

Wissey Half Marathon (WHM) Race Rules

General Rules

1. The WHM is a 13.1 mile race licensed by UKA as a Road Race event. The event will be run under the UKA Rules of Competition.
2. Ryston Runners AC hosts the event and will provide the Race Director.
3. A UKA Race Referee will be appointed.
4. Starting and finishing at Oxborough Village Hall, the race is a single lap course using open roads.
5. The race is limited to 300 runners.
6. Race entries will be on a 'first come first served' basis.
7. Entries on the day are allowed subject to Rule 5.
8. The race will start at 10.30 hrs on the first Sunday in Sept.
9. Race HQ will be at Oxborough Village Hall
10. All proceeds from the event will go to Ryston Runners AC.
11. It is the responsibility of each runner to ensure they are aware of the event rules.
12. In the event of any dispute the Race Referee's decision is final.

Safety Rules

1. The organisers and representatives take no responsibility for any injury, damage or loss that occurs during the race. Runners are advised to confirm their fitness to compete and if uncertain consult their G.P.
2. Road sections of the race will require adherence to usual codes of conduct, making use of footpaths where available and running on the left hand side of the road where no path exists, unless instructed otherwise by a marshal or signage.
3. Marshals are provided along the route and at all junctions and changes of direction.
4. Marshals will wear hi-viz tabards.
5. Marshals instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
6. **It is the runner's responsibility to ensure it is safe to cross public highways and the Marshall is only present to assist. Traffic has the right of way on the public highway at all times.**
7. The wearing of MP3 players (or similar audio equipment) is strictly prohibited.
8. Medical support will be provided by St John's Ambulance and will be based at Race HQ. Roving Marshall's will provide the communications link back to Race HQ along the route.
9. In the event of a runner requiring medical attention or help, Marshals will be able to communicate with the medical support for the event. The primary duty is on the runner to make himself/herself known to the

nearest Marshal but any runner from another coming across another runner in distress must assist in whatever way they can.
10. Water stations will be provided at 3 mile intervals and at the finish.

Facilities

1. Changing facilities are provided at race HQ.
2. Refreshments will be available to be purchased at race HQ.
3. Any baggage is stored at owners risk.

Prizes

A commemorative bottle of Wissey Beer will be given to all finishers.

1st 2nd 3rd Male / 1st 2nd 3rd Female - Runners Center Vouchers

Trophies to;

1st in all Vet Categories

1st Wheelchair

1st Male Team x 4

1st Female Team x 3

Eligibility

1. All runners must be 17 or over on race day

Results

1. Results will be posted on the Ryston Runners AC website www.rystonrunners.org.uk as soon as practicable after the event.

Individual Rules

1. Numbers must be worn on the front of vests.
2. Pacing is strictly prohibited and may lead to disqualification.
3. No cyclist or any other means of support is permitted, nor are accompanying runners allowed.
4. Any runner dropping out must report back to Race HQ.

END