



# Cheddar Gorge Challenge 2017

Race Registration - please fill in 1 form per runner

## Friday 8th September

10km Canicross	Affiliated £18 <input type="checkbox"/>	Unaffiliated £18 <input type="checkbox"/>	On the Day £2 extra
10km	Affiliated £18 <input type="checkbox"/>	Unaffiliated £18 <input type="checkbox"/>	On the Day £2 extra
6km	Affiliated £14 <input type="checkbox"/>	Unaffiliated £14 <input type="checkbox"/>	On the Day £2 extra

## Sunday 10th September

Marathon	Affiliated £38 <input type="checkbox"/>	Unaffiliated £40 <input type="checkbox"/>	On the Day £2 extra
Half Marathon	Affiliated £27 <input type="checkbox"/>	Unaffiliated £29 <input type="checkbox"/>	On the Day £2 extra
10km	Affiliated £16 <input type="checkbox"/>	Unaffiliated £18 <input type="checkbox"/>	On the Day £2 extra
6km	Affiliated £12 <input type="checkbox"/>	Unaffiliated £14 <input type="checkbox"/>	On the Day £2 extra
3km	Affiliated £8 <input type="checkbox"/>	Unaffiliated £10 <input type="checkbox"/>	On the Day £2 extra
1km	Affiliated £5 <input type="checkbox"/>	Unaffiliated £5 <input type="checkbox"/>	On the Day £5

Select a Wave – all waves are open to runners of all abilities, if a wave is full you will be assigned to the next wave

10km; Wave 1  OR Wave 2  OR Wave 3  OR Wave 4

Half Marathon; Wave 1  OR Wave 2  OR Wave 3  OR Wave 4

Marathon; Wave 1  OR Wave 2

Would you like your medal customising with your name & finish time? Yes (£6 extra)  No

Custom engraved pieces are sent out 2-3 weeks after the event. Please collect your medal as normal on the day of the event.

## Entry Details – Please fill out in block capitals

Full Name..... Gender.....

Junior Male (U20)  Male 20-39  Male 40-49  Male 50-59  Male 60+

Junior Female (U20)  Female 20-39  Female 40-49  Female 50-59  Female 60+

Age on Race Day.....DOB.....

Phone Number.....

Address.....

Postcode..... Email Address.....

Emergency Contact.....Phone.....

UK Athletics Club or Team (Friday events)..... (if applicable)

Postal Entries: Tom Room, Relish Running Races, 6 Hampton View, Bath, BA1 6JL.

Please make cheques payable to: Relish The Great Outdoors Ltd. Cashing of your cheque confirms your place in the race. All information will be published online in the Event Information/Race Day page. Nothing will be sent out via post.

## Athlete Declarations

### Friday Events

Race Entries are non transferable and non refundable, including in the event that the race is cancelled. I am over 18yrs old, or this form is being filled out by an adult who agrees to the terms and conditions below on my behalf. I accept that any costs incurred by myself are not recoverable from the event should the event be cancelled under any circumstances.

The route has been fully and carefully risk assessed and all steps have been take to reduce the likelihood of an injuries, but they can not be completely eliminated. I understand the hazards, risks and the challenging nature of the event that I am entering. I am medically fit to take part, I do so of my own volition and at my own risk. I am willing to take full responsibility for any injury that may be sustained. If I am not willing to accept liability for this the I will not participate in the event. Relish The Great Outdoors Ltd has a duty of care to the participants and spectators and nothing in the disclaimer exempts us from negligence which may lead to injury or death.

You agree that Relish The Great Outdoors Ltd, the University of Bath, our respective staff, volunteers and subcontractors will not be held accountable or responsible for any loss or damage to your personal possessions/ belongings. You give Relish The Great Outdoors Ltd permission to use photographs or video captured of you during the event and any photography captured during the event shall become our property. You give Relish The Great Outdoors Ltd permission to add your email address to our mailing list. This will not be shared with any other party and you unsubscribe at any time. If any section of this document is not deemed legitimate or is found to be incorrect in any way shape or form by a court or any other legal authority then that section shall be removed or changed to meet the necessary requirements. The changes to this section will not affect the legitimacy and enforceability of any other sections of this policy.

