

Rabbit Run Wales: Terms and Conditions – 2023

Through registering for the Rabbit Run and supporting events and the agreement to the Waiver and Terms and Conditions, a contract is agreed between the Organiser and the participant.

1.0 Participation

Participants must abide by the rules for the sport (UK Athletics) for maximum distance run for each event

The maximum distances for age groups are as follows:

16 years and older on day of race: 10 Km (6.2 miles)

17 years and older on day of race: 25 km (15.5 miles)

Under 11's UK Athletics Guidance :2km

1.1 Each participant (or Guardian) must accept and terms and conditions when signing up to participate in the event.

1.2 By taking part, all participants confirm that their names and/or video footage or photographs taken during their participation may be used to publicise the Rabbit Run.

1.3 Participant race numbers are specific personal identifiers and may not be copied, exchanged or transferred/sold to any other person, other than by complying with the race transfer system and deadlines. Copying, sale and/or transfer of race numbers is strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events.

1.4 Registrations will close on date publicised on the event website (www.rabbitrun.wales). There are no exceptions once the closing date has passed. The organisers reserve the right to change the date

1.5 All Welsh Championship entries will be scrutinised for eligibility on the Welsh Athletics database leading up to the event.

Welsh Eligibility Criteria

Birth – Born in Wales

Parentage - athlete to go through the eligibility system to prove they have a Welsh parent.

Residency – 3 years continuous living in Wales. Athlete to go through the eligibility system to prove they have lived permanently in Wales for at least 3 years.

Retention – athletes who have competed for Wales at senior level and gone through the eligibility system but have moved out of Wales. (has previously gone through eligibility on residency grounds.

If you have any queries, please contact jacqueline.brace@welshathletics.org

1.6 Prize and Welsh championship age groups will be as listed on the event website (www.rabbitrun.wales)

1.7 Participants must not be under the influence of drugs or alcohol.

1.8 Participants must be fit to run and free from injury

1.9 Participant failure to collect his/her race pack on time will result in the forfeit of participation of the race. Under no exceptions can a participant collect their race pack after the designated time slots.

1.10 Participants or spectators are advised that they should not attend the event if they are or feel generally unwell.

NOTE: Current Welsh Government guidance is if you have symptoms to stay at home and avoid contact with other people. Insurance to cover such occurrences is available via the entry portal operators. The organisers reserve the right to alter its advice at any time to reflect announcements

1.11 Deferral (for any reason including covid) is not available but entrants can transfer their entry to another runner before the advertised entry closure date. The organisers do not facilitate the transfer of fees; this is undertaken in a personal arrangement.

1.12 Participants and any accompanying spectators should take personal responsibility for their own health and be confident they do not pose a risk to the health of others. Appropriate testing for prevailing infections are encouraged 24 hours prior to attending the event.

2.0 Payment and Registration Fees

2.1 All entry fees are non-refundable, however entrants may take out an insurance against most eventualities (see 1.11 above)

3.0 Participant Withdrawal

3.1 Any participant who fails to arrive at the start line on time will be assumed withdrawn from the race and will not be eligible to a refund of any kind. No late starters will be permitted to cross the start line.

3.2 Entries cannot be deferred to the following year or to any other event after the permitted deferral window except in the circumstance described in 1.11 above.

3.3 Entry fees are subject to change and Rabbit Run Organisers have the right to amend the price and to offer discounts during open registration. Refunds will not be given to those who have signed up at a different rate.

4.0 Cancellation and Alterations of the Event

4.1 If the event is cancelled because of circumstance beyond the reasonable control of the Organiser including and not limited to, an act of God, explosion, acts of a public enemy, war, insurrection, terrorist act or threat of terrorist act, sabotage, pandemic, epidemic, embargoes, strikes or the death of a leading member of the British Royal Family then the participant will not be entitled to a refund of the entry fee and compensation of other losses, such as travel or accommodation expenses.

4.2 The organisers reserve the right to alter aspects of the race at any time. Any alterations, such as a change in start time, will be communicated to participants in good time to allow for plans to be revised.

