

Kippax Harriers

Leeds Country Way Relay Rules

- ☐ All members of the team **must** wear running numbers. These will be exchanged for food at the end of the race at Garforth Sports Centre.
- ☐ Club colours **must** be worn by NOEAA registered teams.
- ☐ Other teams **must** wear matching colours. This aids the marshals at change over points.
- ☐ All teams **must** register at Garforth Sports & Leisure Centre, Ninelands Lane, Garforth on race day **before 7.45 am.**
- ☐ At registration, your final team list **must** be submitted and batons collected.
- ☐ The start will be **8.00 am** prompt.
- ☐ Open teams can be made up from Male, Female or Vets in no specific format.
- ☐ Vets teams can be made up from male (40 + yrs) and female vets (35+yrs)
- ☐ 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 is 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 will lead to disqualification. Should this occur the team is permitted to carry on and complete the race and still be eligible for fastest leg trophies where both runners complete.
- ☐ Cut off times are listed on the attached sheet. Prize presentation will be at 6.00 pm approximately.
- ☐ Please follow the Country Code at all times.
- ☐ The organisers reserve the right to disqualify those who fail to follow rules and conditions.

Other than the organizer's liability for causing death or personal injury by negligence, I confirm that I understand that the organizer accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

I have read the race rules and agree to abide by them

RISKS

It is recommended teams run the route before the race.

Make sure you drink plenty of water to prevent dehydration. Water will be available at the end of each leg of the race,

As the route is multi terrain, there are many trip points. Please keep to paths wherever possible.

Take great care and double check before crossing main roads.

If you are injured either report to other runners, who will inform marshals at the next check point, or make your own way to the check point if you are able to do so.

PLEASE do not run if you have had recent surgery.

If any member of your team has any special medical requirements, please inform an official at registration or at one of the checkpoints.

KIPPAX HARRIERS WISHES EVERYONE AN ENJOYABLE DAY.