Signed ..... Date .....

### Sunday Events

I declare that I am an amateur according to the UK Athletics rules and that I am medically fit to run. In ear headphones are not permitted. Bone conducting headphones are permitted. You give Relish The Great Outdoors Ltd permission to use photographs or video captured of you during the event and any photography captured during the event shall become our property.

I accept that the organisers shall not be liable for any injury, illness or loss of property as a result of taking part in this event.

I am over 18 years of age, or else this form is being completed by a parent or guardian. Minimum age for racing the marathon is 18yrs old, the half marathon is 17 yrs old, the 10km is 16yrs old, the 6km is 14yrs old and 10 for the 3km. There is no minimum age for the 1km. Race entries are non transferable and non refundable, including in the event of cancellation due to circumstances beyond our control. By agreeing to these terms and conditions you will be added to the Relish The Great Outdoors mailing list.

#### Group Terms and Conditions

You will need to gather the minimum number of registrations for your discount bracket by the time online registrations close (usually on the Tuesday before the event), postal registration and on the day registrations can not be included. If you do not reach the minimum number of registrations for the discount bracket, then the balance will be due at Number Collection on the day of the event, for the whole group including any people who might not show on the day.

If you gather more registrations than your discount bracket we will not be able to refund the difference up to the next discount bracket.

Signed ..... Date .....

## Canicross Events

Events are run on cross-country trails during the winter months. Hazards may include wet slippery surfaces including down-hills, grass, mud, snow/ice, twigs/branches from tree fall, loose stones and gullies formed by water erosion – all of which may be hidden under thick blanket of leaves

Competitors must do their utmost to ensure that their dogs do not interfere with other runners or dogs. In the unlikely event that regular runners (starting at 20:00) overlap with the Canicross runners (starting at 19:00) priority must be given to the overtaking regular runners. The usual trail running minimum age rules apply. Runners must be 12 or over to take part in the 5km, 15 or over to take part in the 10km. Dogs must be at least 12 months old. Control of your dog is required at all times. The rightful owner of a dog is required to have liability insurance (or family insurance) for any damages that their dog may commit, or injuries that the dog may cause. The rightful owner of a dog is the person named as such in the dog's vaccination book and/or official paperwork. The rightful owner must ensure that the animal is owned (cared for) in accordance with the law.

The human running portion of the event will be covered by public liability insurance as standard. The dog running portion of the event will need to be covered by the individual competitors own insurance arrangements.

We welcome any breed or cross breed of dog, but they must be at least 12 months old. Swapping of dogs during a race is not permitted. Bitches in season are not excluded from competing; however, it is the owner's responsibility to ensure that adequate precautions are taken and that they acknowledge full liability. Owners must inform race organisers if they intend to compete with a bitch in season so provisions can be made. For example, they may be asked to start at the back to ensure the smallest number of issues. They will also need to be kept away from the group during briefings and at the start/end of a race. No pregnant or nursing bitches are allowed to compete. Dogs that have been coughing or have been in contact with infectious diseases within the previous 21 days should not be brought to the event.

Nobody should race dogs that are nervous of humans, as this can cause undue stress to these dogs. It is strongly recommended that dogs receive a vet health check before competing at our event. Any dogs deemed unfit to race by either the race Vet or event organisers must be withdrawn from competition. All races are non refundable and non transferable as with regular (non canicross) race registrations. Although the swapping, lending and borrowing of dogs is not prohibited, anyone running a dog that is not owned by them must disclose this on their entry form. Ultimately it is the rightful owner's responsibility to ensure that the person they are lending their dog to is able to read the dog's signals in order to anticipate any problems before they happen and if a situation should occur they are capable of handling it.

