



MANCHESTER FRONTRUNNERS

It's a Piece of Cake 10km Rules

1. Race Name

- a. The name of the race shall be: It's a piece of cake 10km

2. Race Promoter

- a. The Promoter of It's a piece of cake 10km is Manchester Frontrunners (UK athletics affiliation number 2659108)

3. The Race Organisers

- a. The race organisers are the Manchester Frontrunners It's a piece of cake 10km sub-committee. The Race Director is John Lowe.

4. General Information

- a. Any information related to the race or its organisation can be obtained by emailing: racedirector@manchesterfrontrunners.org
- b. The website of the race is: <http://www.cakerace.co.uk>
- c. Further information relating to the race can be obtained by visiting: <https://www.facebook.com/itsapieceofcake10km/>

5. Race entry

- a. All race entries are made through <http://www.racespace.com> By submitting an entry to the Race, all competitors confirm that they are aware of and agree to abide the rules of the race and the terms and conditions of <http://www.racespace.com>

6. Fees

- a. Race entry fees and booking fees will be determined by Manchester Frontrunners and their partners and will be clearly displayed as part of the online entry process and on the website <http://www.cakerace.co.uk>
- b. Entry fees will be discounted by £2.00 for individuals affiliated to UK Athletics and whose subscription to for the current year is up to date. Entrants must supply their personal UKA membership number as part of the booking process.
- c. Manchester Frontrunners reserves the right to check an entrants' supplied details prior to race day. If it is determined that false information has been provided entrants will be required to pay full (undiscounted) amount due prior to being issued a race number.
- d. If as per part 7(n) below the race is cancelled no refunds will be issued if the cause of the cancellation was deemed to be beyond the control of Manchester Frontrunners, for example, but not limited to, severe weather conditions.

7. Race Rules

- a. Rules 1 to 24 and 201 to 214 of UK Athletics Competition Rules shall apply to the Race. (A copy of these rules is available electronically on request from the Organisers or from UK Athletics).

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- b. A competitor shall be at least 18 years old on the date of the Race.
- c. All competitors shall abide by the directions given by the Race Officials and Race Marshals. A competitor who does not obey the Rules may be disqualified and, at the discretion of the Race Organisers, may be barred from future races they promote. Headphones are permitted in line with EA competition rules, however runners must ensure that they can hear instructions from marshals and organisers.
- d. All competitors shall provide correct information on the online entry forms and each undertakes to update that information to the Race Organisers promptly until the day of the race should their previously supplied information cease to be correct. The Race Organisers disclaim any liability for any action or inaction they make whilst acting on the basis of incorrect or illegible information supplied by a competitor.
- e. All competitors are responsible for fully filling in the medical details on the reverse of their Race Number. All information provided by competitors of a personal and/or medical nature is held in confidence by the Race Organisers solely for the purposes of organising the Race. However, if a competitor should suffer an injury or a medical condition during the Race or whilst at Race Headquarters, consent is deemed to have been given by that competitor for relevant personal and medical information to be provided to medical persons attending the race, the Race Director and/or his nominee and to the next of kin given on the reverse of the Race Number and/or to any person accompanying the competitor to the Race.
- f. The entry by a competitor is personal and not transferrable by the competitor to any other person, except at the discretion of the race organisers.
- g. A competitor may request to defer their entry for one year and up to a specified time frame prior to race day. Deferrals are at the discretion of the race organisers. Cut-off dates for deferrals will be notified to entrants by email
- h. On-the-day race entries will be accepted subject to the maximum race capacity having not been achieved. Competitors will be notified via <https://www.facebook.com/itsapieceofcake10km/> and <http://www.cakerace.co.uk> if on-the-day entries are being accepted.
- i. All competitors shall attach their Race Number at each corner firmly at chest height to the front of their vest or other garment worn such that it is clearly visible at all times during the race.
- j. Prizes will be awarded to the winners in the following categories:
 - i. First, second and third male and female runners
 - ii. First veteran male and female runners F35 & M35
 - iii. First veteran male and female runners aged 40+: F40 & M40

