

**Knowles Transport  
Hereward Ultra 2023  
Race Rules**

**General Rules**

1. The Hereward Ultra is a multi-terrain race held on the same day as the Hereward Relay and over the same 4 leg relay race course from Peterborough to Ely with checkpoints at Whittlesey, March and Welney. The overall distance covered is 39+ miles and the race is licensed by UKA. The event will be run under the UKA Rules of Competition.
2. March AC hosts the event and will provide the Race Director (who will also be the director of the Hereward Relay that may be run on the same day and on the same course).
3. A Race Referee will be appointed.
4. The start will be at the Embankment Sports Stadium, Peterborough and the finish at Ely adjacent to the Ely Leisure Centre unless Welney Wash is flooded then the 4<sup>th</sup> leg will be the 3<sup>rd</sup> leg in reverse i.e. back to March. (Runners must register with the Race Director prior to the start of the race)
5. The race is limited to 35 runners.
6. No entries on the day are allowed.
7. The race will start at 8.30 hrs on the fourth Sunday in November. In 2023 there will also be an option to start at 7:30 as a one off.
8. Proceeds from the event will go to March AC.
9. It is the responsibility of each runner to ensure they are aware of the event rules.
10. Runners must be able to meet the cut of times for each stage depending upon their start time.

<b>Cut off times</b>	
Whittlesey Handover	<b>N/A</b>
March Handover	<b>11:45:00</b>
Welney Handover	<b>13:50:00</b>
Ely Finish	<b>16:15:00</b>

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 March AC has the right to rearrange the date of the race. No refunds will be given.
13. Dogs are not permitted to accompany runners during the race

## Safety Rules

1. All runners must wear a hi-viz bib with reflective strips.
2. 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.
3. Road sections of the race will require adherence to usual codes of conduct, making use of footpaths where available and running on the left hand side of the road where no path exists, unless instructed otherwise by a marshal or signage.
4. Marshals and some directional arrows will be provided along the route but runners should read the race direction documents issued and familiarise themselves with the course and not rely on signage to navigate the course.
5. All runners must familiarise themselves with the course, we accept some runners may find they have deviated from the course, if this does happen safe routes must be followed until back on track.
6. Marshals will wear hi-viz tabards.
7. Marshals' instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
8. It is the runner's responsibility to ensure it is safe to cross public highways and the Marshal is only present to assist. Traffic has the right of way on the public highway at all times.
9. The wearing of MP3 players, IPODs (or similar audio equipment) is strictly prohibited. This includes bone conductor head phones.
10. Medical support will be provided by M&D First Aid who will be on course. M&D First Aid staff will be supported by March AC's own trained First Aiders. Roving Marshalls will provide the communications link back to Medical Support along the route.
11. 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.
12. Water stations will be provided at, or near, each of the Relay handover points at Whittlesey, March and Welney and at the finish.
13. Spectators must keep well back from the relay handover points so as not to impede runners or block the sight of timekeepers.

## Facilities

1. Toilets are provided at Whittlesey, Welney and the finish. Public toilets are close to the March handover point.
2. Refreshments at the finish.

## Prizes

A memento is given to all finishers as they finish the race.

## Eligibility

1. All runners must be 20 or over on race day

## Results

Results will be posted on the March AC website [www.marchac.co.uk](http://www.marchac.co.uk) and Hereward Facebook page as soon as practicable after the event.

## Individual Rules

1. Numbers must be worn on the front of hi-viz.
2. Runners must register with the Race Director prior to the start of the race.
3. Third party pacing is strictly prohibited and may lead to disqualification.
4. Any runner dropping out must report back to the Race Director or a Relay Stage Manager.
5. Runners must carry a mobile phone that they can use to contact the race officials should they encounter any difficulty.

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