

## BROUGHSHANE 5K & 10K – EVENT RULES

Please read and understand the rules for your safety and enjoyment on the day.

1. If you are new to physical activity, seek advice from your Doctor.
2. You are advised not to participate if you are suffering from an untreated or uncontrolled injury or illness.
3. You are advised to prepare for the event by undertaking suitable and adequate training.
4. You should carry medical tags and prescribed medicines if required.
5. On the date of the event, you must be aged 16 years or over to participate in the 10K, and 11 years for the 5K.
6. Online entries can be made at [athleticsni.org/Fixtures/Broughshane-5k-and-10k](http://athleticsni.org/Fixtures/Broughshane-5k-and-10k) and will close at 1500 hrs on Friday 27 July 2017.
7. Postal entries are to be sent to 'Broughshane 5K & 10K, 70 Main Street, Broughshane, Ballymena, County Antrim, BT42 4JW' and received by 1500 hrs on Friday 27 July 2017.
8. Registrations on the day will be available between 1730-1830 hrs at Broughshane Community Centre.
9. Entries fees are £10 / £8 affiliated for the 5K, and £16 / £14 affiliated for the 10K.
10. Refunds are not available once entry has been completed.
11. You should warm up sufficiently prior to participating in the event.
12. You should wear suitable footwear and clothing. Clothing should be light coloured or high visibility.
13. Your timing chip and event number is to be collected from Broughshane Community Centre between 1730-1845 hrs on the event day.
14. Events will be timed, and you are to wear your event number on the front of vest/T-shirt. Complete your personal details and any medical information on the rear of the number, note that you will not be allowed to enter the event starting area and may be disqualified during the event if your number is not clearly visible.
15. Run responsibly, leaving adequate space between other runners and only overtake when safe to do so.
16. The events will commence sharp at the times indicated below
  - 1730 hrs, Registration, and collection of numbers/timing chips opens at Community Centre
  - 1830 hrs, Registration closes
  - 1845 hrs, Collection of numbers/timing chips closes (allow 8 mins walk from Community Centre to start).
  - 1855 hrs, Participants to be at start location
  - 1900 hrs, Broughshane 10K starts
  - 1915 hrs, Broughshane 5K starts
  - 2015 hrs, Prize giving in Community Centre
17. Participants are to walk to the start which is 750 metres from the Community Centre and will be sign posted.
18. There is no secure area available to leave valuables and clothing.
19. Roads are open to traffic. Wearing head phones is not permitted.
20. The courses will be marked and fully marshalled.
21. First aiders will be positioned along the length of the course. Contact any event staff if assistance is required.
22. You must cross the start and finish lines, this is so a time can be recorded, and all persons are accounted for.
23. Participants are to inform a member of event staff if they leave the event before finishing.
24. There is a maximum time limit of 2 hours to complete either route.
25. Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed female and male winners of each event that can be retained.
26. Signs to warn motorists will be in place throughout the route. **THE COURSE WILL REMAIN OPEN TO TRAFFIC THROUGHOUT AND NORMAL RULES OF THE ROAD APPLY - TRAFFIC HAS PRIORITY.** You are to follow all signs and instructions from marshals to complete the relevant route. Routes will be clearly marked with numerous signs.
27. Water stations will be positioned on Currells Lane and Knowehead Road.
28. At the end of your event you should run through the finish line. Do not turn back or stop until you are clear of the line and you will be directed by an official to collect your medal.
29. If the event is postponed, this will be posted on the NWMRT Facebook page and NWMRT website at [www.nwmrt.org](http://www.nwmrt.org). Participants will be informed by email and/or text.

**REMEMBER: TRAFFIC HAS PRIORITY SO STAY SAFE AND ENJOY THE DAY**

See us at [www.nwmrt.org](http://www.nwmrt.org) or [www.facebook.com/NWMRT](https://www.facebook.com/NWMRT)