



SHREWSBURY ATHLETIC CLUB

Mad Jacks 5

(Approximately 5 miles multi terrain)

Race held under UKA Rules. Licence Applied for

Information for Runners

Date. Saturday 9th November 2019

Start time. 11.00am – also see below for registration closing times

Venue. National Trust, Attingham Park, Shrewsbury, Shropshire, SY4 4TP

Medal for all Entries received before 21st October

New this year - Chip timing, result print-out at the finish line and email of your result

Entry fees.

In advance. Affiliated runners - £11, unaffiliated - £13. On-line at <http://www.runbritain.com/races> or by post. Closing date for receipt – Thursday 31st October 2019 – but enter by 21st October if you want a medal.

Entry on the day (Affiliated and Unaffiliated runners - £15) will be available if the race limit of 650 has not been reached.

Check the website:

www.shrewsburyac.org.uk or

<http://shropshirerunnersnetwork.blogspot.co.uk>

Contact Kevin Francis 07809 207 007 before travelling if in doubt.

What is an Affiliated runner? This is someone who has paid the current year's Affiliation fee to England/Welsh/Scottish or Northern Ireland Athletics. This is not the same as being an attached runner. If you are are Club member but have not paid the Affiliation fee you have to pay the higher fee. Don't know if you are Affiliated - check with your Club's membership secretary.

Minimum age.

16 years on the day of the race.

Medical Fitness to Compete and Participant Disclaimer.

Please do not enter this race unless your are reasonable fit and have completed some suitable running activity/training in the preceding weeks. The weather in November can be cold, wet and windy.

By entering this race you agree to the following:

- participation in this race is solely and entirely at your own risk and (to the extent permitted by law) no person(s) or organisation(s) shall be liable for any accident, harm, injury, loss or damage, howsoever caused, arising out of or in connection with or suffered during or as a result of, your participation in this

race, provided always that nothing shall exclude liability for death or personal injury caused directly by the negligence of the organiser.

- consent to medical assistance and/or medical care being given to you in the case of illness, injury or an emergency situation, should this occur during the race, such assistance to be given by the organiser, contractors or other trained personnel conducting the race (which may include the use of anaesthetics).

You also acknowledge and agree that:

- running is an endurance sport
- you should only undertake such an activity to a level which reflects your level of fitness
- you are responsible for monitoring your own physical condition prior to and during participation in the race.

Please do not enter this race unless you are medically fit to compete. It is your responsibility to ensure that you are fit to compete.

Advice on preparing for a running event can be found on the Runners' Medical Resource website at www.runnersmedicalresource.com '

You also understand the importance, for safety reasons, of obeying the rules, guidelines and instructions given by the Race organisers officials, stewards, nominated representatives and other authorised personnel and hereby agree to abide by the same and to behave responsibly at all times during the race and be mindful of then impact on others; and

agree that your participation in the race is for recreational and/or charity fundraising purposes only and you will not participate in the race for any commercial or business purpose. The Race organiser will have no liability to you for any loss of profit, loss of business, business interruption, or other loss of business opportunity.

Medical provision.

To UKA standards.

Contact details.

For race and course details. Kevin Francis 07809 207 007

For race entries. Andy Lewis. 07943391110. andyLewis1955@btinternet.com

Website. www.shrewsburyac.org.uk or

<http://shropshirerunnersnetwork.blogspot.co.uk/>

How to get there by road.

4 miles South East of Shrewsbury on the B4380 (old A5 road between Shrewsbury and Telford).

Sign posted from all local roads leading to National Trust, Attingham Park, SY4 4TP.

Follow National Trust signs, and race signs on the day when entering the Park itself.

There will be marshals and additional car park signs on the race day indicating where you can park, parking is free of charge.

Event HQ / registration area.

Within the Courtyard area. This will be signed from the car park.

Registration and race numbers.

Registration is within the Courtyard – signed from the car park.

The start of race is approximately 5 minutes walk from registration.

Registration opens at 9.00am and closes at 10.30am

Race numbers will be collected on the day.

All runners must wear a number securely pinned to the front of the vest/T-shirt, numbers not to be cut, folded or mutilated.

