

# **SWIMBRIDGE RUN, 2015**

## **RULES AND GENERAL INFORMATION**

- Swimbridge 10k Run is open to all runners 15 years+. Swimbridge 3k Fun Run is open to 8 - 14 yrs. All runners have to be officially registered. If runners choose to run the route not specified for their age group they will **not** be able to claim a prize.
- The 10k run is affiliated with ARC through North Devon Road Runners.
- Qualification is separate for men's and women's races.
- The run will only proceed if weather conditions for the day are considered appropriate for "safe" walking by participants.
- No headphones or MP3 players.
- Skates, bicycles and other vehicles are strictly forbidden on the racecourse.
- Dogs are strictly forbidden on the racecourse and on the Glebe Recreational Field.
- It is the runner's responsibility to be physically fit and capable of completing the whole race.
- Swimbridge Village Hall Committee is not liable for any damage to property or injury incurred by participation in, or attendance at, the event.
- The organiser has the right to close registration without notice.
- Registration fee is final and non-refundable.
- Parents/guardians will be responsible for young people under the age of 18.
- If the race number is not pinned on the runners vest at the finish line the runner's time will not be recorded and therefore will not be eligible for a prize.
- Parents cannot take part in the 3k run with their child/ren.

### **Timekeeping**

Time will be measured by competent personnel.

### **Technical Support Area**

The technical support area will be located at the Village Hall (for Registration purposes) and will then move to the Glebe Field, weather permitting. Toilets will be in the Jubilee Hall and bag truck and refreshments will be on the Glebe Field, weather permitting.

### **First aid**

First aid will be provided by qualified first aiders to runners at the start and finish area, as well as along the race course.

### **Charity**

Runners of the Swimbridge 10k Run and 3k Fun Run will be supporting Swimbridge Village Hall, registered charity no 300983.

JLW/4.3.15