



'On Your Marks for Little Hearts'

RACE RULES

1. 'On Your Marks for Little Hearts' welcomes on-line entries. The organisers will accept entries on the day, although please be aware that at that late stage there may not be places left. For health and safety reasons the organisers must ensure that the races do not exceed maximum numbers. To check availability please contact us on 0121 455 8982.
2. Age restrictions on races are as follows: 10K – over 16's, 5K – over 11's. The fun run is open to those under the age of 15
3. All entrants must ensure that their name and details of any health problems or medications be written clearly on the reverse of the race number. The race number must be worn on the front of shirts during the race.
4. Race numbers: for health and safety reasons we strictly prohibit the swapping (or sale) of race numbers.
5. In case of emergency, Little Hearts Matter may use the details provided by you to contact your home or place of work.
6. Any entrant, who is uncertain about their physical ability to participate, should seek medical advice from a GP before the event.
7. Entrants enter the race wholly at their own risk and Little Hearts Matter shall not be liable for death, personal injury, or loss or damage as a consequence of participation in the 'On Your Marks for Little Hearts' race, except with regard to personal injury which is caused by the organiser's (Little Hearts Matter) negligence.
8. Participants must follow instructions from race Marshalls.
9. By taking part in the race, all entrants agree to their names and any photos or footage taken, including television broadcasts, taken during the race to be used to publicise Little Hearts Matter and the 'On Your Marks for Little Hearts' race.
10. For health and safety reasons, absolutely no pets, baby pushchairs/prams, rollerskates/blades are allowed on the course, although they are allowed in the park. Spectators are requested to keep pets on a lead.

11. We ask that all entrants and spectators who are under 18 years of age be accompanied by a responsible adult at all times as Little Hearts Matter cannot take responsibility for those under 18 on the day.
12. Participants and spectators are responsible for their own safety and for their own possessions.
13. It is your legal responsibility to make sure that all sponsorship money/donations received by you for 'On Your Marks for Little Hearts' are paid to Little Hearts Matter.
14. Please inform us of if there is a change in contact details (address, telephone numbers etc) after you have completed and sent the registration form to us.
15. Race cancellation: If the race is cancelled or delayed because of unforeseen circumstances we will try to hold the race at a later date. In these circumstances we will try to let you know in writing. The charity's entire liability in respect of all costs and expenses you may incur as a result of a cancellation or delay will be the entrance fee you have paid to take part in the race.
16. Entry cancellations will be accepted up to two weeks prior to the race and will receive a refund of 75% of the entry fee. Cancellations received in the last two weeks will forfeit their entrance fee.