



Norfolk Gazelles Valentine's 10k – 23 May 2021 From 8.20 Norfolk Showground

IMPORTANT COVID SAFETY INFORMATION

***** PLEASE READ *****

UKA Licence No 2021-41228

Course Measurement Certificate No 20/217

Thank you for entering our first race of 2021. Despite having to defer the race from its traditional "Valentines" slot we are so pleased to be able to put this race on despite all of the obvious challenges. We hope that you enjoy the day and are as excited as we are for getting back to racing.

Socially Distanced Race

Due to the current Covid restrictions, this event has been organised in a Covid-secure environment. This means that there are certain restrictions and changes to what you would normally expect at this event. These are explained in the sections below. For everyone's safety you must strictly follow the rules. No exceptions will be made for any reason. **Please note that spectators are not allowed at this event.** Only runners will be permitted to enter the Showground. Anyone seen entering the showground with family members or friends will be asked to leave.

Covid Symptoms

If you have any Covid-19 symptoms **YOU MUST NOT ATTEND.**

These are currently recognised as:

- a high temperature
- a new, continuous cough
- a loss of, or change to, their sense of smell or taste

Wave Start Time

Runners will set off in waves from 08.20-11.00am. There will be limited runners in each wave, and we expect all participants to observe social distancing protocols.

Link to wave start time here: <https://www.norfolkgazelles.co.uk/races/valentine10k/Master-Val-2021-wave-list.pdf>

Refreshments and Water

Understandably, there won't be a water station out on the route, so please provide your own hydration if you need it. Water in bottles will be provided at the end of the race. We will also have a coffee van selling refreshments for runners so please do bring your card/cash.

Masks

We ask that all participants wear a mask before they start and observe social distancing. Masks can be discarded after the runner has passed the start line. Please note that marshals will not be asked to enforce this rule, but we will rely on individuals to follow the current guidelines.



Venue & Car Parking

Race HQ: Race HQ will be at the Norfolk Showground, Dereham Road, New Costessey, Norwich NR5 0TT.

Ample car parking is available for all participants at the showground. Please use the entrance immediately off the Longwater roundabout and proceed as directed by the marshals. Please only park where directed and only leave the car park as instructed. Disabled parking is available close to Race HQ; if you need to use this, please advise the marshal who will direct you accordingly.

Chip Timing

We are using Chiptiming UK for this race and every individual will receive a chip and bib for the race. Please ensure that this is securely fastened to the front of your vest and make sure it is clearly visible. This is very important. Please complete the medical and emergency contact details on the back of your number, ahead of arrival where possible. The majority of bibs for runners that entered prior to 10th May will be posted out prior to the day. If you entered before the 10th May and haven't received your bib by the 20th May please make contact with the race directors prior to race day. For anyone that entered after the 10th May that has not received their bib, please proceed immediately upon arrival to the dedicated race HQ where your number will be allocated. NB if you have lost your number, we will not be able to provide alternatives on the day so please contact before race day.

Changing & baggage

Due to our Covid secure risk assessment there will be no changing areas or baggage storage on site and therefore any items left at the start finish area will be at the runners' own risk and may be removed if thought to be hazardous. Runners are encouraged to leave belongings in their own vehicles where possible. Limited toilets are available on site and will be manned to ensure cleanliness is maintained. Please do not use other areas for a "wild wee" anywhere else at the showground.

FAQs

Is the race officially timed?

Official times will be provided by our timing company and will count for your new PB! These will be posted on social media and our website.

What is the terrain?

For 2021 this is a road 10k and takes in a variety of paved and country roads.

How old do I have to be to run?

15 years+ to take part in the 10k

Is there a cut-off time?

The final road closure is in place until 1:30pm. We will be ensuring that runners wave times allows all runners to complete in this time whilst trying to ensure runners leave in a wave with similar paced runners.

Is there a medal for finishers?

Yes! Medals are provided for everyone who finishes the race. These will be available for collection after the race on the day.

What time does the race start?

