

# SOMERSHAM SPRINT 5k &10K

## Terms and Conditions

The organisers cannot accept responsibility for any damage or injury other than as a result of Somersham Sprint's negligence.

All entrants must:

- beware of traffic, pedestrians and other entrants
- abide by the orders and directions of officials and police
- observe and obey all signs along the route
- read and abide by the race instructions (see below) and ensure they are medically fit to enter the race
- be aged 16 or over

By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in the cross country run to be used to publicise Somersham Sprint generally, including radio / television broadcasts.

All participants must write their name and details of any health problems or medication on the reverse of their official Somersham Sprint run number, which must be worn on the front of shirts during the event.

Any participant unsure of their physical ability to take part in the cross country run should take medical advice from a general practitioner prior to the event.

Somersham Sprint takes all reasonable steps to minimise the risk of injury to participants during the fundraising event. There is a stringent risk assessment process in place for each and every event which aims to minimise or eliminate the risk to everyone taking part. However, by taking part in this event, you acknowledge that there may be conditions or circumstances beyond our control that can lead to unforeseen risks. If you have any concerns or queries please contact us before agreeing to take part in this event.

There is no requirement to wear fancy dress to participate in the cross country run. Should any entrant choose to run in a fancy dress costume, it is their responsibility to ensure that the costume is appropriate for the run and does not present any hazard to themselves, other participants or members of the public.

All entrants must sign the disclaimer form (containing the terms above) before taking part in the event. The disclaimer form can be downloaded from [www.millennium-sports-somersham.co.uk](http://www.millennium-sports-somersham.co.uk). Limited copies will be available on site prior to registration at the Millennium Sports facility. Race packs will not be given out without a signed disclaimer form.

### **Race numbers**

Each runner must wear a number on the front of their shirt.

All participants must write their name and details of any health problems or medication on the reverse if necessary.

### **Road safety**

Runners must follow the route arrows and directions, do not stray on to adjoining land. Stay alert and take extra care at junctions and track entrances/exits.

Follow instructions from Marshals.

St John's Ambulance will be available, on site, if you have any difficulties.

### **The race**

The race starts on the bridleway behind the Millennium Sports Field.

There is a funnel lane for the finish line.

There will be a warm up at 9.50am for the 10 am start.

There will be a warm up at 10.05 am for the 10.15 am start.

Do not step into any part of the route/ course until directed to do so by the Race Controller.

Slow entrants please start nearer the back.

Stay in the designated running lane.

### **Parking**

There is free field parking adjacent to the facility at Parkhall Road, watch out for the signs.

For those with Blue badges the Millennium Sports Facility car park will be available.

Please use the car parks and do not park on the neighbouring roads to the facility as a matter of courtesy.

### **Prize giving**

Starts at 1.00pm.

There will be 1<sup>st</sup> prizes for:

- Men's Fastest
- Women's Fastest

All finishing runners will receive a medal and goodies

### **After the event**

Don't forget to look up your results on the website and upload your photos!

### **Wellbeing and safety**

By taking part you acknowledge that there may be conditions or circumstances beyond our control that can lead to unforeseen risks. If you have any concerns or queries please contact us before taking part.

### **Preparation**

You should try to get at least two weeks' preparation in for the event.

### **Medical conditions**

If you have any medical conditions, are unsure of your ability to take part in the event or have not taken physical exercise for some time, then you should consult a doctor first.

Please write your name and details of your medical condition and any medication on the back of your runner number.

### **Before the race**

Make sure you eat breakfast. Stay hydrated: drink half a litre of water throughout the morning. Warm-up slowly then gently stretch your muscles.

**Run to finish, not to win!**

Overexertion is dangerous and at best will leave you feeling pretty rough over the weekend so lower your expectations a little and enjoy your run more.

Gently cool down after the race instead of stopping abruptly.

**Pay attention to your body**

If you feel any of the following symptoms, stop running and alert the nearest race marshal:

- dizziness
- nauseous
- disorientated
- chest pains

**Traffic**

We have taken all reasonable steps to minimise the risk of injury to participants, but you are responsible for your own safety.

You must comply with the Highway Code and obey directions from police and officials. Keep to the right-hand side of the highway.

You must stay alert at all times to the possibility of oncoming traffic.

Although a minor route one section is on the road and it is not completely closed.

**Disabled entrants**

You must inform the organisers of the Somersham Sprint about your disability before the race. We try to accept all entries (over 16) but we may have to refuse some for health and safety reasons.

Ends.