



# The GROCONTINENTAL Relay



Under UKA rules  
UKA Licence 2016-23171

## DEARNFORD LAKE

Thursday, 14th July 2016, 7:30pm

Organised by the Whitchurch Whippets

- Three stage relay in the picturesque setting of Dearnford Lake. Stages are approximately two miles on a traffic-free multi-terrain course, including parkland and woodland tracks.
- Teams made up of three runners representing running or athletic clubs, groups of family or friends, work colleagues and other clubs.
- Prizes for fastest male and female individual legs. Also prizes for winning team in each category.
- **Entries in advance only \*\*\* NO ENTRY ON THE DAY \*\*\* Entry strictly limited to 120 teams**
- All team registrations must be completed before 7pm on the night
- For more information and updates, please visit [www.whitchurchwhippets.co.uk](http://www.whitchurchwhippets.co.uk) or email [dlr@whitchurchwhippets.co.uk](mailto:dlr@whitchurchwhippets.co.uk). Results will be on our web site shortly after the race.

### Team entry form

Please use BLOCK CAPITALS

<b>Team Name:</b>							<b>Official use only:</b>	
<b>Category</b> - Tick One Only (see over for eligibility)	<b>Male</b>		<b>Female</b>		<b>Mixed</b>		<b>Community</b>	

<b>Team Contact Name:</b>	
<b>Address:</b>	
<b>Town/city:</b>	<b>Postcode:</b>
<b>Email:</b>	<b>Phone:</b>

Leg	Runner's Name	Gender		Age <small>(min 15)</small>	UKA Affiliated Club <small>(if any)</small>	UKA Reg. No.
1		M	F			
2		M	F			
3		M	F			

<b>Entry Fee (per team)</b> <small>(All team members must be UKA affiliated to receive entry discount.)</small>	<b>Affiliated £12</b>	<b>Unaffiliated* £15</b>
---	---------------------------	------------------------------

\* and community

### Declaration

I confirm that all team members will abide by UKA and event rules, all team members will be aged 15 or over on race day and that each team member is medically fit to run and understands that they enter the race at their own risk. I also confirm that all team members accept that the organisers and associated bodies will not be responsible for any accident, illness, injury, loss or damage as a result of their participation in the Dearnford Lake Relay. Team members will obey all instructions of the race organisers and marshals.

<b>Signed:</b>	<b>Date:</b>
----------------	--------------

No postal acknowledgement of entries will be made. However, if an email address is provided, an email acknowledgement will be sent. Race numbers will be given out on the night at race HQ.

**Postal closing date is 30th June 2016. Send completed entry forms, with cheques payable to Whitchurch Whippets, to DLR Race Secretary, 8 Hollinwood, Whixall, Whitchurch, SY13 2NW.**

The information provided by you on this form will be used solely for the purpose of race results and identification for health and safety reasons. It will only be available to the results team and appropriate race officials, and will be passed to UKA bodies for official purposes only.

## Additional event and competitor information

Whitchurch Whippets hope that you can enter a team into our event and we look forward to seeing you at the Dearnford Lake Relay. To help the event run smoothly, we have included some additional information below.

### Entries and eligibility

- Teams can only be eligible for one category. **It is your responsibility to enter for the correct category.** All runners must be aged 15 or over on race day.
- Runners are not permitted to complete more than one leg or enter in more than one team.
- Changes to teams or running order are permitted on the night. **However all team registrations and changes must be submitted before 7pm on race day.**
- Mixed teams may consist of either 1 male and 2 female runners or 2 male and 1 female runner.
- All athletes aged 17 and under on the day of the race are considered "Juniors" for award purposes
- Junior runners may run in senior teams
- Community teams may consist of members from the same place of work, non-running club, family or friends, but must not contain more than one affiliated runner or member of a running/athletic/triathlon club. Mixed gender teams are permitted.
- Whitchurch Whippets welcomes entries from disabled athletes. To ensure that an adequate risk assessment is made, disabled athletes should contact a member of the organising committee well in advance of the race to discuss any specific requirements and ensure they can be accommodated safely. The course is unsuitable for wheelchairs due to the rugged nature of some parts of the course and narrow woodland paths.

### Prize Categories

- 1st Male club Team (may include Juniors)
- 1st Female club Team (may include Juniors)
- 1st Mixed club Team (may include Juniors)
- 1st and 2nd Community Team (Team can only contain one UKA registered athlete/club runner/triathlete. May include Juniors)
- Fastest Male Leg
- Fastest Female Leg
- Fastest Junior Male (Aged 17 and under on the day of the race)
- Fastest Junior Female (Aged 17 and under on the day of the race)

If a Junior runs the fastest leg of the day he/she will be awarded both the Open and Junior fastest Leg Awards

### Event location

- Dearnford Lake is located just off the Tilstock Road (B5476), south of Whitchurch and is easily found by following the brown tourist signs for Dearnford Lake. The postcode for Dearnford Lake is SY13 3JQ. Please visit [www.dearnford.com](http://www.dearnford.com) for further information.
- Due to open water at the venue, all children must be supervised by a responsible adult during the whole event.
- Facilities include toilets, ample car parking and a café with food and drinks available. No showers or changing facilities are available at the venue.

# GROCONTINENTAL