The Valentine's 10k will begin at 8:20 with rolling starts until 11:00. Your wave time will be provided by clicking the link above.

What is the date of the race?

The event takes place on Sunday 23 May 2021

Can I run with headphones?

No headphones will be permitted on this race (this includes bone conducting headphones). This is an England Athletic rule, anyone wearing headphones will be disqualified.

**Is there a bag drop?**

In line with our Covid-19 risk mitigation plan, there is no bag drop. If you wish to leave belongings with the outbuildings on site you do so at your own risk.

What are the prizes?

First male and female £50, second male and female £25, third male and female £15. Trophies: First male 15-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+ Trophies: First female 15-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60+ Team trophies: First male/female senior team (x4 runners); first male/female masters team (x4 runners) There will be a medal for every finisher.

There will be no presentations on the day and all prize winners will have prizes posted, with cash prizes being paid via PayPal to the email address for which they entered.

Medical support

Support is provided by MedPTS

Contacts

If we can be of any assistance whatsoever, please contact:

Ceri Theobald (Joint Race Director) 07967059220

David Murrell (Joint Race Director) 075280472045

Or email racedirector@norfolkgazelles.co.uk

Finally, we really hope you enjoy the race on the day. If you are keen to progress as a runner and want to get involved in one of the friendliest clubs catering for all abilities with excellent coaching and facilities, please visit our website:

www.norfolkgazelles.co.uk



General Terms and Conditions

Entry Conditions

All competitors enter at their own risk. While medical assistance is provided for the duration of the event no liability will be accepted by either Norfolk Gazelles Running Club or individual race organisers for any injury incurred by entering this race.

Pictures and video footage may be used on the race website or that of our sponsors and in advertising material and media write-ups. All competitors entering the event agree to their photograph being used for these purposes.

It is a condition of entry that all competitors agree to the terms and conditions as set out on the race website.

Medical Conditions:

It is recommended that you prepare and train for this event. www.runnersmedicalresource.com has guidance. Please consult your doctor for a check-up if you have not exercised for some time. If you have a medical condition it must be detailed on the reverse of your race number provided. We strongly advise you seek medical advice before participating in this event and you disclose to those medical advisors the nature of this event.

Your declaration:

By signing up to this event you have already agreed to the following:

"I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel or not officially time the race in the event of adverse weather conditions or other events outside the organisers control. The determination of what constitutes this is reserved solely to the Race Director. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. I understand that entrants under 18 years old require the permission of a parent or guardian to take part in the event. I agree to my personal information being used as described below."

Personal information handling in accordance with Data Protection Act (1998)

We take privacy issues seriously and want to be open about the way personal information you provide when you enter our races is collected and used. We use the personal information you give us to keep you informed about race arrangements, to develop and enhance our event, and inform you about future events. We may pass your information to our race partners ChiptimingUK to produce results for the event. We are grateful to all our sponsors, without whom the race would not be possible. Your e-mail will never be passed on to other companies or third parties. If you do not want to receive this information about future events, please advise the race director in writing. We will contact you using the email address you supply on your race entry form.

Complaints:

The organisers have taken every step possible to ensure this is a fun, safe and enjoyable event. The race has been organised by and with the help of volunteers to raise money for the running club and its chosen charity. We hope you will take the run in the spirit in which it is intended. If however, you do have cause for complaint please would you direct it to the Race Director at the Race Control Area where a formal written complaint can be recorded and duly noted.

Event Cancellation

In the event of the race(s) being cancelled monies are non-refundable and will be classed as a donation. However, the Race Director will make every attempt to provide an alternative race date.

Accident and Illness Reporting:

In the event that you suffer illness or injury during the event, you are obliged to report it to the nearest marshal.

Withdrawal from Event: If you are unable to take part in the event, and you withdraw the monies are non-refundable and will be classed as a donation unless your entry is transferred in accordance with the advertised dates.

Changes to terms and conditions:

We reserve the right to update our terms and conditions at any time. Please check regularly for any changes, which will be immediately applied to your continued use of our websites.