

Kippax Harriers

Leeds Country Way Relay Rules

- All members of the team **must** wear running numbers, and ensure they complete personal details on the reverse. These numbers must not be exchanged.
- Numbers will be exchanged for food at The Podger pub (opposite Garforth Squash Centre) after 16:30, so please hold onto your race number.
- Club colours must be worn by UKA registered teams.
- Any runners wishing to compete for their second claim club, when their first claim club is also competing, may do so, but only with full agreement and prior written permission from their first claim club.
- All teams to register at Garforth Sports & Leisure Centre, Ninelands Lane, Garforth on race day before 7.45 am.
- At registration please hand in your final team list and collect a baton. The team list is considered as a final record of the runners.
PLEASE NOTE CHANGE TO RULES - For safety reasons, no last minute substitution of runners or changes to the team list will be allowed after the start of the race, unless permission is obtained from the Race Director. Failure to follow this rule may result in team disqualification.
- The start will be 8.00 am prompt.
- Open teams can be made up from Male, Female or Vets in no specific format.
- Ladies teams must be all ladies.
- Vets teams can be made up from male 40 + yrs and female vets 35yrs +.
- Race Permit and Risk Assessment will be displayed at the start.
- Anyone found deviating from the route will be time penalised.
- Should any team retire from a leg they **must** inform a race marshal.
- No runner will be allowed to run more than one leg.
- Runners must be 18 or over.
- Teams must finish the individual legs with both runners failure to do so may lead to disqualification. Should this occur then the team would be permitted to carry on and complete the relay and still be eligible for fastest leg trophies where both runners complete. A default time of **3 hours** will be given for any leg not completed by both runners.
- Cut off times are listed on the attached sheet, prize presentation will be at 18:00 approximately.
- Please follow the Country Code at all times.
- Please show consideration to residents and private property along the Leeds Country Way, particularly when taking toilet breaks.
- The organisers reserve the right to disqualify those who fail to follow rules and conditions.
- Declaration: "I hereby agree to adhere to UK Athletics laws. I am not under 18 years old. I accept that the organisers of the event will not be held responsible for loss, damage or illness caused during or as a result of the event. I declare I am medically fit to race and will only compete at my own risk."

Risks

- **Please ensure teams run routes beforehand. If you need help please contact Helen Cowley on 07905 328722.**
- **Make sure you drink plenty of water and carry some en route to stop dehydration, particularly if the weather is warm. Water will be available at each checkpoint.**
- **This is a multi-terrain route, therefore there are many areas for potentially trip points, therefore please keep to the paths where possible.**
- **Please make sure you check before crossing busy roads.**
- **Please be aware that this route is a public footpath, and as such, will be open to the general public. Please be courteous and considerate to other users of the Leeds Country Way.**
- **If a runner gets injured en route, please report to other runners so help can be sent or make your way to the nearest checkpoint, where we will have our own First Aiders.**
- **PLEASE do not run if you had any recent surgery.**
- **If any member has any special medical requirements please inform marshals at checkpoints or at registration.**

Above all, please enjoy your day.