



IMPORTANT NOTICE FOR ALL ENTRANTS

British Athletics introduced a new rule with effect from 1st April 2016, Rule 240 S 5, regarding the wearing of headphones:

“The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic...”

Please note that any entrant that decides to ignore this rule will:

- (a) Be disqualified and their finishing time not included in the results, nor will it be included in the Run Britain/Power of Ten rankings.**
- (b) Not be covered by the Event’s Licence Insurance.**
- (c) Not be eligible for any prizes given by the Race Organiser/s.**

Paul Brooks

National Secretary for Road Running in Wales