

RULE TR55 S5 UKA SUPPLEMENT HEADPHONES 2024 TO 2026 RUNNERS INFORMATION

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.

This restriction does not apply to races held on dual carriageways provided that there are clear, structured separations between the separate carriageways.

Competition Providers of races held entirely on roads closed to traffic may apply this condition where appropriate to local circumstances.

Headphones that work by conducting sound through bones and do not sit in the ears are acceptable, **but a Competition provider may determine that they cannot be used in their race.**

SUGGESTED RUNNERS' INFORMATION FACT SHEET

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The wearing of any in-ear or over ear headphones are **BANNED** as per UKA RULE TR55 S5 .

This includes any noise cancelling ear buds or Open Ear devices.

You will be **disqualified** from the race if seen using them on the course. This means that you will be removed from the results and any prizes you have won will be lost and your time can't be used for the Power of Ten.

You agreed to this when you entered the event as part of the terms and conditions.

The reason for this is the event is run under UKA rules and therefore we have to comply with these rules, or we lose our UKA licence, and this will affect all of our events.

BONE CONDUCTING HEADPHONES THAT SIT IN FRONT OF THE EARS ARE ALLOWED. (As they don't cover the ears).

MEDICALLY PRESCRIBED HEARING AIDS

If you are using in-ear medically prescribed hearing aids, then this should be declared to the race organisers before the race starts.