

Normanby Hall Adventure Race

May 23rd 2021 - Information Pack





We admire your commitment!

Firstly, well done on signing up and committing to the Normanby Hall Adventure Race, within the amazing grounds of the Normanby Hall Estate. The Team at Curly's Athletes are excited to be back once again, with over 500 eager adventure racers (and our charity partner RIDING FOR THE DISABLED ASSOCIATION) to test themselves on this unique course. ASK ANYONE, who ran in the 2020 event how amazing it is!

*MUD NOTE - now, normally this event takes place in March. This year due to Covid restrictions the event is taking place during the drier month of May. We can't offer our normal 'mud' guarantee and it could be dry... but we're working on the weather ;)

Hosted from in front of the Main Hall, and taking you out to the cross country horse course over mud (hopefully, we get some rain soon!), sand, grass, water and plenty of horse obstacles (plus a few we've added in so you don't get bored!) The event can be raced, but it can also be walked/jogged with friends, and we make sure nothing you need to climb over, or wade through is above waist height, making it nice and accessible.

Covid ready!

We know people want to keep doing the things they love, in a safe and fun environment! For 2021, we're making a few changes to help make sure you get a great day out. Firstly, we have halved the number of participants, to make for a well spaced and socially distanced race. We also have a staggered start in place for extra safety. We will do everything within our control to provide a safe and fun environment ... but we can't do that without you supporting us, and being your usual amazing self on the day. So, take an extra few mins to read the instructions, and let us know if you have any questions (and of course we will be sending out bitesized information in the lead up to the event, across our social media sites/ email reminders)

- **Book a time!**- for 2021 we won't be having mass starts at the event. **We have times throughout the day, setting people off in small groups** socially distanced and spaced out. Your feedback (from our Covid safe September event) is that you actually preferred it!

***Covid-19 key points:**

*Please note, it's currently a very 'fluid' environment, so we may need to change and adapt the event closer to the event day. We are constantly monitoring Government advice. Thank you for your patience :-)

As always, our job is to make things simple and logical on event day... these kind of operations are nothing new for us. It may seem a lot when you read it, but on the day our aim is to reduce any confusion and make sure 'it all makes sense'. We just ask you to keep in mind social distancing, ask us any questions and please stick to your wave time. Everything else, we will make sure is easy for you :)

- **Waved starts**-we wont be having mass starts. We have times throughout the day, setting people off in small groups, every 3 minutes. This allows us to maintain social distancing, and helps spread out adventure racers on the course. Your feedback (from our Covid safe September event) is that you actually preferred it! This means you have more space on the course and still be able to join your group of friends .Please read the timings section in this guide.
- **Route**- will be just as challenging as ever (plus we've added some bonus hills :-) We will be adapting the course as needed to give people more space.
- **Times & Prizes**-all results will clearly go off net time rather than gun time. That's from when you cross the start line to the finish... it would be a bit unfair otherwise ;) Prizes will be arranged post event. Your medal, cake and water will be bagged up for you to collect at the finish line.
- **Spectators**- we are discouraging spectators from the park area and course. We would strongly advise they don't join you on this occasion. It supports us with social distancing, and track and trace. Don't worry, we will be providing plenty of support for you at the finish, and of course, around the route from our volunteers.
- **Virtual Briefings**- the main briefing will be virtual! A video will be uploaded onto the website and facebook during the week of the event, talking you through the event. On the morning, we will have rolling reminders.
- **Finish line**- you'll have the same looking finish line with music blaring! You will be able to collect your medal, cake and water (together in a bag) from the designated area.
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- **Aid Stations, water & change tents**- Following advice, We won't be having any aid stations on the course. (we still have a music zone though!). Please start hydrating for the event the day before, and in the morning. If you run with your own disposable bottle, do not throw it out on the course, as it's bad for wildlife and a risk for us for cross contamination. We also won't be having change tents at the finish this year.
- **Junior Race**- There will be no junior race this year. We are working on a 'junior only' event as we know we've a lot that have missed out this year... so stay tuned!
- **Bag drop**- No bag drop on the day in order to minimise touch points. Now, we know the course has water, and many people will be turning up solo so we will have an emergency car key holding facility available at our race HQ (signposted Registration) *we will look after your keys, but clearly all left at your own risk.
- **Registration**- all numbers and chips will be posted. If you have any problems with race numbers etc, please get in touch ahead of the day. We will have a help point on site, but this is behind glass and has a limited capacity. contact@curlysathletes.co.uk for any queries. **DO NOT FORGET YOUR TIMING CHIP** - a £2 charge exists for a replacement and we only have a limited number of these.
- **T-shirts**(if you added one) will have a designated collection area on the day (collect before or after the race- just bring your race number to the collection area, signposted registration)
- **Covid responsible adventure racers, volunteers and team members :)** ... we are 'all in this together', but we're only as strong as our weakest link. Therefore, we all have a duty to be aware, alert and socially distance. That way we can make a slow, safe and steady return to what we love. However comfortable you may feel around people, remember not everyone feels the same, so just think of others and let's have a great day doing what we love! **Read the participant code of conduct here** : <https://curlysathletes.co.uk/normanby-adventure-race>
- **First aid**- as always, we're self sufficient in the most part and put **no strain on the NHS**. Only in the event of a life or death scenario would we involve 999. The first aid provision will be no different from normal and all medical team members are well trained and rehearsed at dealing with medical incidents under Covid guidance. We do have the addition of an isolation tent should any runner show Covid related symptoms during triage. The ambulance is on site to support transfer of any casualties needing hospital treatment (again, to avoid any burden on the NHS.)

