Summary of Rules for Road Racers

They must pay the correct fee and sign an entry form (agreeing to abide by the Rules).

Licensed club runners must run in their club colours (Rules for Competition **17** (2)), otherwise they are not eligible to count for team prizes.

They must wear their number, not cut or folded, on the front of their vest.

The number worn must be for the person wearing it!

Unrecorded number swapping is illegal under 'Road Running Rules' and raises Health & Safety issues plus Insurance concerns.

And recommendations

1) See article about 'Road Race Number Swapping Guidelines' on the Cheshire AA website at: http://www.cheshireaa.com/Documents/RR_Number_Swapping.rtf

2) Do Not Wear Headphones In A Race.

(Recommended by the Cheshire Police – see below)

So if you do?

Again – Health & Safety issues: no mp3 players

a) MP3 players create a hazard to the wearer and those around them.
b) People wearing them cannot hear marshals' instructions, vehicles or their fellow competitors approaching from behind – accidents have and nearly happen.
c) Running without due care and attention?

Such as;

In the 2007 Chester Half Marathon a runner wearing headphones stepped off the kerb in front of a vehicle
– they were unaware of the problem caused by their action until stopped by a policeman
– one result of being stopped
– their running time for the race was increased;

– But not by as much as it might have been, they could have been a non-finisher!

The full rules;

can be accessed at http://www.uka.org.uk/competitions/rules/ on the UK Athletics website under 'Rules of Competition' **– (**Road Running 201 to 215).

The link near the foot of the page is current from 1st April 2012 > 31st March 2014.