

Phil and Bonnie Bounder 2019

Terms and Conditions And Guidelines

By agreeing to these Terms and Conditions you declare you:

- Agree to adhere to the UK Athletic Competition Rules.
- Accept that you take part at their own risk and by accepting these Terms and Conditions you
- Accept that the organisers, Weymouth St Paul's Harriers and Athletic Club (WSPH & AC), sponsors, partners, marshals and any party acting on its behalf will not be liable for any loss, damage, action, claim, costs or expenses, which may arise in consequence of your participation of the event.
- Will abide by the age limits set for the event.
- Are of relatively sound mind and body.
- Will not compete in the race unless you are medically fit on the day of the race and that, in any event, you will compete at your own risk.

Event Entry

All event entries to be made via the Full On Sport website. The link to enter the event is on the WSPH & AC website [here](#).

Entries close on the date specified on the website and entry form or when the race limit has been reached. Closure of entries will be announced on the WSPH & AC website.

All entry fees are non-refundable.

WSPH & AC retains the right to refuse entry to anyone declaring false information on their entry form, not making the required payment, or otherwise failing to meet the stated entry requirements.

To register for the event, you must be 17 years of age or older on the day of the event.

Runners have the right to cancel their entry if it is done within 14 days of their original entry date.

Runners can transfer their entry to another runner on the Full On Sport website. If you are UKA Affiliated and want to transfer your entry to an Unaffiliated runner then you will need to call Full On Sport yourself on 01935 388733.

Event Rules & Guidelines

All communication between the organisers and registered entrants will be by email.

Registrants must be capable of completing the full distance. The responsibility falls to the runner to be prepared for the event.

Unofficial transfer of race numbers between runners is not permitted. Transferring an entry to another runner can only be facilitated by means of the Official Transfer Procedure.

All runners must provide to the organisers, on the online entry form, any medical information that they deem essential to the needs of the organisers in the event of the runner falling ill or being injured during the event.

This medical information is to include existing health problems and medication and will be made available by the organisers to those providing medical assistance as and when necessary and will not be divulged to any other persons unnecessarily.

Participants are responsible and assume liability for any and all medical expenses incurred as a result of training for and or participation in the event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.

By taking part, all participants confirm that they are happy for their photographs taken before, during and after the finish of the race to be used to publicise any future races.

Course

The course is on a mixture of typical forest tracks and woodland paths. Runners must expect to come across rough and undulating terrain, trees in the middle of the course and tree roots underfoot. This will call for good eye to foot coordination.

The course is to well signed. Runners are to follow the whole of the course as designed, unless they are leaving it for the purpose of retirement, in which event they should proceed to the next marshal. If they get lost or take a wrong turning, runners must return to the correct course at the point at which it was left. They may be assisted in regaining the correct course.

Military Area

The race course borders Ministry of Defence Land. Please obey all MOD signs and do not trespass onto MOD land. Firing and tank activity does not happen at weekends but if you hear a loud bang, hit the deck immediately!!

Race Start

The Race Start area is relatively narrow. Runners are asked to arrange themselves, as far as is possible, in an order that means that runners separate after the start and do not bunch up.

Timing

The race is not chip timed. Multiple stopwatches will be used to time the event.

If you need an accurate time, as it may take you a short while to cross start line once the event commences, then please use your own timing device.

Event Day

Participants must follow instructions as given from all event officials including race staff, volunteers and medical personnel throughout the duration of the event. This is for your own safety.

Any participant who has been found by a course marshal, event official or surveillance equipment to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified from the event.

Any runner who refuses to obey the instructions of a marshal or event official or who conducts themselves in an unsportsmanlike manner, or who is offensive by action or language to officials, volunteers, participants or spectators may be disqualified from the event.

All participants are expected to conduct themselves in a professional and courteous manner during their participation in the event. This means, for example, that urinating or defecating anywhere on or near the course shall be strictly prohibited except in toilet facilities. Yes really. Anyone violating this rule of conduct shall be disqualified from the event and will be asked to leave the course permanently, no refund will be given.

Every participant shall be provided with a race number, which shall be conspicuously worn on the front during the event to always be visible to marshals and event officials. Any runner who participates in the event without a race number will be directed to leave the course.

We will not be able to give you a race time if your race number is not displayed clearly. More importantly, we will not know if you have returned safely. We want to avoid sending up our event helicopter to search for you. Just the fuel costs us £400 per hour.

No person shall be allowed to accompany a runner if he / she is not registered in the event.

