



**STUDIO  
SEVENTY  
SEVEN**



## **Leighton Fun Runners 10k**

Welcome and thank you for entering this year's Leighton Fun Runners 10k on Sunday 17th September 2023

**Leighton Fun Runners are donating all proceeds to the Club Charity,**

**Remember – the race starts at 09:00 from Pages Park, Billington Road, Leighton Buzzard, LU7 4TG**

**Registration opens at 07:45 and will close at 08:30.**

**Race Licence number: ARC 23/0041**

In this Race Pack, you will find information about:

- Race number/chip collection
- Facilities
- Warming up
- Course
- Results
- Parking
- Refreshments
- Race Day timetable
- Race Rules & condition of entry – please ensure that you have read, understood and are able to comply with these

**Coronavirus:** Please note that due to the current worldwide situation relating to Coronavirus we ask you to note the following:

- Do not attend the event if you are suffering from symptoms of Coronavirus
- Please follow Public Health England's instructions regarding regular hand washing / using tissues for coughs and sneezes and avoid touching your face.
- Should Government policy dictate public events be cancelled then this event may be affected at very short notice, so please do check your emails regularly especially the day before the race.

**Registration:** Numbers and timing chips must be collected on the day from 07:45 from the Registration Desk located in the Pavilion

- Please ensure you pass over the start mats and do not join the race from the side.

- If you do not start or finish the race, please return your timing chip to the finish line or to a marshal.
- Please finish through the inflatable finish gantry and over our timing mats.
- You will receive an SMS after finishing with your gun and chip times, results are also available live on the website.

**Medical Disclosure:** For your own safety, the details given when entering the race will be available to the Race Director and Emergency services if required.

**Race Number:** This must be carefully secured to the front of your vest with four safety pins. It is your responsibility to ensure that you arrive at the finish with the number in tact – no number will mean no official finish time. If you have somebody else's number on without informing us in advance the results will be affected and you will be disqualified, so please let us know in advance.

**Baggage:** Unfortunately there is no baggage area, but parking is within 200m of the start

**Commemorative Medal:** Please remember to collect your commemorative eco friendly medal at the finish

**Facilities:** Ample toilets and changing rooms are available.

**Photos:** Photographers will be out on the course and photos will be available to download after the event.

**Course:** The race begins in the park and continues across paths and trails which will be marshalled, but there may be traffic on the roads. There are **No** closed roads. For this reason, **NO earphones** are permitted to be worn for runner's safety. Also, we **do not permit pushchairs or dogs** on the route. Always keep left on roads unless otherwise advised by marshals, please follow their instruction at all times. Please note that all runners must follow marshalls / race instructions or may be disqualified. We cross Three main roads which will be marshalled. Do note that there are Bollards, Kerbs and gates to avoid and as is the nature of any trail running, there is a potential for roots, mud and slippery surfaces especially when crossing the wooden bridges.

This year we will be operating a **cut off time of 10:35 for race completion**. This is to ensure road safety of participants.



**Results:** Results will be published on the Club website ([www.leightonfunrunners.org.uk](http://www.leightonfunrunners.org.uk)) and available to print off at the finish.

**Parking:** Available next to race HQ, follow signs for Car Park.

**Warming up:** Please note that the road outside the race HQ can be busy and is not closed and therefore for your safety we suggest the park is used for warming up.

**Refreshments:** Tea, Coffee and Cake will be available in return for a small donation and all money raised will go towards the Club Charity, which for 2023 is 4Louis. Wherever possible, please can you bring a mug for your tea as we do like to do our bit for the environment.

#### **Race Day Timetable:**

Registration Opens: 07:45

Registration Closes 08:30

Runners Briefing: 08:55

Start: 09:00

Runners Cut-off Time: 10:35

Winners Announced: 10:15 approx.

#### **Race Rules & Condition of Entry**

##### Definitions

- Participant: means the named person in the Registration.
- Race Director: means Leighton Fun Runners
- Terms and Conditions: means the terms and conditions set out below.
- The Event is a running race comprising a 10k.