Finding us and parking

Car parking is free and you will be directed upon arrival to the relevant car park. The venue is well signposted as you head to Normanby so you won't miss it!

Normanby Hall Country Park, Normanby, DN15 9HU.

Please ensure you read on for details of arrival times.

Registration

Registration- all numbers and chips will be posted. T-shirts (if you added one) will have a designated collection area on the day. If you have any problems with race numbers or haven't received by 17:00 on Thursday the 20th, please get in touch. We will have a help point on site, but this is behind glass and has a limited capacity. contact@curlysathletes.co.uk for any queries. In your envelope you will find . . . your race number and timing chip (please read on for instructions on how to attach)

***Entry amends / cancellations** - If you wish to amend your entry, this must be done **14 days** ahead of the event. Log into etchrock.com to update any details. If you're unable to attend the race, then you can transfer to another event up to 14 days before. Partial refunds are only available until 28 days before (50%), full refunds are at 90 days ahead of the event. Should we cancel the event (due to COVID-19 impact) then you will be able to obtain a full refund (minus the entry system fee, which is managed by an external company), transfer to the following year's event or any of our other events.

Event timings

Waves are roughly every 3 minutes starting from 09:00. Each wave currently has an estimated capacity of 12 people. You can adjust your wave by logging into etchrock.com- we advise a bit of co-ordination with your friends on this one! Depending on the guidance at the time, we will either set all 12 off together, or will breakdown the start (for example 6 people every 90 seconds) PLEASE NOTE THAT THIS FACILITY HAS NOW BEEN SUSPENDED DUE TO DEADLINE.

*Please select your wave preference when you enter. If you are wishing to run with team mates, then please enter under the SAME TEAM NAME. We will confirm your wave times ahead of the event day. If we can clearly identify similar team names, we will look to move them together.

We have adjusted the wave timings due to the reduced capacity for runners (covid-19). Meaning start times are now from 09:00-11:30 est vs 09:00-14:00. Don't worry, you don't need to do anything, as we will automatically merge things together for you with your team mates. And of course, any problems please get in touch. Your wave start will be posted on the web and we will communicate on Facebook and email you them across :)

*FIND YOUR WAVE HERE - <https://curlysathletes.co.uk/normanby-adventure-race#2a2ee6fa-b835-43d3-8a1d-2367be0995ab> and don't be late!!!!

If you miss your wave, you will be slotted in as we have a space. . . . try not to be late as we've done a lot of work to create a safe / fun event!

Doing it twice- if you're one of the "few" brave enough to sign up to do both waves, don't worry! Your first run will be between 09:00 and 09:12 :) . . . we've then allocated you a second wave time. Keep warm in between!

