

RUNABLE



EVENT DAY INFO

**THE BRIGHOUSE
5 AND 10K**

OCTOBER 3RD 2020

WELCOME TO YOUR RUNABLE EXPERIENCE

Congratulations – you have successfully registered for RunAble's Brighthouse 5 or 10k road race.

This document is to confirm your booking and to give you all the information you need to help you prepare for your event.

In this document you will find all the information you need to join the event, registrations details, our COVID response, rules and information.

If you have any further questions or queries, then please contact the admin team at Hello@RunAble.co.uk.

Don't forget to make sure you have joined our Facebook group for regular updates: fb.me/RunAbleUK or [@RunAbleUK](https://twitter.com/RunAbleUK)

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COVID-19 STATEMENT

Please note that these events are occurring during various states of lockdown due to the COVID-19 pandemic and therefore you must follow the guidelines of the area that you live or are residing in at the time of the event

There are three simple actions we must all do to keep on protecting each other.

- **Wash hands:** keep washing your hands regularly
- **Cover Face:** Wear a face covering in enclosed spaces
- **Make Space:** stay at least 2 metres apart, or 1 metre with a face covering or other precautions

As we start to move out of lockdown, more regional changes are occurring within the Government's guidelines.

For more information please visit:

www.gov.uk/coronavirus

Please always adhere to the Government guidelines during your participation.

REGISTRATION RULES & INFORMATION

Times::

Registration 08:20 - 08:50

Start::

09:00 at 1 min intervals last wave 09:20

Presentations::

09:45 at the podium next to the finish
(not during COVID)

Baggage Store::

Next to registration

Results::

Can be found ['HERE'](#).

Memento::

Medal for all finishers

Parking::

Preferably arrange to car share, hire a mini bus, walk or jump on a train. (please jump on a train)

Registration::

Bank street - Briggate, Brighthouse HD6 1EJ

Start/Finish::

Bank street - Briggate, Brighthouse HD6 1EJ

Race number::

These will be issued at registration along with your chip timing chip (we would like the chip back at the end!)

Start Wave::

Waves of 5 setting off at 1 minute intervals from 08:30 to 08:40 you will be allocated at registration.

Weather::

Really hot and very sunny, zero cloud cover... Check [HERE](#)

Nearest Railway Stations::

[Brighthouse](#) .4 mile walk from event HQ



OTHER EVENTS

NOW AND NEXT...

BABY TRAILS - SEP 27TH

THE 5K - OCT 3RD

THE 10K - OCT 3RD

THE DUATHLON - OCT 10TH

MAPABLE - OCT 17TH

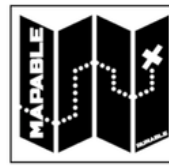
URBAN TRAILS - OCT 18TH

THE SPORTIVE - OCT 31ST

URBAN NIGHT SERIES - THURSDAYS

URBAN NIGHT SERIES AUTUMN - SUNDAYS

WWW.RUNABLE.CO.UK



TERMS AND CONDITIONS

Terms and Conditions I wish to enter this event, organised by Run Able Ltd (the organisers) and declare that I am or will be aged 17 or over on the day of the event and that, if I am aged less than 18 when I apply, my parent/carer/guardian has approved and countersigned my application. I understand that participating in events is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. I declare that I will not participate in the race if not (as far as I am aware) medically fit for the required distance on the day. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am travelling to or from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road, track or trail. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organisers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that my personal data supplied to the organisers may be passed to the race photographers, but, except in a case of medical or other emergency, not to other third parties. I hereby grant full permission to any & all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. In the case of abandonment or cancellation of the race by reason of unusually bad weather, the impossibility or danger of allowing the race to proceed, compliance with legal, police, or other public authority requirements or advice, or other exceptional circumstances outside the control of the organisers and /or considered by the race director or Race Referee in their sole discretion to be sufficient, I will not be entitled to the return of my entry fee or any refund. I understand that the race may take place on public roads and that only partial road closures will apply. I shall obey the instructions of police officers, marshals & event staff but I understand that marshals can only advise motorists and do not have powers to stop or direct traffic. I will at all times exercise all reasonable road sense and caution, and use footpaths where appropriate. I expect to complete the event within a reasonable time. I understand that there are official cut-off times and that road closures will be lifted, and marshals will leave their posts, at times reflecting a maximum finishing time of (see individual event website or page). I understand that the course may be hilly and not suitable for wheelchair athletes, and that no dogs or buggies are allowed. I will, unless I unsubscribe, be emailed periodic updates concerning this and other team OA events, which contain useful information which I understand it is recommended I read. These will also be posted on the official website. By completing and signing an entry form, in person or electronically, I confirm that I have read and agree to these terms and conditions.

