



## RACE INFORMATION/RULES

### Start Times

10.40am – Warm Up

11.00am – Start

### Entry Fees

Adult (18 and over) £14.00

Children (17 and under) £8.00

Family (2 adults and 2 children) £40

### Event

The 5K event is open to all entrants who have registered and paid. However, all participants under the age of 18 must be accompanied by an adult.

The event is a fun family event, allowing all ages and abilities to take part and be involved. However, please see details concerning safety and medical details below. The entry fee for the 5K event includes a finishers medal for all paid entries. Please note medals are only offered to those completing the course.

This event is not chip timed.

### Location of Run

Therfield Heath  
Baldock Road,  
Royston,  
Herts,  
SG8 5BG

### Parking

There is a free car park at Therfield Heath. Please use this car park and not the roads as not to obstruct traffic. Please no parking on the Therfield Heath itself. Use of the car park is entirely at your own risk. Royston in Blue does not accept liability for any accidents, damage or loss to vehicles or persons.

### Registration

Closing date for online entries will Friday 14th June 2019 or when the race limit has been reached, whichever is earlier. If spaces are available the registration desk will be open on the day of the race from 9.30am, for later entries.

### T-shirts/race numbers

T-shirts and race numbers can be collected from the Royston Heath prior to the race on designated days, which will be advertised on our Facebook, Twitter, Instagram and Website nearer the time. If you do not collect these until the day of the race, please allow sufficient time to collect and attach your race number prior to the warm up session.

## **Route**

The 5K is on the beautiful Therfield Heath. Please note this route may be uneven and or muddy under foot so please come prepared.

Please can all walkers keep to the left of the course to enable runners to pass by safely.

Please be respectful and collect your own litter and clear up after your dog.

## **Marshals**

The route will be marshalled. If you are interested in becoming a marshal for this event, please contact us at [roystoninblue@gmail.com](mailto:roystoninblue@gmail.com)

## **Music Players**

We strongly advise you NOT to wear mp3 players or headsets during the race, for the safety of yourself and others. Anyone wearing headphones does so at their own risk. It is always important to be able to hear instructions given by the marshals .

## **Safety**

This is a cross country multi-terrain course and all runners enter it at their own risk. While medical assistance is provided for the duration of the event, no liability will be accepted by Royston in Blue, Teenage Cancer Trust, Royston Heath or Royston Conservators, Landowners or individual race organisers for any loss, damage, injury or illness incurred by entering this race.

## **Medical and emergency details**

All runners must write their name and details of any health problems or medication on the reverse of the race number along with details of next of kin or someone who can be contacted in the event of any emergency. Participants should also inform the race organisers in advance of the event of any special medical conditions.

## **Dogs and Pushchairs**

Please keep your dogs on leads at all times, under control and ensure you clean up after them.

Pushchairs are allowed at your own risk. Please ensure you are mindful of other Especially as the course can be narrow in some areas.

## **Baggage**

There is no facility to leave baggage during the race. If you choose to leave items during the race this is done entirely at your own risk. We advise that any items should be clearly labelled with your race number and should they be handed in will only be returned on presentation of your matching race number.

## **Water Station**

There will be a water station half way round the course. We have been donated plastic cups, but to be environmentally friendly we suggest you bring your own water bottles.

## **Refreshments**

Are available at the Heath Café Bar who usually also provide a BBQ of Bacon and Sausage rolls.

## **Toilets**

We have been given permission by the Heath Café Bar to use their toilets. Please use with respect and do not put the blue paper handtowels or nappies down the toilets. If the ground is muddy, please remove as much mud from your shoes before entering the Heath café bar and toilets. There are no toilets around the course.

## **Refunds and Transfers**

Due to this being a small event we are unable to offer refunds or transfers.

## **Race cancellation**

The Royston in Blue Committee, and the Emergency Services reserve the right to stop the race, or alter/shorten the course, at any time, if deemed necessary. These would be in circumstances beyond our control and no refunds will be given. You appreciate that this is entirely in the interests of the safety of the runners on the day.

## **Your Personal Data and publicity**

Royston in Blue 5k is organised by the Royston in Blue Committee. We will use the personal data you have provided to register you for the Royston in Blue event. We will need to share this information with other organisations who are helping us to run the event. This includes our first aiders, committee members, registration and website support.

Royston in Blue may wish to tell your story and/or use your photograph or video in our published materials such as in our leaflets, Facebook, Twitter, Instagram or on our website. The charity may also wish to pass on your story, video and/or photograph onto the media such as your local newspaper, TV or radio station. Whilst Royston in Blue makes every effort to ensure that all media coverage portrays interviewees in a positive way, the organisers do not have final control over how a journalist may portray you.

Royston in Blue will have their own photographers on the day who will also display the photographs on their own website. Please contact Royston in Blue committee if you wish for these to be deleted.

If you do not wish to be included in any form of public media, please make yourself known to a member of the committee on the day.

Royston in Blue or Teenage Cancer Trust cannot be responsible for members of the public taking their own photographs and display on social media channels.

Please see our privacy policy for more details.