Or you can ask the start line team if we have space to fit you into an earlier wave (no promises though)

DO NOT LOSE YOUR TIMING CHIP (if you're swapping shoes make sure you've got some clippers and spare small cable ties, we will have spare on the day should you struggle!) Your super special trophy and event t-shirt will be ready for you at race HQ to collect at the end of the day. . . it's back at the start and just follow signs to registration :)

Athlete well-being

If you feel unwell or injured, then it's your responsibility to make sure you withdraw from the event. Please don't put yourself at risk. **If you are showing any Covid symptoms then DO NOT ATTEND.** Please isolate and complete our COVID SPECIFIC document here: <https://curlysathletes.co.uk/questions/#8f120023-e3d8-4b70-8897-35660c20fd24> This allows us to move you to the following years event. We don't want anyone feeling they have to attend with Covid symptoms. TRACK AND TRACE will be in place for the event and you must report any symptoms that occur soon after the event via the same COVID document. You can also visit the NHS site for further advice here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Medics-our expert team will be on hand throughout the event, on the course and at the finish, along with an ambulance and 4x4 vehicle on course for emergency extraction.

Dress for the weather- please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event and get some gloves on!- you will be scrambling so these are a great idea (simple work gloves work well!)

It's slippery! - obstacles will get muddy, so always approach obstacles using your hands vs trying to use your feet. Take care, as the obstacles are hard wood and not very forgiving!

Water- we will not have a water station on the course, due to Covid-19 protocols. At the end of the event, we do have water for you.

Rubbish-if you decide to run with a water bottle or gel, please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for littering.

Headphones- yes you can wear them, but you're off in the water & we ain't fishing em out ;)

Check out our athlete code of conduct on the webpage- to help you have a safe day :)

Hand-wash stations will be signed and placed as we deem fit, around the event area.

Face-masks- our team will be in face masks throughout the event, where practical. If possible, please wear a mask until the point you race. We don't advise running in masks and please remember to take them home. YOU WILL need to wear a mask if you visit the cafe

Social distancing- please be aware and stick to any markers or guidance, especially waiting for the start. On the course please keep left unless overtaking :)

The Course, start maps & finish line!

The course is around 10km in length ish . . . *subject to us messing about with the course and finding new exciting routes.

Don't go out too fast too soon . . . it's a physically demanding course, and the obstacles, thick grass, mud (hopefully, if it rains!) and water can really take their toll later in the race! Smart runners have a quicker second half!

Leaving the road, you then head across an open grassy meadow.

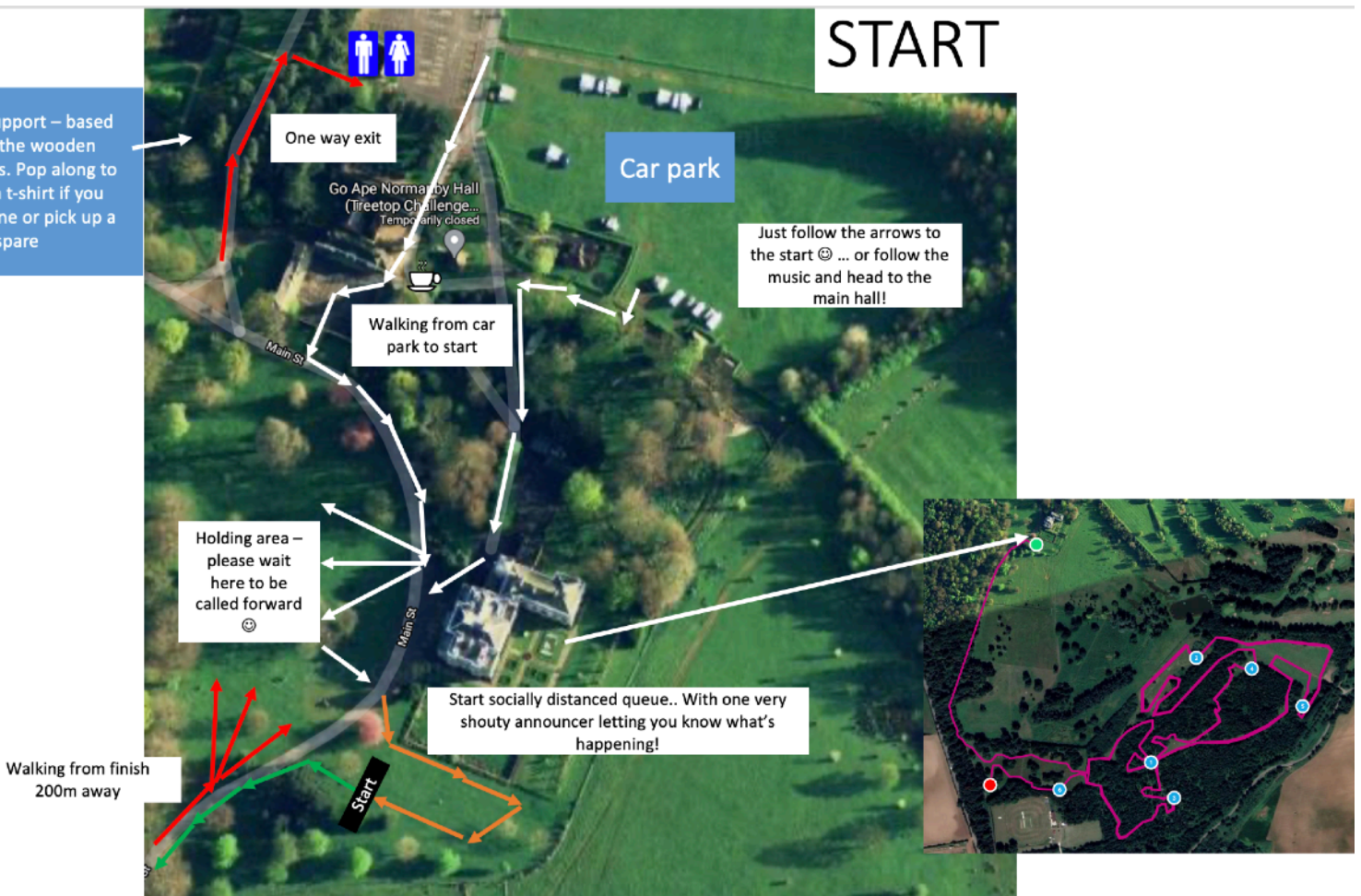
Once you head into the trees, that's the start of the first loop of the course. You will complete two circuits of this loop and then head back up the way you came across the meadow.

