



BOGNOR • PROM 10K •

WHY NOT RUN FOR OUR
CHARITY PARTNER CRIMSHAM FARM



CRIMSHAM FARM
community that cares

SUNDAY 14TH MAY 2023 • START 10.30AM WHEELCHAIR RACE INSTRUCTIONS

Wheelchair users will be able to compete in the Bognor Prom 10K.

Due to safety of fellow competitors, spectators and members of the public, specialist (racing) wheelchairs will not be allowed to take part. A chair must be a 'day chair', have a maximum length of 1.2 metres and must conform to the rules set out here.

As stated in the World Athletics and UKA competition and technical rules-2022 edition: "For avoidance of doubt participation using hand cranked or electric chairs is not permitted in any UK Licensed Race held under UKA Rules of Competition".

WHEELCHAIR REQUIREMENTS

1. The wheelchair shall have at least two large wheels and one small wheel.
2. No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm (1.6 ft).
3. The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm (2.3 ft). The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm (1.6 ft).
4. Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair.

5. No mechanical gears or levers shall be allowed, that may be used to propel the chair.

6. Only hand-operated, mechanical steering devices will be allowed.

7. In all races of 800 metres or over, the athlete should be able to turn the front wheel(s) manually both to the left and the right.

8. The use of mirrors is not permitted in track or road races.

9. No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.

10. It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to the athlete's chair.

11. Chairs will be measured in the Marshalling Area, and may not leave that area before the start of the event. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.

12. It shall be the responsibility, in the first instance, of the official conducting the event, to rule on the safety of the chair.

13. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.^[7]

14. Wheelchair users are required to wear helmets for this race.

THE WHEELCHAIRS ARE EXPECTED TO START AT THE REAR OF THE FIELD. IF IN DOUBT, PLEASE CONTACT THE RACE DIRECTOR.

We hope that you will have an enjoyable run.

Peter Ramsdale, Race Director. Email: racedirector.bognor10k@gmail.com

BOGNOR PROM 10K RACE WHEELCHAIR RACE INSTRUCTIONS

WHY NOT RUN FOR OUR
CHARITY PARTNER
CRIMSHAM FARM

THE ROTARY CLUB OF BOGNOR HOTHAM WELCOMES YOUR ENTRY TO THE **BOGNOR PROM 10K ROAD RACE**

We trust that you will have a successful run, whether you are doing it for your own satisfaction or to raise funds for a worthy cause. Be assured that whatever surplus we make from your support of this event will be put to worthwhile causes, both locally and internationally. Much will be returned to the charities supported by the runners.



WHAT IS ROTARY?

It is a worldwide service organisation, with over one million members in thousands of clubs who want to make a better world and who are dedicated to providing friendly help to local and international communities. Our club is one of two Rotary Clubs in Bognor Regis. We have 28 members and are in our 30th year. During that time we have either raised ourselves or helped others to raise hundreds of thousands of pounds.

The Bognor Prom 10k Road Race is one of our major fund raising events. We also have an extensive Christmas collection through the streets of Bognor Regis, and run other fund raising initiatives, while making sure we enjoy what we do to help those less fortunate than ourselves.

Our members come from all walks of life, businessmen and women, self employed and retired, young and not so young. All willingly give their spare time to fulfil the motto of Rotary - Service above Self. New members are always welcome, so if you think that you would like to support your community and have fun doing it, then why not try Rotary? Be our guest at one of our Tuesday evening meetings and see what you think. Give our Membership Secretary a ring - Nigel Hasted 01243 584049/07739924527.

Thank you again for your support.
Nigel Hasted, President.



WHO ARE THE BOGNOR REGIS TONE ZONE RUNNERS?

The Bognor Regis Tone Zone Runners are a friendly group of like-minded people looking for enjoyment in the great outdoors. With runners of all abilities, and a membership well in excess of 200, we offer the opportunity to make friends, to start or improve their running socially or competitively and enter their first distance race from 5k right up to marathon distance and beyond. All this under the guidance of a fully trained coaching team, runners can choose what speed, distance and what they hope to achieve in their running. Principally we are here to have fun while taking part in enjoyable exercise. The membership is comprised of runners from teenagers to those well beyond retirement age. All you need is a pair of trainers - age and fitness is no limit. **What's stopping you!**

Please visit our website www.tonezonerunners.org or come along to a club night for a chat on Tuesday or Thursday, 6.15pm at Arun Leisure Centre, Felpham, Bognor Regis, West Sussex. PO22 8ED.

OUR CHARITY PARTNER



THE BOGNOR PROM 10K RACE IS PROUDLY SPONSORED BY

