



WELSH ATHLETICS
ATHLETAU CYMRU

Race Director Fact Sheet: Number 10

Definition and Guidance to Race Organisers on Fun Runs and Supporting Races.

Fun Runs and supporting events are catered for under the UKA Road Running and Multi Terrain Licence Application Process and are a great way of introducing young and old to running.

The Rules cover participants from the age of 11 years of age and over.

The age groups covered by rules also link to maximum distances that may be run, they are;

Age	Maximum Distance
Over 11 – Under 13	5,000 metres
Over 13 – Under 15	6,000 metres
Aged 15 years	10,000 metres
Aged 16 years	15,000 metres
Aged 17 years	25,000 metres
Over 18 – Under	20 Marathon

NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not stop organisers providing competitions for athletes younger than 11 years, with correspondingly reduced distances to be run.

It is therefore recommended that where entrants are under the age of 11 years the distance should be between 1km and 3km.

Definition of Non Racing:

- No official timing occurs
- There are no prizes for performance (1st, 2nd, 3rd etc.) for individuals or teams.
- If there are awards (outwith spot prizes) then all participants receive the same award.

For non racing events the organiser should consider the following when deciding any age limit and distance a supporting Fun Run should be;

- Age and maximum distances covered by UKA Rules – see above.
- Safe ratio of Adults/Children (will depend on distance, nature of course & degree of supervision)
- Type of terrain.
- Expected weather conditions – if expected to be very warm consider reducing distance.
- Whether minors should be accompanied by parents or carers.
- Requirement to obtain Parent or Carers approval to compete.

- Medical cover being provided.
- Fun Run events for minors i.e. under 18yrs should not be staged on Open Roads

Other Considerations:

Arrangements should be considered for supervised drop off and collection points for youths (where they are not required to be accompanied during the run), for supervised lost child facilities, and communication procedures to identify lost children and seek parents/carers.

Safeguarding, Disclosure and Barring Service (DBS) check for staff and or volunteers. Note: all UKA licensed officials are DBS checked

Legislation or Other Guidance Documentation:

The Equality Act 2010

UKA – Guidance to Inclusive Practice for Race Organisers

NSPCC – NSPCC Child Protection in Sport Unit.

Safeguarding -Safe sport events, activities and competition

<https://thecpsu.org.uk/eventmanagement>