the first 3 Men, the first 3 Ladies, the first Male vet in the following categories (40,45,50,55,60,65 and 70+) and the first Lady vet in the following categories (35,40,45,50,55,60,65+).

There will be a trophy for the first Boy under 18 and Girl under 18 in Darren's Dash (Fun Run).

Prize giving will take place soon after the completion of the 5 Miler once all the results have been processed.

Medals will be given to all those completing either race.

Eligibility

1. In accordance with UKA rules runners need to be 15 or over on race day to run the Whitemoor 5 Miler.

Results

1. Results will be posted on the March AC website www.marchac.co.uk as soon as practicable after the event.

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