



## Race Terms and Conditions

### Entry Conditions

All competitors enter at their own risk. While medical assistance is provided for the duration of the event no liability will be accepted by either Norfolk Gazelles Running Club or individual race organisers for any injury incurred by entering this race.

Pictures and video footage may be used on the race website or that of our sponsors and in advertising material and media write-ups. All competitors entering the event agree to their photograph being used for these purposes.

For multi race events, runners under the age of 16 will only be permitted to enter one race.

It is a condition of entry that all competitors agree to the terms and conditions as set out on the race website.

### Medical Conditions:

It is recommended that you prepare and train for this event. [www.runnersmedicalresource.com](http://www.runnersmedicalresource.com) has guidance. Please consult your doctor for a check-up if you have not exercised for some time. If you have a medical condition, it must be detailed on the reverse of your race number provided and at the time of your online entry. We strongly advise you seek medical advice before participating in this event and you disclose to those medical advisors the nature of this event.

### Your declaration:

By signing up to this event you have already agreed to the following:

"I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel or not officially time the race in the event of adverse weather conditions or other events outside the organisers control. The determination of what constitutes this is reserved solely to the Race Director. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. I understand that entrants under 18 years old require the permission of a parent or guardian to take part in the event. I agree to my personal information being used as described below."

### Personal information handling in accordance with Data Protection Act (1998)

We take privacy issues seriously and want to be open about the way personal information you provide when you enter our races is collected and used. We use the personal information you give us to keep you informed about race arrangements, to develop and enhance our event, and inform you about future events. We will pass your information to our race partners Total Race Timing to produce results for the event. We are grateful to all our sponsors, without whom the race would not be possible. Your email will never be passed on to other companies or third parties. If you do not want to receive this information about future events please advise the race director in writing. We will contact you using the email address you supply on your race entry form.

### Complaints:

The organisers have taken every step possible to ensure this is a fun, safe and enjoyable event. The race has been organised by and with the help of volunteers to raise money for the running club and its chosen charity. We hope you will take the run in the spirit in which it is intended. If however, you do have cause for complaint please would you direct it to the Race Director at the Race Control Area where a formal written complaint can be recorded and duly noted.

### Event Cancellation

In the event of the race(s) being cancelled your entry will automatically be transferred to the next running of the event. In the event you are unable to make this a refund will be offered.

### Transfers and Refunds

Other than for the event cancellation refunds will not be offered. Runners unable to make the event after the cut-off date for transfers will not be offered a deferred entry or a refund.

### Accident and Illness Reporting:



In the event that you suffer illness or injury during the event, you are obliged to report it to the nearest marshal.

Withdrawal from Event: If you are unable to take part in the event, and you withdraw the monies are non-refundable and will be classed as a donation unless your entry is transferred in accordance with the advertised dates.

**Changes to terms and conditions:**

We reserve the right to update our terms and conditions at any time. Please check regularly for any changes, which will be immediately applied to your continued use of our websites.