Limited safety pins are available, so please bring your own. You will need 4 pins to make sure your number is securely attached.

Changing rooms and showers.

Not available.

Toilets.

Are available within the grounds of Attingham Park, and are clearly sign posted.

Start and Finish.

Approximately 350 metres from Registration area.

The start and finish areas are clearly sign posted once within the Park grounds.

They are in two different areas of the Park, and are separated by approximately 500 metres, or a 5 minute walk.

Refreshments.

Will be available in the Courtyard area of the Park before, during and after the race.

There is also a good play area for children within the Park grounds, and plenty of space for picnics and walks – all are clearly signposted. For more information on the many attractions at Attingham Park visit the website

<http://www.nationaltrust.org.uk/attingham-park/>

Race route.

A multi-terrain course measuring approximately 5 miles.

The course is relatively flat with a minimal amount of tarmac / hard surface, with some woodland trails.

The majority of the course is off road, covering a mixture of pasture land where cattle, sheep and deer can be seen. The course also takes in a large amount of wooded area with obstacles, such as fallen trees which can create trip hazards. The course also covers several wet / marsh areas - dependent on weather conditions prior too the race and on the day.

Just before the finish of the race the course takes in the “pond”. Runners run or wade through still water that is approximately 0.5 metres in depth.

This can be very muddy and cold, be prepared for this popular feature at the end of the race.

Water stations.

There will be water at the finish only.

Retiring from the race.

It is expected that you will complete the course and pass through the finish funnel. If you find for any reason that you cannot complete the race you **must** report to the finish marshals, or a marshal nearest your retirement position.

This is an important safety feature – we need to know that all runners are accounted for at the end of the race. It is the responsibility of each runner to comply with this requirement. We don't want to be searching for a runner in the woods or adjacent areas who has retired from the race and gone home without letting us know.

Race prizes and awards.

Results will be available on the day as soon as possible after the race, a prize giving ceremony will take place in the Courtyard area where registration is.

Prizes will be awarded as follows:

Individuals.

1st and 2nd finishers overall plus the 1st male and female in each of the following age categories- 16-20, 21-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

First unattached runner male / female

1 years membership to Shrewsbury AC.

Results.

Your result will be available as a print out just after the finish line and emailed to you. Limited full results will be available on the day. Full results will be available from the websites above and via <http://www.runbritain.com/races>

Cancellation, Refund and Transfer of Entry policy.

Cancellation by the organisers.

The race organisers will do everything within their control to ensure the race goes ahead.

National Trust have certain rules which apply to weather conditions that could make the Park unsafe to both runners and spectators, and therefore the Park can either be closed altogether, or the race re-routed at short notice. In the event that the event has to be cancelled this information will be posted on the race websites (see above).

In the unlikely event that the race has to be cancelled runners will be offered the option to have their entry transferred to either a rearranged race date (if the organisers can rearrange in the same year) or the following year's race, or to have a refund. The refund would be subject to a deduction for costs incurred by the organisers prior to the cancellation.

Refund of entry fee.

If a competitor decides that they no longer wish to take part in the race a refund of the entry fee will be made subject to the following:

- a deduction of costs incurred to that date by the organiser (including the charge by the card provider for online entries) and reasonable costs incurred in processing the refund – "the balance"
- the full amount of the balance will be payable where notice is received by the organiser up to 4 weeks before the date of the race
- 50% of the balance will be payable where notice is received between 2 and 4 weeks before the date of the race
- no refund will be given where notice is received within the 2 weeks prior to the race.

Transfer of entry. The competitor can choose from one of the following options.

Option 1. The competitor can request that their entry be transferred to the following year's Mad Jack's 5 race. The request must be made before the 11.00am on race day.

Option 2. The competitor can request the transfer of their entry to another runner up to and including the day of the race. Where the transfer is from an Affiliated to an Unaffiliated runner extra payment will be required to cover the difference in entry fees. Ideally the request should be made and all information required must be sent to Andy Lewis by 9.00 am on Thursday 7th November so that the entry/results database

can be finalised. However if the transfer is after that deadline, the transferee must complete an on-the-day race entry form.

We hope that you enjoy this race