

## BROUGHSHANE 5K & 10K – EVENT RULES & ADVICE

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. Do not participate if you suffer from an untreated or uncontrolled injury or illness. Carry medical tags and prescribed medicines if required. Do not participate if you are experiencing any Covid 19 symptoms (Source [www.NHS](http://www.NHS)) which include:
    - a high temperature.
    - a new, continuous cough.
    - a loss or change to your sense of smell or taste.
  2. Prepare by undertaking suitable and adequate training and warm up prior to participating in the event.
  3. On the date of the event, you must be aged 16 years to participate in the 10K, and 11 years for the 5K.
  4. Entries can only be made online at [athleticsni.org/Fixtures/Broughshane-5k-and-10k](http://athleticsni.org/Fixtures/Broughshane-5k-and-10k) and will close at 1200 hrs on Friday 30 July 2021. There are no postal entries or entries on the day.
  5. Entries fees are £11 or £10 if affiliated for the 5K, and £16 or £15 if affiliated for the 10K.
  6. If the event is cancelled a decision will be made to either defer to a later date or refund entry fee.
  7. Wear suitable footwear and clothing. Clothing should be light coloured or high visibility.
  8. Your timing chip and event number is to be collected from Broughshane Community Centre between 1740-1845 hrs on the event day.
  9. Events will be timed, and you are to clearly display your number on the front of your vest/T-shirt. Complete your personal details and medical information on the rear of the number.
  10. Run responsibly, leaving adequate space between other runners and only overtake when safe to do so.
  11. The events will commence sharp at the times indicated below.
    - 1740 hrs - Collect timing chips and numbers from Broughshane Community Centre.
    - 1845 hrs - Community Centre closes (allow 8 mins walk from Community Centre to start).
    - 1850 hrs - Participants to be at start location for safety briefing.
    - 1900hrs - Event starts. 10K runners set off first in batches of 30 runners at 10 second intervals, followed by 5K runners set off at 10 second intervals.
    - 2100 hrs - Course closes
  12. Participants are to walk to the start which is 750 metres from the Community Centre. The walk is signed.
  13. Toilets are available at the Community Centre, Broughshane Main Street, and at the start.
  14. There is no secure area available to leave valuables and clothing.
  15. **Wearing headphones is not permitted.**
  16. The courses will be marked and fully marshalled. First aiders will be positioned along the course. Contact any event staff if assistance is required. A runner is to inform event staff if they leave the event before finishing. You are to follow all signs and instructions from marshals to complete the relevant route.
  17. You must cross the start and finish lines, this is so a time is recorded, and everyone is accounted for.
  18. There is a maximum time limit of 2 hours to complete either route.
  19. 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.**
  20. There are no water stations on either route. Bottled water will be offered to all runners at the finish line. Runners are encouraged to carry their own water if required, labelled with their name.
  21. At the end, run past the finish line. Do not turn back or stop until you are clear of the finish line, and you will be directed by an official to collect your medal.
  22. If the event is postponed, this will be posted on the event Facebook page, NWMRT Facebook page, and NWMRT website at [www.nwmrt.org](http://www.nwmrt.org).
  23. Results will be published on the event Facebook page as soon as reasonably possible after the event.
- COVID MEASURES**
24. All participants will be encouraged to wear a face covering when not running and will be offered one when entering the Community Centre.
  25. Participants will be asked to sanitise hands when entering the Community Centre.
  26. Spitting during the event is discouraged and when running, social distancing should be maintained as best as possible.
  27. Everyone associated with event should monitor themselves for Covid 19 symptoms in the run up to and after the event and follow government advice on how to prevent the spread of the virus.
  28. Runners or event staff are to inform Graeme on 07900 192356 if experiencing Covid 19 symptoms or has a positive test within three days after event.

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

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