



## Fen Gallop 2023 - Sunday 2 July 2023 – Race Information

Thank you for signing up to the Fen Gallop 10km race or 4mile fun run. Here are important details to ensure you have an enjoyable and safe event before the event.

### SAFE RUNNING

- Please follow ALL instructions given by marshals/race officials
- Please respect private land and keep to public footpaths.
- It should be noted that part of the Fen Gallop route uses private land with the kind permission by the landowners for the day of the event and so please be respectful and follow instructions from marshals (in orange vests).
- The run route crosses a number of roads and at all road crossings all runners must exercise due care and cross safely and use road pavements when directed.
- Both the 4mile and the 10km course are rural multi-terrain, so please exercise care where the surface is uneven

### Terms and Conditions

1. Our run is open to everyone but in the interests of safety, cyclists and dogs are not permitted on the course. Dogs are also not allowed on the recreation grounds after the run. Due to the nature of the rural paths and tracks, the route is not suitable for wheelchairs.
2. You are medically fit to run or walk the distance involved and will not hold the organisers responsible for any injuries to person, or loss to property, however caused, before, during or after the event.
3. Children under 16 may only participate with the consent of parent or guardian, who may be asked to sign the disclaimer at registration.
4. Parents or carers of children under 11 must attend the event, even if they don't want to run the course. Whilst the children are running the race, there will be tea, coffee and refreshments available to purchase.

### Fen Gallop Agreement and Waiver

- The activity for which you are registering (the “Event”) may be physically challenging and may pose a risk of discomfort, illness, injury, and even death. You need to be satisfied that you are physically capable of doing the Event without undue risk to your health or your life. We do not conduct health or fitness checks on entrants.
- The Event may involve inherent risks and dangers to participants and observers and, accordingly, you participate or observe at your own risk. You are aware of and assume all risks and responsibility for this event.
- Where you have registered or entered on behalf of anyone under the age of 18 or have accompanied any-one under the age of 18 to observe the Event, you also agree to the contents of this Agreement and Waiver on behalf of the person under 18.
- You agree to abide by all safety instructions and rules before, during and after the event.
- Release and waiver of liability. You hereby waive, release, covenant not to sue and forever discharge the organisers and all other persons associated with the event, for all liabilities, claims, actions, or damages that you may have against them arising out of or in any way connected with your registration and/or participation in the event, including without limitation any liabilities, claims, actions, or damages caused by negligence of the above parties (including any negligent rescue attempt), the action or inaction of any of the above parties, or otherwise.
- Indemnity. You agree to indemnify, defend, and hold harmless the organisers and all other persons associated with the event, from all liabilities arising out of or in any way connected with (a) your participation in the event, including without limitation any liability caused by negligence (including any negligent rescue attempt), the action or inaction of the organisers or (b) any violation by you of any terms of this agreement and waiver.
- Use of Likeness. You hereby irrevocably grant the Event organizer permission to record your voice and photograph you in conjunction with the Event. You understand and agree that the term "photograph" as used herein encompasses both still photographs and video recordings. You



further grant the Event organizer permission to use your photograph, voice, and likeness taken in conjunction with the Event, in any form, including edited versions, in or over any medium including without limitation streaming audio and/or video over the internet, broadcast, cable, satellite transmissions, and media that are unknown at this time, worldwide for any legitimate purpose including, without limitation, any commercial purpose, without compensation to you. You further waive any right of inspection of any such recordings and photographs. You understand that any such recordings and photographs recorded by the Event organizer shall become the sole property of the Event holder, as applicable.

- You understand that you and all registered parties are giving up substantial rights, including the right to sue. You acknowledge that you are agreeing to this agreement and waiver freely and voluntarily, and intend by your acceptance to be a complete and unconditional release of all liability to the greatest extent allowed by law. If the participant is a minor or incapacitated adult, you certify that you are the participant's parent or guardian and agree to this waiver and release from liability on behalf of the participant.
- You agree that the Fen Gallop may hold your contact details and contact you with regards to future races. We will not share our information with third parties, and you can unsubscribe by emailing [fenagallop@gmail.com](mailto:fenagallop@gmail.com)
- By registering for this race you agree to this waiver and the Terms and Conditions above.

### **PARKING:**

There is parking at the event, about 200m past the Willingham Village Recreation Pavilion and Ploughman Hall on West Fen Road. Postcode CB24 5LP. This will be open from 8.30am. The parking will be signposted, please follow the instructions of the parking marshals. We expect the parking to be able to take all the cars, but if it becomes full it will be shut and cars will need to park safely in the main village. The parking will be shut at 10am until after the last runner from the 4 mile race has passed the entrance - this is essential for the safety of runners using West Fen drove. Late arrivals should park in the main village and walk to West Fen Road. If you have the opportunity to help cut down the number of cars by car sharing or using other transport to the event then we would be grateful. Please do not park in front of the Pavilion or at the Ploughman Hall unless directed to do so by a parking marshal, we **need** the space for vehicles to support the run. All parking is at the car owners own risk, Fen Gallop, Willingham School Association or the owner of the field accept no liability.