Please stick to the left-hand side throughout the course. You may find that you catch up with people or get caught by others on their second lap. If you're just along for mud and giggles, then please make way for faster runners :) A quick note to our more competitive runners.. if you are seen to be missing out obstacles, any trophy or prize will be held onto until we establish what happened. If you're not at the sharp end of racing, then we really don't mind if you want to skip out bits, but do remember, you entered an obstacle race and people behind you doing the obstacles will not be impressed, and you can only eat half your cake at the finish ;)

The race finish is now at South Lodge Field. This means that you will have a 200 m walk back to the main hall. We have had to do this this year to make sure that we don't have the finishers, and those who have not yet started the race, mingling together.

And finally . . . take it easy! The obstacles are mainly made of wood and can get pretty slippery. The water section is approximately waist height (but might only reach your ankles, if it doesn't rain soon!) so take care here. If you do notice anyone injured, please report it to the nearest marshal.

Main area maps



How to put on your chip :-)



The timing chip is attached, via a provided cable tie, to the laces of your trainers. Make sure it is fully secured, as no chip= no time!

Things going on

Refreshments, The park café will be open on Race Day. Plus don't forget at the end of your race (along with your medal) you also get a lovely piece of cake :)

Toilets, are open next to the main car park. We will also have additional portaloos up at the finish! Please keep mud to a minimum here. The toilets will be manned, and they are not for getting changed in after your event. . . bring a bin bag, a towel, seat covers and prepare for an in car changing adventure!

Spectators, sorry it's currently a no for spectators. If someone is driving you to / from the event then we're ok with them being present on the day, but not to gather around the start / finish area, or head onto the course.

Photos- we will have our photographer around the course, so do give him a wave! These will be on our website in the Athlete Zone section. We would also love you to share any of your photos from the day with us, and welcome your comments about the race! Find us on Facebook at <https://www.facebook.com/curlysathletes>.

Results- we're fully chip timing this event, so results will be available online straight after the event. Prize giving & trophies- all done after event day.

Our charity friends- in 2021 we are again working with Riding For The Disabled to promote the work they do, and give runners the opportunity to fundraise. They're an amazingly dedicated group of people, doing simply fantastic things and enriching disabled peoples' lives. They'll be down on the day with some friends. If you would like to know more, and how to help, [visit here](#)

UP NEXT !

Visit: <https://curlysathletes.co.uk/running-events> for all our events :)

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes & Normanby Park, we wish you the very best of luck, and we will see you on the day :)

TERMS AND CONDITIONS

Curly's Athletes Ltd
Terms and Conditions of Entry

Definitions:

Participant: the individual who has submitted their details onto the entry system and participating in the event.