## **Registration**

- 1 Only persons aged 17 years or above on the day of the Events may register and take part in the event.
- 2 Entries are personal to the applicant and entry fees are non-deferrable.
- 3 Numbers are issued to the individual athlete completing the application except with the specific authority of the Race Director will use its best endeavours to transfer an allocated race number to another participant upon reasonable request. Any Participant who receives a transferred number without the consent of the Race Director will be disqualified.
- 4 The discounted entry fees are only available to registered members of athletic clubs with paid up affiliation to England Athletics for the current year.
- 5 No refund can be given if the race has to be cancelled or postponed due to circumstances outside the Race Director's control.

## **The Event**

- 6 The Race Director reserves the right to refuse or cancel applications, including duplicate applications, or alter the date, time and/or venue and format of the Events, including the course route or distance, in whole or in part, without notice or liability to the Participant.
- 7 Alcohol, tobacco, illegal substances, performance enhancing substances or intoxicants of any kind are strictly forbidden.
- 8 A photographer will be taking pictures during the day. You and your children may be included, either intentionally or unintentionally, in posed and background shots. Please be aware that photographs taken of the Event by the photographer may feature you and your children.  
  
These photographs may be kept in LFR event archives or for publicity purposes.
- 9 The course for the Event will be closed at 10:35am after which there will be no marshals and participants may not be insured.
- 10 If a potential Participant considers himself or herself to have a disability please contact the Race Director to discuss the entry prior to application.
- 11 With the exception of the needs of disabled athletes (see 14 above), no wheeled vehicles (cycles, prams, buggies etc.) or dogs are permitted on the course without the prior permission of the Race Director.
- 12 The Race Director has taken advice in line with the current UKA and BARR recommendations on health and safety grounds that iPods and MP3 players should not be worn as parts of the course is open to the general public and has decided therefore that iPods and MP3 players will be banned during this race.
- 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 Disqualified runners will be removed from the race results and reported to UK Athletics.

15 Runners are required to give assistance to fallen runners and to report any casualties immediately to the nearest first aid post or race marshal.

16 Race timings for all race positions and prizes will be based on the start/finish clock not the race timing chips.

17 Prize winners will only receive one prize (with the exception of Participants in either of the team events who may also win an individual prize).

18 In the event of any dispute the decision of the Race Referee and Race Director shall be final.

### **Participant's Declaration**

19 The Participant agrees to abide by the Terms and Conditions and any other rules, instructions and regulations published and displayed from time to time by the Race Director or given on the day of the Event by race marshals, officials and police.

20 By completing and submitting the registration, the Participant confirms that, to the best of their knowledge they are healthy and fit to complete the course within 95 minutes and voluntarily and freely chooses to assume the risks (except where any such personal and bodily injury, including death is caused by the negligence of the Race Director or any of its employees).

21 The Participant is requested to advise of any known medical conditions or medication being taken upon registration and, prior to the start of the Event, is required to complete the personal, contact and health details form on the back of the race number and shall disclose any known medical conditions and medication. This is required in case of emergency only and the Participants' data will only be used in accordance with current data protection legislation.

22 The Participant acknowledges and agrees that, subject to clause 25, the Participant shall:

22.1 fully indemnify and keep the Race Director fully indemnified from and against all liabilities, claims, actions, proceedings, loss, damage, costs or expenses suffered or incurred by the Participant; and

22.2 irrevocably indemnify and hold harmless, and reimburse the Race Director from and for any sum, costs or expenses (including legal and professional fees) incurred, payable or paid by the Race Director to any person (including the Participant's insurers) in connection with any accident, loss, damage or injury (including death) arising out of the Participant's attendance at, participation in, or training for, the Event.

23 Subject to clause 25, the Race Director shall not be responsible for any losses the Participant suffers as a result of the Race Director's breach unless such losses were reasonably foreseeable to both the Participant and the Race Director as at the date of the Participant's registration for the Event. For the avoidance of doubt, the Race Director will not be liable to the Participant in contract, tort (including, without limitation, negligence) or otherwise in connection with the Events for loss of revenues, profits, contracts, business or anticipated savings or loss of data); or goodwill or reputation; or any special or indirect or consequential losses; for any personal injury to or death of the Participant.

24 Subject to clause 25, the Race Director's liability to the Participant shall in any event be limited to the refund of the entry fee.

25 Nothing in the Terms and Conditions shall affect the Race Director's liability for death or personal injury resulting from the negligence of the Race Director or a deliberate act or omission of the Race Director, its employees or agents:

25.1 For breach of statutory duty;

25.2 For fraudulent misrepresentation; or

25.3 To the extent that liability cannot be excluded or limited by law.