- iv. First veteran male and female runners aged 50+: F50 & M50
- v. First veteran male and female runners aged 60+: F60 & M60
- k. Note that only one individual prize in categories ii-v can be awarded to any competitor. Prizes are awarded in each category in the order listed, and a prize winner in an earlier category is not then eligible for later categories, the prize in that category is awarded to the next runner in that category to finish.
- l. Entries are entered onto the entry list in order of their receipt and are provisional until payment has been made. On-line entry will be closed when the maximum specified entries have been allocated or no later than the advertised closure date on the website.
- m. The Race Organisers reserve the right to cancel or postpone the race if, at the discretion of the Race Officials and in consultation with the Race Promoter, it would not be safe to hold the Race at the scheduled time and date; for example, due to, but not limited to, unsafe weather conditions underfoot. The Race Organisers will endeavour to warn competitors promptly by notice via email and at the following websites:
<https://www.facebook.com/itsapieceofcake10km/> and <http://www.cakerace.co.uk>
- n. The Race Organisers reserve the right to alter the course on the day of the Race should, in the opinion and at the discretion of the Race Officials, it would not be safe to follow the specified route, even if by so doing, the length of the race is no longer 10 kilometres.
- o. The Race Organisers reserve the right to impose a cut-off time of 90 minutes for completion of the race and to decline entries from any competitor who indicates that he or she would take longer than 90 minutes to complete the course.

8. Health & Safety

- a. The 'It's A Piece of Cake 10Km' waiver must be read by all race applicants. In taking a race entry you are deemed to have accepted this waiver.
- b. I understand that the 'It's A Piece of Cake 10Km' hosted by Manchester Frontrunners is a 10k running event which I will run at my own risk.
- c. I agree not to participate unless I am medically and physically able, which I am solely responsible to determine.
- d. I agree to abide by any decision of a race official relative to my ability to safely complete the race, which decision is at the sole discretion of the race official and I agree lack of a decision does not create any liability whatsoever.
- e. I assume all risks associated with competing in 'It's A Piece Of Cake 10Km', including, but not limited to, slips, falls, contact with other participants, other park users not participating in the race, the negligent or wanton acts of other participants, any defects or condition of



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premises, the effects of the weather including high heat, cold temperatures, storms and/or humidity, all such risks being known, assumed and appreciated by me.

- f. I agree that Manchester Frontrunners is not responsible for any personal items or property that are lost, stolen, stained or damaged at or during the event 'It's A Piece Of Cake 10Km'.
- g. I consent to emergency medical care and transportation in order to obtain treatment in the event of injury to me as medical professionals may deem appropriate. This Assumption and Release extends to any liability arising out of, or in any way connected with, the medical treatment and transportation provided in the event of an emergency.
- h. I understand and agree that pets are not permitted to accompany me in the race.
- i. I grant permission to the organisers of 'It's A Piece Of Cake 10Km', its affiliates and sponsors to use any photographs, motion pictures, recordings or any other record of this event for any purpose including, but not limited to promoting, advertising and marketing purposes.
- j. Participants are expected to exhibit appropriate behaviour at all times, including obeying all laws. This includes respect for all people, equipment and facilities and cooperative, positive participation. Race officials of 'It's A Piece of Cake 10Km' may dismiss, without refund, anyone whose behaviour endangers safety or negatively affects a race, a person, a facility or property of any type or kind.
- k. I agree to indemnify Manchester Frontrunners, its affiliates and assigns, from any and all third party claims caused in whole or in part by my actions.
- l. I assume risk of wild animals and insects that may be present on the course.

9. Waiver

- a. I recognise and acknowledge that there are certain risks of physical injury to participants in 'It's A Piece of Cake 10Km', and I voluntarily and knowingly agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I may sustain as a result of said participation. I further agree to waive and relinquish all claims I may have (or which may accrue to me) as a result of participating in these activities against Manchester Frontrunners including its Race Officials, agents, volunteers and sponsors. Participants registering for the race, programmes/activities must recognise that there is an inherent risk of injury when choosing to participate in recreational activities/programmes.
- b. I agree that I am solely responsible for determining if I am physically fit and/or skilled for the race or activities contemplated by this Assumption and Release. It is always advisable, especially if the participant is pregnant or disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. I, for myself and my heirs, do hereby fully release and forever discharge Manchester



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Frontrunners, the Race Officials and volunteers of 'It's A Piece of Cake 10Km' from any and all claims for injuries, including death or incapacity, illnesses, damages, expenses or loss that I may suffer arising out of, connected with, or in any way associated with the race, program or activities including injuries caused or associated with transportation to and from the event.

- c. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. When registering online, my registration and payment to the event shall substitute for and have the same legal effect as an original form signature.

10. Race licence number and measurement certificates

- a. The current UKA race licence number will be displayed at <http://www.cakerace.co.uk> a copy of the race licence or measurement certificate can be requested at any time by emailing racedirector@manchesterfrontrunners.org