4.3 The organiser reserves the right to amend the event format at their discretion. If the event format is changed the participant will not be entitled to any refund and no liability can be taken.

5.0 Disqualification

5.1 The Organisers reserve the right to disqualify any participant found to be in breach of the rules or terms and conditions.

5.2 Disqualification can be enforced upon partaking in any of the following:

- Urination in any area other than designated toilets on route.
- Swapping numbers with another runner (unless via the race transfer system complying to deadlines)
- Possession of any banned item, such as dogs, baby joggers, baby strollers, skateboards, Nordic sticks, rollerblades,
- Deviation from the designated route
- Not adhering to the issued timing pen when asked to do so. If applicable.
- Refusing to obey the directions of the event official or course marshal/steward, or who conducts himself/herself in an unsportsmanlike manner, or who uses offensive actions or language to other officials, volunteers, participants or spectators may be disqualified from the event

6.0 Event day

6.1 Participants must follow instructions as given from all event officials including race staff, volunteers, medical personnel, security officers and city officials before, during and after the event.

6.2 All participants are expected to conduct themselves in a professional and courteous manner during their participation in the event. This means, for example, that urinating or defecating anywhere on or near the course shall be strictly prohibited except in toilet facilities. Anyone violating this rule of conduct shall be disqualified from the event and will be asked to leave the course.

6.3 Every participant shall be provided with a race number, which MUST be worn on the front of shirts and be visible at all times during the event. The race number is to be worn as issued. No participant shall be permitted to participate in the event without the appropriate number.

6.4 All participants must write their name and details of any health problems or medication on the reverse of the race number, which must be worn on the front of shirts during the race.

6.5 Participants should also inform the race organisers of any special medical conditions.

6.6 Participants must begin the event during the official recognised starting times.

6.7 Anyone who is deemed to be unable to complete the course in the cut-off time will be approached by a race steward. If they decide to continue, their safety cannot be guaranteed. In the event of you being so far behind we strongly advise you against continuing and you should ask the steward to radio through for a pick-up vehicle to come and take you back to the finish. If you do continue we will be unable to guarantee that marshals and drinks stations will be in place. Before starting the race please give careful consideration to your ability to complete the course in the allotted time.

6.8 Final instructions will be emailed to all participants in the week leading up to the event.

7.0 Participant Obligations

All participants must:

7.1 Follow advice provided by the Organiser and complies with instructions and directions given by officials and race marshals of the event.

7.2 Not wear headphones whilst running, to limit the risk of injury to yourself and other participants. The Organiser will not be held responsible for incidents caused as a result of the use of headphones which inhibit the communication of important warnings or information from course marshals.

7.3 Display the correct race number provided by the organisers, with appropriate medical information completed on the reverse.

7.4 Avoid deviation from the designated race route

7.5 All litter (bottles, gels packs, packaging etc) must be placed in the bins provided, left with a marshal or left at an event sign on the course.

7.6 Not bring dogs, Nordic sticks, baby joggers, baby strollers or any other wheeled device on the course.

8.0 The Start (subject to revision at the time of the event)

8.1 Participants will be assigned to “timing pens” in accordance with the runners’ predicted time.

8.2 Participants shall assemble for the race in their assigned timing pen no less than 5 minutes prior to the race start. Any runner attempting to enter the wrong timing pen shall be required to start after all other participants have crossed the start line.

8.3 All participants shall enter the timing pen from the rear unless otherwise directed by an event official.

8.4 All participants must be positioned behind the starting line when starting and must run over the start mat to activate their timing chip, failure to do so will result in a finishing time not being available for them.

9.0 Course monitoring

9.1 Any participant who refuses to obey the directions of the event official or course marshal/steward, or who conducts himself/herself in an unsportsmanlike manner, or who uses offensive actions or language to officials, volunteers, participants or spectators may be disqualified from the event and future participation at the discretion of race officials.

9.2 Any participant who has been found by a course marshal/steward, event official or surveillance equipment to have gained an unfair advantage by intentionally shortening the route of the race (“cutting the course”) shall be immediately disqualified from the event.

9.3 Any person who participates in the event without a current official race number is subject to removal and disqualification from future events.