### **REGISTRATION:**

There will be LIMITED entries available on the day – last date for online entry is 30<sup>th</sup> June!

Registration will be open on Sunday 2nd July (please see signs for where to register and collect your race number and chip). Registration opens at 8.30am for you to pick up your race number and your chip timing tag. **Registration will close at 9:40am.**

The kids 1 mile race and under 5's mini sprint will be open for registration after 11am (on the recreation ground).

This year we are using reusable shoe tags. Please ensure you secure them before the run starts, and return them at the end of the race. No return will result in a fine of £10 for them to be replaced.

Bags may be left but the organisers can take no responsibility for them and recommend that valuables are not left unattended. Any left bags should be left on the steps by the Pavilion on the Recreation Ground.

Race T-shirts that have been pre-ordered should be collected during registration (with your race number information).

### **TOILETS & SHOWERS:**

There are limited toilets in the Ploughman Hall and at the start/finish in the Pavilion on the recreation ground. There are no toilets on the course.

The showers will NOT be available this year.



## **COURSE RESTRICTIONS:**

The course is not suitable for wheelchairs, pushchairs, or bicycles. Dogs are not allowed on the recreation ground and hence not allowed for the race. If headphones are worn the volume should be low enough so that the instructions from marshals or pass requests from other runners can be heard.

A small part of the course (where Hawcroft Lane meets Long Lane in Over) is on private property, permission has been kindly given by Mr Burling of Over to use this section - but for the event only. If you run the course at other times please keep to the footpath (which is the same distance).

## **THE COURSES:**

Both the 4mile and the 10km course are rural multi-terrain, with some rough ground and a few sections that are particularly rutted. There are wooded sections with tree root trip hazards. If it is dry, then road running shoes are suitable, if there has been an extended period of wet weather then trail shoes should be considered.

The 4mile course and the 10km course are common at the start and the finish. It is important that you understand which course you are on at the split point and follow the appropriate signage and marshal instructions. Towards the end of the race you will meet runners from the other race distance, if they are faster than you please let them pass easily.

Both the 4mile and 10km course have some narrow sections, and some wider sections with ruts where passing is difficult. These sections are far from the start, quite short, and followed by wide sections where it is easier to overtake, please be patient/kind to other runners.

Online versions of the routes are at:

10K - [www.plotaroute.com/route/224227](http://www.plotaroute.com/route/224227)

4 Mile [www.plotaroute.com/route/25337](http://www.plotaroute.com/route/25337)

Please note the start of the 10K course remains the same as last year to ensure no cross-over of runners. Please listen carefully to instructions in the race briefing. These routes are still subject to change.

## **SAFETY:**

**There will be a mandatory safety briefing held near the start. This will be held at 09:50 for the 10km runners and at 10:10 before the 4mile runners are started. *This year these timings have changed slightly!!***

***Start time for 10K is 10:00***

***Start time for 4 mile is 10:20***

In line with other 10K races we do not recommend that young people under the age of 15 take part. Instead, we recommend they do the 4mile course.

The 4mile course has 2 drink stations at 1.5 miles, and 3 miles, water is also available at the finish. The 10km course has 3 drink stations at 2.4km, 5.4km, and 8.4km, water bottles will also be available at the finish. We recommend you bring your own water or bottle to refill if you can.

If you are prone to dehydration or if it is hot then you should consider carrying extra water. Runners should wear appropriate sun protection.



It is recommended that runners with pre-existing medical conditions carry an ICE (In Case of Emergency) notification. First aid is available on the course and at the finish, if you require any first aid or assistance then please contact a marshal or a race official. If you see another runner in need of aid then please stop and help them and contact a marshal if necessary. We advise all runners to download the What3Words App, which can help us/emergency services to locate you quickly in an emergency.

***It is a condition of entry that all runners obey the safety instructions of marshals and other race officials.***

As organisers we are providing a marked course, marshals, first aid cover, drink stations etc, however all runners must accept that this is a rural, mixed terrain course with uneven ground, trip and stumble hazards - runners are responsible for their own safety and run at their own risk.

### **START TIMES:**

The 10km safety briefing will be at 09:50, with the race start at 10:00.

The 4mile race briefing will be at 10:10 with the 4 mile race starting at 10:20.

### **AFTER THE MAIN RACES:**

Water, fruit and medals will be available to pick up for all runners at the end of the race.

Awards for the 10K and 4mile race will be presented at approximately 12:00

There should be a bar and a bbq (run by a local group) and refreshments. The event should also have the school fete, under 5's mini sprint and 1 mile kids race in the afternoon.

Race results and times will be posted as soon as possible at

<https://www.racetimeresult.co.uk/results/results-2023>

Many thanks

The Fen Gallop Team

*Part of The Willingham School Association Charity Number: 1039136*

*Please contact us by email: [fengallop@gmail.com](mailto:fengallop@gmail.com) or via our facebook page*