



Registered charity: 1062559

RACE INFORMATION/RULES

Start Times

10.40am – Warm Up

11.00am – Start

Entry Is Free

We ask all runners and walkers to endeavour to raise a **minimum £30.00** sponsor money per person or £60 per family. T-shirts will only be given once your sponsorship money and Sponsorship form OR details of your online fundraising page are clearly marked with your details on must be handed in on the day or on the designated collection dates

Event

The 5K event is open to all entrants who have registered and raised £30.00 per person or £60 per family sponsorship money. However, please ensure that if your child is under 16 there should be a responsible adult with them. The adult does not have to enter the fun run/walk.

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 5K event includes a T-Shirt and a finishers medal for people who have raised a minimum of £30.00 per person or £60 per family sponsorship. Please note T-Shirts and medals are only offered to those completing the course. Due to race license regulations no one will be allowed to take part in the fun run/walk if they are not wearing at 2022 Royston in Blue T-shirt and race number.

This event is not chip timed.

Location of Run

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

Parking

There is free limited parking at Therfield Heath, **we do encourage you to walk to the event.** 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

You can download your entry and sponsor forms from the Royston in Blue website www.roystoninblue.co.uk To reserve your place and T-shirt hand in your completed entry form and sponsor money on the designated days leading up to the event. These dates will be on our Website, Facebook, Instagram, and Twitter pages nearer the time. We encourage you to enter before the day due to limited spaces.

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 hand in your sponsor money and collect your T-shirt 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

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.

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 others 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 halfway 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 Baps.

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 not have their own photographers on the day and cannot take responsibility for any members of the public taking their own photographs and display on their own and Royston in Blue social media page. 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.

Please see our privacy policy for more details.