They must also be confident the dog is sound when approaching and being approached by other dogs. For the safety of the dog being lent out, the runner should also be made aware of the dog's limitations, signs that the dog may be having difficulties and have undertaken a number of training runs before entering a race. If there is any doubt that the runner is not capable or the dog could act unpredictably, the entry should not be submitted or withdrawn. If a situation occurs the rightful owner of the dog will be held responsible. Dogs must wear a suitable harness and be attached to their handler by a line containing some bungee to act as a shock absorber. Lines must not be longer than 2.5 meters when fully extended. No head collars, shock collars, choke chains or flexi leads are permitted. Whips are not permitted. Muzzles may be used but they must be the open, basket type, through which dogs can drink and take treats. Runners are not allowed to wear shoes that could be dangerous for dogs. Shoes with metal spikes are strictly forbidden.

Exceptions may be granted in regard to the above equipment requirements if a competitor is learning how to canicross (debut), then a hand-held leash and flat (classic) collar will be accepted. The competitor must make this known at registration; exceptions are at the discretion of the Race director. All competitors are required to attend, please do not bring your dogs to the safety briefing so that everyone can hear everything what is said. This will be at 18:40, with the event starting at 19:00. Qualified First Aiders will be available during races. The contact details of an on-call vet will be available at the Event Information desk should anyone require them. We advise you build your dog's distance up over several weeks/months. During runs and hot weather (over 16°C) some breeds (ie those with short muzzles) may have difficulty cooling themselves. If your dog is overweight, unfit, not used to exercise, recovering from illness, of advancing years, or you have any doubt about your dog's ability, please consult your vet.

Always carry water with you just in case it is needed. We will provide bowls of water and small pools of water at the end of the races for any dogs that need it. Familiarise yourself with your dog's normal behaviour while running, prior to the event. If at any time they show any signs they are struggling (excessive foaming at the mouth, shaking the head or pulling to the side), immediately find a shaded place to stop (preferably with a cool breeze) and give them some water. It is essential that you respect the welfare of your dogs and that you adapt your pace accordingly. Watch your dog's behaviour for 1/2hr after your run – this is the most critical time when they are likely to overheat.

Please clean up after your dog and have poop bags on you at all times – we would like to maintain our good relations with the University, golf club and the everyday users of these paths. Not picking up dog mess will result in disqualification and you will not be invited back to future events. If a Race Marshal determines that a handler's conduct at any time in the race area or on the trail is detrimental to the sport/race, that runner shall be disqualified. This includes prior to, during, and after the event.

If a dog becomes unfit or refuses to advance for any reason, the competitor is not permitted to finish the race. They must remain where they are and wait to be picked up by the event sweeper and advise a marshal as soon as possible if the dog is need of urgent attention. It is deemed acceptable for your dog to be behind on downhill, on technical sections of a route or when it would be dangerous to do so. Otherwise your dog must be in front of you at all times and they must not be dragged at any point. When overtaking other runners on narrow trails, call before overtaking. If being overtaken, keep your

dog close. When passing other runners, each party should ensure this is done safely, allowing plenty of space for each runner and ensuring dogs do not become tangled.

The competitor that is being overtaken must assume responsibility to ensure that their dogs are to one side of the track and do not interfere with the runner going past. Dogs should be attached to the competitor at all times except in cases of danger to dog or runner. It is recommended that competitors who have dogs who are worried by other canines should allow plenty of space for their dogs, especially at the start of the race, to alleviate any undue stress. If you have an aggressive dog, don't provide the opportunity for it to be out of control. The use of personal stereos, MP3 players or any electronic device with in ear headphones etc that impairs the ability to hear marshals or other runners is strictly forbidden. Anyone using such a device will be asked to refrain immediately or be disqualified.

Signed ..... Date .....