

MARLBOROUGH DOWNS CHALLENGE 2010 WAIVER & RULES

Please read the following rules carefully. When you enter online you are agreeing that you have read and agreed to them.

General

I declare that I will abide by the UK Athletics Rules and the directions of the organisers and their representatives. The Event Referee's decision is final.

Waiver

I am medically fit to participate. I understand and accept that this event is predominantly off-road, unmarked, requires prolonged and strenuous physical exertion, is subject to the unpredictability of the weather and that I am responsible for my own safety. I agree that I enter at my own risk and that Marlborough Running Club, the event organizers and their representatives will not be held responsible for any loss, damage, action, claim, injury or illness which may arise as a result of my participation.

I understand and accept that the organisers reserve the right to delay, shorten or cancel the event should adverse weather or other circumstances outside of the organisers' control pose, in the organisers' opinion, an unacceptable risk to participants.

I accept that the organisers are not responsible for the security of my kit or any other items left in the baggage storage area or other parts of the Race HQ.

RULES

We have a few basic rules to ensure fairness, safety and generally to ensure everyone acts in a responsible manner. Failure to comply with these rules may lead to a disqualification.

- **Always follow the Highway and Country Codes.** Please take care not to disturb livestock and remember to close gates – the routes are mainly on public rights of way, etc., but the goodwill of the landowners is important to this event. Show respect for the environment, do not drop litter, do keep to the route and don't climb over walls, fences, etc. Other walkers, runners, horse-riders, etc. may be on the same paths as you so please be courteous, patient and pass carefully.
- **Roads and road crossings.** When you cross or run along roads take extra care – you are responsible for your own safety at road crossings; the marshals are not allowed to stop the traffic but they are allowed to stop you! Please obey the marshals – reckless behaviour puts not just your safety at risk but that of other road users as well.
- **Suitable footwear and clothing** must be worn and/or carried. The route may be muddy, rutted and sometimes challenging underfoot. The weather may be wet and windy or hot and sunny – whatever the weather at the start it will be even more so on the Downs.
- **Your number.** You must wear your number on your front at all times and ensure it is readily visible when approaching each checkpoint and especially at the Finish. You must not participate in someone else's number – transfers are accepted up to 1 week before the event – see the MDC website for details.
- **You must visit all the checkpoints on your route.** There will be time penalties for anyone taking a shortcut or missing a checkpoint and you won't be eligible for a prize.

- **Retirement.** If you need to retire you **MUST** report to the nearest checkpoint or give your name to a marshal at the Finish. We take your safety seriously and check all numbers to ensure everyone is accounted for and will initiate a search if necessary. If you do not report your retirement it can cause considerable difficulties for those involved in searching for you. If you get lost and fail to find a checkpoint, phone one of the Helpline numbers which will be on your race instructions. Anyone not reporting their retirement will be banned from all future MRC events. Any participant who is (in the opinion of the marshals or other event officials or first aid providers) unfit to continue will be withdrawn from the race.
- **Respect Marlborough College grounds.** There are **NO** toilets available in the car park or at the Start, which are located in the grounds of Marlborough College; instead, toilets are available at the Leisure Centre, which is about 300 yards away. Any inappropriate use of the College grounds is **strictly not allowed**. If you are changing in the car park please take care to avoid embarrassment. Remember there will be school age children in the grounds.
- **Minimum age.** You must meet the minimum age requirements for your event. For the 33-mile Trail Race the minimum age is 20 years on the day of the race. For the 20-mile Trail Race and Challenge Walk the minimum age is 18 years on the day of the race.
- **MP3/Audio players.** Whilst not banned, you are required to ensure that you are not using them at the Start, checkpoints, road crossings and Finish where announcements or instructions may be made that you need to be aware of. You should also ensure that you are aware of your surroundings at all times including the proximity of other path users, fellow competitors, livestock, traffic etc.
- **Please co-operate with marshals and event officials.** They are there to ensure everyone has a safe and enjoyable day.

www.marlboroughrunningclub.org.uk