

Hereward Ultra

Race Rules

General Rules

1. The Hereward Ultra is a 38+ mile race licensed by UKA. The event will be run under the UKA Rules of Competition.
2. March AC hosts the event and will provide the Race Director (who will also be director of the Hereward Relay that is run on the same day and on the same course).
3. A UKA Race Referee will be appointed.
4. Starting will be at Cathedral Square, Peterborough and finishing at Ely FC Football Ground, Ely. (Runners must register with the Race Director prior to the start of the race)
5. The race is limited to 100 runners.
6. Race entries will be on a 'first come first served' basis.
7. No entries on the day are allowed.
8. The race will start at 8.30 hrs on the fourth Sunday in Nov.
9. All proceeds from the event will go to March AC.
10. It is the responsibility of each runner to ensure they are aware of the event rules.
11. In the event of any dispute the Race Referee's decision is final.

Safety Rules

1. The organisers and representatives take no responsibility for any injury, damage or loss that occurs during the race. Runners are advised to confirm their fitness to compete and if uncertain consult their G.P.
2. Road sections of the race will require adherence to usual codes of conduct, making use of footpaths where available and running on the left hand side of the road where no path exists, unless instructed otherwise by a marshal or signage.
3. Marshals are provided along the route but runners should read the race direction documents issued and familiarise themselves with the course.
4. Marshals will wear hi-viz tabards.
5. Marshal's instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
6. **It is the runner's responsibility to ensure it is safe to cross public highways and the Marshal is only present to assist. Traffic has the right of way on the public highway at all times.**
7. The wearing of MP3 players (or similar audio equipment) is strictly prohibited.
8. Medical support will be provided by St John's Ambulance and will be on course. Roving Marshall's will provide the communications link back to Medical Support along the route.
9. In the event of a runner requiring medical attention or help, Marshals will be able to communicate with the medical support for the event. The

primary duty is on the runner to make himself/herself known to the nearest Marshal but any runner coming across another runner in distress must assist in whatever way they can.

10. Water stations will be provided at, or near, each of the Relay handover points at Whittlesey, March and Welney and at the finish.
11. Ultra runners will be logged through each of the Relay handover points.

Facilities

1. Changing facilities are provided at the finish.
2. Refreshments will be available to be purchased at March, Welney and the finish.
- 3.

Prizes

1 st Male	£150
2 nd Male	£100
3 rd Male	£50
1 st Female	£150

Eligibility

1. All runners must be 17 or over on race day

Results

1. Results will be posted on the March AC website www.marchathleticclub.co.uk as soon as practicable after the event.

Individual Rules

1. Numbers must be worn on the front of vests.
2. Runners must log in with the Race Director prior to the start of the race and provide their mobile phone number (see rule 4)
3. Pacing is strictly prohibited and may lead to disqualification.
- 4. Runners must carry a mobile phone with them at all times during the race.**
5. Any runner dropping out must report back to the Race Director or a Relay Stage Manager.
6. It is recommended that inexperienced Ultra runners have a support member meeting them at key points along the course.

END