



CLIFTON FARM RUN 29TH September 2019



Event Information, Rules and Guidance

1. General Information:

The event is organised by Clifton Church Social Committee for runners, joggers, walkers; accompanied dogs and buggies are also welcome

The event will take place off road (tracks and grass) at Clifton Bury Farm, Church St, Clifton SG17 5EX

11.00am – 5k Run - Adults and Over 16's.

11.15am – 3k Run/Walk for All - Adults, accompanied children & Families

Entry :

Non - refundable entry fees are as follows:

Adults £10; those in full time education: £5; Family : £25
Well controlled dogs and buggies - free

NB:

- Children, 14 and under, participating in any of the events must be entered by and accompanied by a named, responsible adult.
- All participants will be rewarded with a commemorative medal, on completion of their event.

Sponsorship:

If any individual would like to invite sponsorship for this event, forms for Clifton Church or Clifton All Saints PTA are available on the website.

A Few Rules:

1. You participate at your own risk and by entering your chosen event, you undertake that you accept the rules and will conform with the terms set out for the event and you confirm that you are physically fit and able to undertake exercise to the extent required to complete your chosen activity.
2. A Risk Assessment for this event has been undertaken by the organisers and a copy is to be found on the website. All participants must confirm that they have read and understood the risks set out in the Assessment. Any risks not covered by this Assessment which are apparent to participants should be brought to the attention of the organisers.
3. All participants must register for their chosen event and pay the appropriate entry fee to the organisers. The number of participants may be limited by the organisers at their discretion.
4. All participants will be allocated a registration number for their event.

5. Participants are asked to arrive "on site" 30 minutes ahead of the start time for their event. (The organisers reserve the right to exclude late arrivals.)
6. Free car parking, at owners' risk, will be provided at designated parking areas, close to the site (no mini-vans or larger vehicles can be accommodated). Toilet facilities will be available on the site.
7. On arrival at the site, please go directly to the Registration Point to register for your event, sign a disclaimer and to collect your vest number.
8. The vest number must be worn by participants on the front of their vest during the time between it being issued and you leaving the site.
9. Following registration please proceed directly to the signed Start Area.
10. At the Start Area, please follow the directions of the marshals.
11. At the start of the event, there will be an element of bunching but please remember that the event is a Fun Run and not a race - please act courteously to your fellow participants.
12. The route will be marshalled along its length - please follow the directions of the marshals.
13. There will be a water collection point at the start and close to the half way point, where complementary bottled water may be picked up.
14. At the end of your event you will be presented with your commemorative medal.

For your comfort:

- If at any time leading up to, during or following your event, you feel unwell or unable to complete the course, please speak to one of the marshals who will be able to contact the medical support who will be able to help you.
- On completion of your event, we will be selling bacon butties (Gluten free and vegetarian options available).
- You participate at your own risk and by entering your chosen event, you undertake that you will conform with the terms set out for the event and you confirm that you are physically and mentally fit and able to undertake exercise to the extent required to complete your chosen activity.
- Baby joggers and baby strollers are welcome to take part in the 11.15am session but in the interests of safety they are asked to start from the back of the group.
- Dogs on short leads are welcome at the 11.15 events. Please stay on the paths and clear up after your dog. Poo bags will be available at the registration desk.

THANK YOU FOR YOUR SUPPORT!