



Terms and Conditions

Declaration

By entering the race, you have agreed to the following terms and conditions:

I declare that I am medically fit to take part in this event and that I take part at my own risk. I accept that the organisers are not liable for any loss, damage or injury howsoever caused, either before, during, after or as a result of my entering the race. I agree to my details as per my entry form being held on the organising club's computer database. I agree to abide by the Terms and Conditions of the event and to obey instructions given by the event officials and marshals, and that in the event of a dispute the race director's decision will be final

Entry Conditions and Rules

- ⚡ This is a multi-terrain event and all competitors enter at their own risk. No liability will be accepted for any injury incurred by entering this race.
- ⚡ Details submitted on the entry form will be held on the organising club's computer database. We use this information to inform you about race arrangements and future events. Your race entry is used by *Total Race Timing Ltd* to produce race results.
- ⚡ Photographs taken during the race may be used on the race website, in advertising material and media reports.
- ⚡ Participants should be medically fit to take part in the event.
- ⚡ The organisers reserve the right to alter the arrangements and conditions should circumstances require.
- ⚡ The race starts prompt at 10:00, you will need to register on the day of the race (we do this for safety reasons to know "who we need to account for"). Registration will cease promptly at 09:30, your race numbers will be given to you at this time.
- ⚡ Please note, entry fees are non-refundable and non-transferable. ⚡ Appropriate footwear should be worn.
- ⚡ Timing chips must be worn at all times during run.
- ⚡ If you are unable to run on the day, PLEASE DO NOT pass your race number to someone else without informing us.
- ⚡ Being a Fun Run the minimum age of entry for 5/10km is 6 years old, it is recommended that entrants between the age of 6-13 are accompanied by an adult at all times.
- ⚡ Those under the age of 16 require parental/career consent prior to entering. ⚡ The 5k course is a figure of 8 track over varied terrain including woods (uneven ground), alongside lakes, up and down hills and across pastures with grazing cattle and follows arrows. Appropriate footwear should be worn. Please follow Marshal's directions at all times and keep to the left!
- ⚡ For your own safety please follow the instructions of the marshals and club officers at all times.
- ⚡ Ensure you follow the government COVID guidelines at the time of the event.
- ⚡ If at any time during the proceedings, you feel ill, or unwell, stop exercising immediately and seek a marshal's attention.

All profit is used by North Norfolk Surf Life Saving Club (HMRC registered: CASC 06308. Tax ref: CH 09156) to help with the day to day running of our clubhouse and training costs. NNSLSC is a not-for-profit organisation, run by volunteers, which relies on fundraising, grants, donations and sponsorship from the public and business to supply its members with up-to-date surf lifesaving training and equipment.