Event: a running, obstacle, cycling, duathlon or triathlon event organised by the Organiser and for which these Terms and Conditions of Entry are attached.

Organiser: Curly's Athletes Ltd

Entry Policy

Under UK Athletics (UKA) Rules and Regulations, the following minimum age restrictions apply as of the date of the Event:

- 11 (eleven) years of age in respect of a 5K;
- 15 (fifteen) years of age in respect of a 10K or 5 Mile;
- 17 (seventeen) years of age in respect of a Half Marathon or 10 Mile;
- (iv) 18 (eighteen) years of age in respect of a Marathon.

All Participants under the age of 18 (eighteen) years must obtain parental consent in order to register and participate in the Event.

As an adult participating in an Adult event, I declare that I am 18 years of age or over on the day of the event

As a junior participant under the age of 18 taking part in an event, I declare that a responsible adult has authorised my participation in this event and has read and accepted all of the terms and conditions of the race on my behalf.

By submitting your application and paying your entry fee, you are agreeing to enter the Event and also agree to abide by these Conditions of Entry, the Event Conditions and any instructions given to you by the organisers and officials of the Event.

Included in your run pack will be an electronic chip to record your time. For the vast majority of our races, this will consist of a foam sticker to the back of your number. The only exception to this is the Normanby Hall Adventure Race, which will consist of a shoe tag. This should be used in accordance with the instructions in the information pack. Removal of the foam chip/ shoe tag will mean no time will be recorded.

Participants in the Run are subject to the competition rules as dictated by the governing body. If there is any conflict between the competition rules and the Agreement, the Agreement shall apply to the extent of the conflict.

Medical Declaration:

It is recommended that the Participant prepares and trains for the Event. The Participant is advised to consult with a medical professional prior to entering into the Event, especially if they have not exercised for some time. If the Participant has a medical condition, it must be detailed on the reverse of the race number.

The Participant agrees that, as far as they are aware, they are physically able to compete in the Event and, to the extent that it may be necessary they have sought and relied upon any medical advice before the date of the Event. Should any medical or physical condition arise prior to the Event, which is likely to affect their ability to compete in the Event, the Participant should withdraw from the Event. The Participant consents to any medical treatment being administered during the Event by official medically qualified personnel.

The Organiser may prevent the Participant from taking part in the Event (either at the start or during the Event) if the Organiser or any medical representative considers that the Participant should not participate in the Event for health and/or medical reasons.

I declare that I will not compete in the race unless I am medically fit on the day of the race.
Participants enter the Event entirely at their own risk:

Curly's Athletes shall not be liable for any injury, loss or death occurring as a result of participation in the Event (including, without limitation, any losses resulting from the Organiser's negligence), provided that nothing in these terms and conditions shall exclude or limit the Organiser's liability for death or personal injury resulting from the Organiser's negligence or for any other type of liability that cannot be excluded or limited by law.

I accept that the organisers and sponsors of the race, or any of their agents, will not be liable for any loss, damage, action, claims, costs or expenses which may arise in consequence of my participation of this event.

Race numbers:

All Participants must clearly display the race number allocated to them on the front of their vest/t-shirt throughout the Event.

Race entries are not interchangeable, and entries cannot be assigned, transferred, sold or gifted to any third party. If this is to occur, we will disqualify the person concerned.

Any assignment, transfer or sale of a race number may result in delay and/or difficulty in the event of an emergency and any such transfer, assignment or sale may result in disqualification of the Participant from the Event and/or the Organisers filing a report to UK Athletics.

First aid:

The Organiser shall use its reasonable endeavours to ensure that appropriate First Aid assistance will be available for the duration of the Event. There will be clearly signed First Aid points at the start/finish area and along the course. Volunteers and marshals in attendance at the race are not medically trained and will not give medical assistance other than notifying an ambulance or paramedic in the event that medical assistance is required. The Participant authorises the Organiser to pass on any and/or all information that he/she has provided to the medical teams operating on the day of the Event if required for medical reasons.

Baggage storage:

Should baggage storage be available at an event, personal items and items of clothing may be deposited prior to the race in the designated areas. However, Curly's Athletes Ltd do not accept any responsibility or liability whatsoever for the safe keeping or the storage of those items which are stored and deposited entirely at the risk of the Participant.