EVENT DISCLAIMER

With regards to my participation in any Run Able event ('the event' or 'race'), I agree to this waiver and release. I understand, acknowledge and agree that:-

- I am at least 18 years of age on race day and have read, understood and agree to all the rules, terms & conditions as stated on the race website: www.RunAble.co.uk or any other managed by Run Able Ltd
- The nature of the races include running on mountainous / varied terrain and as such are liable to changing and severe weather conditions (rain, snow, hail, sunshine, low cloud, mist, high winds).
- The routes are undeveloped and rugged with risks which include but are not limited to steep ascents and descents, loose rocks, mud, wet slippery tree roots and rocks, stream crossings, ridges, high exposure, snow and ice.
- Some of the routes will use roads, paths, tracks and trails open to public users, which include walkers, farm workers, vehicles, livestock etc. Other risks may include, but are not limited to, encounters with animals, reptiles and insects. I acknowledge and agree to extend due care and courtesy to all users during the event's.
- Whilst I will be using mostly established trail paths, I need to be aware of the race route and will navigate using the map provided by the event organisers (where required).
- As part of my race entry registration, I have submitted true and honest statements regarding my experience of competing in other ultra-distance and mountain running navigation events, marathons, half marathons, trail races.
- Participation in such an event carries with it certain inherent risks and dangers that cannot be completely eliminated, ranging from risk of minor injuries to catastrophic injuries including permanent disability and death.
- I assume full and complete risk and responsibility for any injury or accident that may occur during the event, while travelling to or from the event, or while on the premises of the event.
- The compulsory equipment stipulated in the race rules is necessary for my own safety during the races. I agree to carry all the stipulated compulsory equipment with me throughout the duration of the race and understand that failure to do so will result in disqualification from the race.
- I follow the route through all checkpoints in the order given and understand that taking any short-cuts between checkpoints will result in disqualification.
- I am medically able to participate in such a race, have trained sufficiently for such an event and am physically fit in order to compete safely and look after myself on the trail. Any medical condition I may have has been declared to the event organisers (Run Able Ltd) and I have no medical condition that would make my participation more hazardous.
- I consent to medical care and transportation in order to obtain treatment in the event of injury and understand that this Agreement and Waiver extends to any liability arising out of, or in any way connected with, the medical treatment and transportation provided in the event of an emergency and/or injury.
- The organiser, checkpoint staff, race marshals or medical officer reserves the right to stop me from participation due to serious injury or illness. Should I wish to retire from the race, I must inform a race official immediately (at a checkpoint or by calling the HQ/Emergency number).
- I agree to pay any and all costs incurred for a search and rescue operation, should I fail to inform a race official immediately of my withdrawal. I understand that once withdrawn, this decision cannot be reversed. I understand that I am responsible for my own repatriation (with help from race officials where possible) and subsequent actions after withdrawing.
- I observe and obey all rules and warnings, to follow any instructions or directions provided to me by the event organiser and to abide by any decision of any race official related to my ability to safely participate in the race without complaint or recompense.
- Participation in a Run Able event is a potentially dangerous activity and am fully aware of the risks involved. I accept all responsibilities associated with competing in this event, including but not limited to, risks of injury, permanent injury, loss and death due to falls, obstacles, contact with other participants or animals, acts or omissions of other participants; effects of the weather (hyperthermia, cold, hypoglycaemia, dehydration, sunburn, sunstroke, heatstroke, cramp, rain, snow, ice, high winds), traffic and the condition of any road, track or trail.
- Neither the event organiser nor anyone working for the race is responsible for any personal item or property that is lost, damaged or stolen during the event.
- I grant permission for the race organisers to use any and all images or film (video/ moving content) of me captured during the race and allow these images to be used in marketing materials including but not limited to online, print and broadcast media.
- The event organiser (Run Able Ltd) reserves the right to cancel or amend the Event in the event of weather (including, but not limited to, snow, heat, tornadoes, earthquakes, fires, storms, lightning and floods), accidents, acts of war or terrorism, military conflicts or riots or for any reason that would affect the safety and security of race participants and spectators. In the event of such cancellation, there will be no refund of your payment unless authorised by the event organiser.
- I agree to release Run Able Ltd and its staff, officials, representatives, affiliates, sponsors and volunteers from any and all liability, claims, demands, negligence, actions, and causes of actions whatsoever for any loss, claim, damage, injury, illness, legal fees or action arising out of my participation in an Run Able event. This release extends to any claim made by my family, estate, heirs, or assigns arising from or in any way connected with the aforementioned activities.