9.4 No persons are authorised to be on the course unless they are registered participants. Therefore, no person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without the permission of the event management, to receive assistance from anyone during the progress of the event. Any person not properly displaying an authorised and issued race number shall be directed to leave the course.

9.5 A hands-on medical examination during the progress of an event by officially designated medical personnel shall not be considered assistance and will not result in disqualification if participant is deemed medically fit. If a participant becomes ill during or after the event and/or receives medical attention or treatment either from event medical staff, medical providers or any doctor or hospital, they authorise such persons to provide details (including details of medical treatment) to the Medical Team of the Rabbit Run or others authorised by them.

10. Participant safety

10.1 The use of wheeled devices by participants or any other person authorised to be on the course will not be permitted.

10.2 Participants are responsible for their recognition and understanding of event signage, symbols and colour relating to participant maps, facilities and direction.

10.3 Medical personnel authorized by the event to do so may examine any participant who appears to be in distress. If in the sole opinion of authorised medical personnel it is in the best interest of the participant’s health and welfare, medical personnel may remove the participant from the event.

10.4 Participants must retire at once from race if ordered to do so by a member of the event’s official staff, official medical staff, or any person in authority.

10.5 Participants are responsible and assume liability for any and all medical expenses incurred as a result of training for and/or participation in the event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.

10.6 In the interest of safety, the Race Director and event officials, reserve the right to delay, cancel, or suspend the race due to extreme inclement weather or a major incident on or near the event route. In these circumstances no refunds will be issued.

10.7 In the event of any major occurrences along the route, the Race Director reserve the right to alter/shorten the route, but still provide a race if possible. In these circumstances no refunds will be issued.

10.8 The Race Director reserves the right to stop the race at any time, if deemed necessary. These would be in circumstances beyond our control and no refunds would be given.

11. Liability

11.1 Participation is at the participants own risk.

11.2 The organiser, its staff, agents or contractors shall not be liable for indirect or consequential loss or damage.

11.3 The Organiser will not be liable for any computer result anomalies or any technical malfunctions.

11.4 Whilst the Organiser takes every care with staging the event, the participant acknowledges that personal accident and personal items insurance is their own responsibility. The organiser shall not be liable to the participant for any loss or damage of or to personal equipment belonging to the participant, or any indirect or consequential loss or damage whatsoever arising out of the participant taking part in the event, or for any loss of business, revenue or profit, loss of reputation, anticipated savings or wasted expenditure, pledges made on your behalf or to charity.

NOTE: There is a river crossing in the final stages and participants are responsible for any electric items that they may be carrying. Runners may wish to give such an item to a river marshal who will safely transfer the item to the other side.

11.5 The Organiser will not be responsible for the behaviour of any spectators or third parties.

11.6 The Organiser cannot be held responsible for any issues or allergies resulting from food and drink products given out on the day of the event.

11.7 Organisers will put in place reasonable measures to limit the spread of Coronavirus at the event but cannot accept responsibility if participants are infected. Participants will have a personal responsibility to ensure they abide to the event instructions around safety, hygiene and pre-event health screening and attend the event at their own risk.

12. Collection and Use of Data

The participant agrees and consents to The Organiser using his/her personal details provided in his/her online registration form for the following purposes:

12.1 Event Administration

The Organiser requires a record of each participant's registration details including third party emergency contact information for administration purposes in order to properly and safely conduct the event.

By participating in the Rabbit Run you acknowledge and agree that personal information (including medical information entered against your race number or collected by event medical staff during or after the Event) can be stored and used by the organisers in connection with the organisation, promotion and administration of the Event and for the compilation of statistical information.

I confirm that my name and television, video footage, audio recordings or photographs taken during my participation may be used to publicise the event, event sponsors/partners including television, website and DVD/video broadcasts.

12.2 Email/SMS Communication

The organiser will use the participants contact data submitted on the online form to send the participant information by email and or SMS relating to the event, other events and any further categories of news and promotional information as the participant may have requested on the online registration form.

The participant acknowledges and agrees that the organiser may send an email or SMS notification following the event inviting the participant to submit or renew their registration for any future events or providing pre or post-race information including details of photographs.