Event Safety:

I am fully aware of all associated risks involved with participating in this event.

The Participant must ensure that they have the correct equipment, footwear and clothing for the Event as they require.

The Organiser may at any time during the Event or prior to the Event prevent the Participant from participating in the Event if it considers such action is necessary for the safety and/or proper enjoyment of the Event by the Participant and/or other participants and/or spectators.

All decisions and rulings by the Organiser shall be the final in respect of the safety, running and organisation of the Event, the rules of the Event and finish times and positions. The Participant accepts that circumstances concerning the Event may change from time to time for reasons beyond the reasonable control of the Organiser and these may lead to the cancellation or change of the Event, venue(s), route(s) or other such changes. The Participant agrees to abide by such change(s) and acknowledges that any decision is entirely at the absolute discretion of the Organiser.

Please note that where an Event is open to wheelchair users and pushchairs, all participants should be vigilant so as to avoid contact with any wheelchair/pushchair or its user.

At all times during the Event, you must listen to and respond to the advice given by race officials and marshals.

Headphones must not be worn (unless otherwise stated.)

Your participation in the Event is personal to you. You are strictly prohibited from swapping, selling or transferring your place in the Event or allowing any other person to wear your Event number and participate in your place. If you are found to be in breach of this condition, we reserve the right to exclude you from participation in future events.

Resources of the event organisers, including medical and safety services, along with event supplies for drink stations and finishers packs, are reserved solely for registered entrants. Any unregistered runner intending to participate should seriously reconsider as they pose a serious safety risk. Any unregistered participants should be reported to the nearest official.

Our events are staged on closed and open roads (please see route details for specific information). The running course will be marked by kerb edges, barriers or cones and tape. Some areas may contain permanent street furniture and or temporary works or hazards, so for your own safety all runners are instructed to stay on the designated route.

Participants are not permitted to bring pets or other animals onto the Event course. This is with the exception of guide dogs.

Bikes, scooters, roller skates, or any kind of mechanical aid (except wheelchairs) are strictly prohibited from the Event course on the day of the Event. Pushchairs are allowed at some of our events- please contact us for specific information at contact@curlysathletes.co.uk

Aided participants

For those participants who are aided around the course, either by being pushed or assisted, by a guide runner, the guide runner must also be a registered participant in the Event. The Participant requiring assistance must advise the Organiser that they require assistance upon entry of their application and a free entry place will be provided to the guide runner. A request should be submitted to contact@curlysathletes.co.uk

Use of Image

By entering this race, I give my permission to Curly's, its sponsors, assignees & licensees to use or authorize others to use photographs, motion pictures, recordings, data or any other record of my participation in this event for any legitimate purpose without remuneration.

Race packs

Unless otherwise stated in previous communication, a race pack will be posted to the Participant prior to the Event to the address provided upon completion of the entry form.

Race packs will not be posted to those Participants who provided a postal address located outside of the UK at the time of completing the entry form and race packs must be collected from the race office prior to the Event. Race packs may be mailed to an alternative UK destination upon a request by the Participant and provision of a UK mailing address. The Participant should contact the Organiser via the online enquiry form on the Website to make such a request.

We do not accept responsibility for the non-delivery of race packs. If the Participant does not receive his/her race pack prior to the Event it is his/her responsibility to contact the Organiser, whereupon arrangements can be made regarding the issue of another race pack or collection of the same on the date of the Event. The Organiser shall be entitled to charge the Participant a fee for replacement packs in respect of its reasonable administration costs.

If a race pack has to be collected on the day of the Event, the Participant should allow appropriate time to do so prior to the start of the race.

Change of Address

If your address details change after you have submitted your application, you can login to your profile on www.curlysathletes.co.uk and change your postal address. Approximately 4 weeks before the Event your run pack will be sent to the address held at that point. If you have any queries regarding this please email details of your old and new addresses and date of birth to contact@curlysathletes.co.uk

Race Time

The Organiser will use its reasonable endeavours to provide the Participant with a finish time, save that the Organiser shall not be responsible for any anomaly or technical malfunction in relation to the same.

Event Cancellation

If for reasons beyond the control of the Promoter, including an 'Act of God' or Pandemic due to unforeseen, naturally occurring events that were unavoidable, the event which applicants have entered is cancelled or postponed, the Promoters will issue a full Race Credit to the value of the original entry fee or transfer the applicant's entry to another race/events where requested. Alternatively, if an event is cancelled by the Promoter for non 'Act of God' or Pandemic reasons, the Promoters will offer a full refund.

