

Rules for Runners

(The BNRA Rules)

Competitors must abide by the current UK Athletics Rules for Competition, copies of which are available from,

UK Athletics Ltd,
Athletics House,
10 Harborne Road,
Edgbaston,
Birmingham,
B15 3AA.

It is your responsibility to familiarise yourself with these. Competitors must in addition abide by the following rules of the Ben Nevis Race Association.

1. Conditions for Entry

- a) Competitors must be members of a *bona fide* Athletic Club and at least 18 years of age in 1st January of the year of the race they are entering.
- b) Competitors must have completed three Category "A" hill/fell races as defined by the Scottish Hill Runners or the Fell Runners Association.
- c) Only the first 600 entries are accepted. No entries accepted after the closing date.
- d) Neither names nor numbers may be substituted.

2. Time Allowances

- a) Competitors who do not reach Halfway in 1 hour will be turned back.
- b) Competitors who do not reach the summit in two hours will be turned back.
- c) Competitors who do not complete the course in three hours 15 minutes will, subject to appeal to the Committee, be refused entry to subsequent races.
- d) Failure to comply with the request of a BNRA marshal will result in immediate disqualification and refusal of entry to subsequent Ben Nevis Races.

3. Equipment

- a) Competitors must carry full waterproof body cover, including head covering and gloves.
- b) Competitors must carry a whistle and the runners card issued as confirmation of entry.
- c) Failure to comply results in immediate disqualification from the current race.

4. Procedure

- a) Competitors must register in person.

- b) The plastic "T" card issued at registration must be handed in at the start.
- c) The numbered disc issued at registration must be handed in at the summit.
- d) Running number must not be obscured during the race.
- e) If a runner decides *not* to run, AFTER REGISTRATION PROCEDURES ARE COMPLETED, the runner is to report immediately to the Race Secretary, with his/her registration documents.

5. Retiral

- a) Retiral from the race must be reported to a BNRA marshal and at the finish.
- b) Failure to comply leads to refusal of entry to subsequent Ben Nevis races.

6. Adverse Weather

In the event of adverse weather, the committee reserve the right to cancel the race. No entry fees will be returned.

Please note: This is a dangerous sport. If you take part you voluntarily assume the risk of any injury you may sustain. In the entry form you will be asked to submit, there is a disclaimer by which you legally absolve the Ben Nevis Race Association of any / all liability for your personal safety and undertake to indemnify it for any liability to your family and any other dependants. You therefore participate entirely at your risk.

The Ben Nevis Race Association

27th September 2010

Definition of Category "A" Races

Race is one run on fell, hill or mountain and shall be categorised as follows:

- Should average not less than 250' climb
- Should not have more than 20% of the distance on road.
- Should be at least one mile in length

Ben Nevis Race - Runner Categories.

Runners are categorised under the following headings (several may apply).

These categories are included in the published runner lists.

Letter	Key
A	Lochaber Resident
B	Under 23
C	Serving in HM Forces
D	Age 40-49
E	First Ben Nevis Race
F	Lady
G	Member of Police
H	21st Ben Nevis Race
I	60 and over
J	Member of Ambulance Service
K	Member of Fire Brigade
L	Age 50-59