13. Result timing

13.1 All participants are assigned a race number including a timing chip prior to the event which will also have on it their allotted pen details which will be based on their predicted time which they provided on registering for the race.

13.2 Gun times will be the official time used for all prize and championship results. Official times are calculated from the time the gun/Starter Horn/Whistle is sounded at the start line to the point where the participant crosses the finish line.

13.3 Times shall be rounded up to the next highest second.

13.4 Participants must wear their assigned race number/timing device continuously attached to their runner number from start line to finish line, to receive an accurate finish time.

13.5 Participants must begin the event during the official recognised starting time in order to register an official course completion time.

13.7 For practical purposes finishing times are recorded up to 3 hours from the start of the race.

14. Exception

14.1 Any individual requesting a waiver of any of these rules from the event shall submit a written request no less than 30 days prior to the event date specifying the nature of and reasons for the request.

15. Amendments/Reservations/Acknowledgements

15.1 Event officials reserve the right to modify, supplement or waive all or part of the event rules without notice. It is participants' responsibility to check the Event website for any changes. Participants shall be bound by any modification or supplement of the event rules published prior to the event. Failure to follow these event rules, as may be amended, will result in immediate disqualification, loss of awards/prizes and removal from official results.

15.2 The Organiser reserves the right to cancel the Event up to 1 (one) month before the Event if insufficient applications are received, or if the Event is no longer economically viable.

16. Fun Run & Junior Races/Toddler Dash Entry Policy

16.1 The Event is open to all Participants aged 3 (three) years and above on the day of the Event.

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

16.3 All Children aged between 3 (three) and 8 (eight) years on the day must be accompanied by a registered Adult Participant aged 18 (eighteen) years or more on the day of the Event.

16.4 The Accompanying Adult can accompany a maximum of 2 (two) children. The Accompanying Adult shall be responsible for the supervision of Children during the Event.

16.5 The Accompanying Adult/Parent or Guardian agrees to the Participant entering into the Event on the basis of these terms and conditions.

16.6 The Accompanying Adult/Parent or Guardian shall ensure that the Participant understands the content of these terms and conditions and shall use their best endeavours to ensure that the Participant complies with these terms and conditions.

16.7 Participants enter the Event entirely at their own risk. The Organiser shall not be liable for any injury or loss 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.

17. General obligations

17.1 The Accompanying Adult/Parent or Guardian shall ensure that the Participant shall:

- only run along the designated racecourse and not off the course;
- be respectful towards all other children participating in the Event;
- follow the instructions and guidelines given to him/her during the Event; and
- report any problems to any of the volunteers or marshals who will be positioned around the race course
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6. Medical conditions

6.1 It is recommended that all Participants train for the Event.

6.1.1 The Participant/Accompanying Adult/Parent or Guardian agrees that, as far as they are aware, Participants 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/Accompanying Adult/Parent or Guardian consents to any medical treatment being administered during the Event by official medically-qualified personnel.

6.1.2 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 or in the event of any anti-social behaviour. Such a determination is not open to challenge by any Participant or Accompanying Adult.

16. Disclaimer

16.1 The Participant/Accompanying Adult/Parent or Guardian accepts all conditions of entry set out herein or notified to them prior to the Event or displayed at the Event or any instruction given to them by the Organisers or officials of the Event and the Participant/Accompanying Adult/Parent or Guardian acknowledges that the Organisers and officials of the Event shall have no liability for any loss or damage they or the Participant/Accompanying Adult/Parent or Guardian may suffer including consequential or indirect loss as a consequence of their participation in the Event (including but not limited to travelling to and from the Event and during the Event).

16.2 The Organiser will not be adopting Loco Parentis at any point during the event and will not be responsible for any child participants in a situation where their parent/guardian is not present.

16.3 The Organiser accepts no liability for the state or condition of the surface upon which the Event is held and the Participant/Accompanying Adult/Parent or Guardian should ensure that they are satisfied with the state and condition of the surface of the route before the Participant commences the Event

The Rabbit Run Organisers

6th March 2023