In the event of adverse weather or any other prevailing circumstances mean that the race is to be cancelled, details will be recorded on the web site and Facebook page and we will also endeavour to contact the Participant by email or other suitable communication means.

We will endeavour to stage the Event at a later date either at the same venue or at an alternative venue. Any changes to the Event will be communicated to you at the Event or sooner if practicable

In the event of cancellation of the Event, Curly's Athletes Ltd will have no responsibility for any costs incurred as a result of cancellation including any travel or accommodation costs, including your travel to the Event location.

Transfer of entry:

Transfer of entry is permitted between Events but may be subject to a fee e.g. where the entry fee for the race wishing to transfer to is higher than that originally entered.

If the Participant is unable to participate in the Event, he/she may transfer his/her entry to another event organised by the Organiser provided the preferred Event is not closed for entries and the transfer request has been received 6 (six) weeks prior to the original Event taking place.

The Participant must notify the Organiser in writing by email to contact@curlysathletes.co.uk. The date of notification of withdrawal is the date of the email The Participant must state his/her full name, date of birth, name of event and address in all correspondence.

If the Event the Participant wishes to transfer to is closed for entries his/her name will be added to a waiting list and in the instance that a place becomes available, the Participant will be contacted by the Organiser.

Deferral

Participants withdrawing from an Event may reserve an entry in the same event for the following year. In order to reserve an entry, a request must be made to the Organiser via email to contact@curlysathletes.co.uk. The Participant may need to pay the applicable entry fee of the event to which they wish to defer.

Race Entry Refunds

Our standard refund policy is as such: We will refund entry costs to the tune of 100% days prior to the event, 75% for 60 days before and 50% up until 28 days before.

After this date, we are unable to process refunds.

General Data Protection Regulation

By agreeing to our Terms and Conditions, the Participant agrees to the Organiser storing his/her personal data including name, address, email address, date of birth, telephone numbers, emergency contacts. Includes participants and volunteers and using this information for the purpose of organising the Event in order to send out vital race information. Personal data will not be used for marketing purposes unless marketing consent has been received.

In compliance with the General Data Protection Regulation (GDPR) the Participant has the right of access to his/her personal records held on the Organiser's computer. By agreeing to our Terms and Conditions, in order to send the Participant a race pack and fundraising pack (if requested), and produce his/her race results, the Participant authorises the Organiser to release personal details (including his/her full name, address and e-mail address) to the pack provider, or charity (if applicable), any official photograph company and timing results company. The Participant also authorises the Organiser to disclose his/her information for medical purposes on the day of the Event. All Organiser third party providers adhere to GDPR and will not use third party data for marketing purposes unless consent has been received.

Mailing lists:

The Participant's name will only be added to the Organiser's mailing list if they agree consent by opting in to receiving marketing. If consent is received information will be sent so that the Organiser can keep the Participant informed about other events of the Organiser. By agreeing consent, the Participant agrees that such information may also be given to other carefully screened organisations working with the Organiser to deliver the Event. If the Participant does not wish to receive any marketing information, he/she can indicate this on the entry form by not selecting the opt in option. The Participant is able to unsubscribe to these communications at any time.

General

The Participant agrees to abide by all applicable rules and regulations imposed by the Organiser or any relevant sporting governing body that oversees the running of this Event and the Participant will not be entitled to a refund of any entry fee if he/she is disqualified from the Event as a result of any infringement of these conditions or any such rules or regulations.

The Participant accepts that the Organiser may introduce cut off times as they think fit to limit time taken to complete the Event or any section of the Event to ensure the safe and proper running of the Event and he/she may be instructed to withdraw from the race in accordance with those cut off times.

The Organiser may vary these terms and conditions from time to time and the up to date terms shall be available on the Website.

Nothing in these terms and conditions shall constitute any partnership between the Organiser or any third party nor will any third party have the right or authority to bind the Organiser.

No waiver by either party of a breach or default or any amendment to these terms and conditions shall be affective unless in writing and signed by all parties.

These conditions shall be governed and construed in accordance with the Laws of England, Scotland and Wales and any dispute arising shall be subject to the exclusive jurisdiction of the English Courts.

By entering this race, I am confirming that I have read and understood the above

Last Updated: 20th November 2020