Whilst assisting a runner in getting from the start to the finish by a non-runner is not permitted, there are several exceptions to this rule:

- Medical assistance in the way of resuscitation using defibrillation equipment or by Cardiopulmonary Resuscitation (CPR) is permissible. Runners requiring such assistance are permitted to continue in the event once treatment has been successful.
- Where a runner has lost one or more running shoes in the mud, other runners are permitted to carry the unfortunate, or fortunate runner, to the finish. Note: Failure to subsequently locate and retrieve the lost footwear will be considered littering and the runner will be disqualified.
- Cheering, flag waving and clapping and similar forms of encouragement without physical contact. 'high fives' are allowed.

Participant Safety

Competitors have a primary responsibility for their own safety.

The Race Organisers will make all endeavours to ensure the safety of athletes and officials and will have a race specific plan for health, safety and rescue, including the means to aid runners in distress.

There are marshals at regular intervals along the course. All marshals will have race radios to assist them in the management of the race.

There are no road closures in place for the last section of the course, a 1000m section of road through Moreton. This is the only section of the course that is on the public road. There will be marshals in place at junctions and at regular intervals along the road.

Please ensure that you follow the instructions of the marshals as it is your safety that is their priority. If they instruct you to stop then you **MUST** stop.

Injured Competitors

If a runner comes across another runner who is ill or injured, they **MUST** help. All marshals will have radio's and assistance in terms of First Aid or transport back to the Race HQ can be ordered by a marshal. If assistance is required, stay with the runner and delegate someone to return to or go forwards to the previous / next marshal to get help.

Dogs.

Dogs are not allowed to accompany runners or vice versa.

NOTE: Entries may be accepted from runners with medical assistance dogs, subject to them being correctly registered and identifiable as such; and subject to approval by the Race Director.

Buggies

Buggies are not allowed on the event.

Headphones

Headphones and earphones are not allowed to be worn during the event. This is for safety reasons.

It is crucial that all runners must be able to hear the marshal's instructions and warnings on all parts of the course.

Athletes infringing this rule shall be liable to disqualification.

First Aid

There will be First Aid trained personnel around the course and can be called to attend to a runner by the marshals.

Water Station

There will be a water station at half distance. There will be signs on the approach. Please dispose of used cups in the marked bins / nets which will be placed within the course section after the water station.

Where conditions warrant, considering the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water may be placed at more regular intervals along the route.

Behaviour at Obstacles & Narrow Paths

The course is narrow at points. Single file running is advised. It will be obvious where this is the case. Warning signs will be placed in advance of obstacles so runners can be prepared.

Be considerate to other runners and point out obstacles, especially, trees and tree roots, when failure to do so may increase the risk of a fall and or injury.

Runners should not jostle at stiles, gates and other obstacles. Nor should they push past slower runners on narrow paths. The correct etiquette is for the overtaking runner to shout 'track' and the slower to step out of the way as soon as practical, standing still if necessary.

Voluntary Retirement

If a runner wishes to retire from the race, they must report this to the nearest race official, normally a marshal, or to the finish, and then remove their number. If they become physically incapable of personally reporting, they should endeavour to get a message passed to an official via another runner. If we know that you are safe, we will not send up our event helicopter to search for you. Just the fuel costs us £400 per hour.

Compulsory Retirement

Retire immediately if asked to do so by a race official.

Countryside Code

The Countryside Code must always be obeyed. We are being allowed to use the forest and wood by the animals and creatures that live there on the condition that we respect their safety and wellbeing. If a caterpillar is crossing the way in front of you, it has the right of way. No squashing of caterpillars just because you want a personal best time.

Litter

Runners and spectators are not to drop litter at the start, finish and at any point on the course. There will be litter bins at the start / finish area. All marshals will have a rubbish bag.

Refunds and Event Cancellation

Event officials reserve the right to delay, cancel, or suspend the race due to inclement weather. No refund will be issued in these circumstances.

In the unlikely event that we must cancel due to adverse weather, refunds will not be given due to needing to cover the costs already incurred. Any cancellation would be done as an absolute last resort with every possibility explored to keep the event open. Unfortunately, we will not be able to issue refunds if you can no longer participate, but we can carry out transfers until 14 days before the event.

Data Protection

We will keep your personal details safe and only use them for the purpose of organising the event. Your medical information will be available to those that may require it on the day of the event.

If you have just read all of this, you obviously have nothing better to do. Go out for a run to recover!