

## Participation in the Ambleside Trail 60

- To take part in the Ambleside Trail 60 participants must be 21 years or over on 13th September.
- Participants take part at their own risk and must agree to the disclaimer waiving all claims against the Ambleside Trail 60 organisers, partners, sponsors and volunteers.
- The organisers use data supplied by participants to process an entry. All data (electronic and paper) is stored securely. Personal data is not supplied or distributed to any third party other than those working within the framework of the event.
- Participants agree to the organisers publishing their name, gender, age category and club affiliation (if attached) in the current list of entries upon entering and in the race results after the event.
- Participants grant permission for images, films or recordings to be taken and organisers reserve the right to use such material for publicity to promote future events and the Trust's charity work.
- We ask that all runners must be capable of completing the course within the time-limit of 14 hours. Runners will be withdrawn from the event if they do not pass all of the checkpoints by the following times:

Location	Grid Ref	Distance (km)	Cut-off time
Start (Rothay Park)	373 043	0	08:00
Boon Crag Wood Yard	316 982	15	11:30
Great Langdale campsite	286 058	30	15:00
Langstrath	272 126	40	17:30
Grasmere	337 076	52	20:15
Finish (Rothay Park)	373 043	60	22:00

- Participants will receive a timing chip and race number at registration. The right to participate in this event is highly individual, and as such entries and race numbers are non-transferable. All runners are required to wear a timing chip on a strap on their wrist which will be issued at registration.
- Participants agree for Brathay to contact them with race information such as race numbers, details of registration etc. Additionally participants may subscribe to receive details of other Brathay challenge events. Participants may unsubscribe at any time.

## Event Day – 13<sup>th</sup> September 2020

- You must confirm your entry for the event and collect your timing chip and number from the event registration center on Saturday 12th September 2020 or the morning of the race.
- All participants must complete their personal details, including details of any health issues and medication, on the reverse of their race number. The race number must be worn unfolded and must be visible on the front of shirts/jackets for the duration of the race.
- While running around the course runners must follow all instructions given by the event officials and marshals.

## The Start and Race Timings

- Participants must begin the event from the official start location and be positioned behind the starting line when the race begins.
- Participants must follow timing instructions from race official regarding clearing their chip. Failure to do this will result in the runner not receiving a completion time.
- Participants must follow instructions from the start line marshals.
- The published race results will show 2 times for each runner: their gun time and their chip time. The time taken from when participants cross the start line to when they cross the finish line (chip time) will be their official time for the course. However, prizes in each age category are allocated to the first three runners based on their gun time.
- Participants must wear their timing chip in order to receive an official time and are responsible for returning their timing chip, which will be issued at registration along with their race number. Failure to do this will incur a charge.

## Safety

- Whilst Brathay Running will take steps, that are so far as is reasonably practical, to ensure the smooth & safe running of this event, you as a participant are responsible for your own safety. In addition, whilst taking part in the event you must not place other participants or any members of the public at risk as a result of your acts and/or omissions.
- The event is run according to UK Athletics rules, and as such runners wearing devices requiring headphones (excluding bone conducting headphones as per UK Athletics rules) will run the risk of disqualification.
- You are advised not to take part in this event if you are unwell or injured. If you retire from the event please inform the nearest race official or marshal.
- Unfortunately runners are not able to participate with their dog.

## Race Cancellation policy

The race organisers reserve the right to cancel, delay or postpone the race due to emergency or extraordinary conditions. These include adverse weather conditions, or following instructions from the emergency services. In the unlikely event that the race has to be cancelled, delayed or postponed due to circumstances outside of our control, no refunds will be payable.

## Participant Cancellations

If participants wish to cancel their entry they need to contact the Brathay Running team at [running@brathaychallenges.com](mailto:running@brathaychallenges.com). We are unable to offer refunds in case of cancellation.

## Fundraising – Refund of Entry Fee

- We are able to offer refunds of entry fees to participants who raise over £200 towards Brathay Trust's work from running the Ambleside Trail 60. To receive the refund participants must fulfil the following conditions:
- Sponsorship must be fully received by Brathay Trust by the 1st December 2020 before a refund of the entry fee is considered. A refund will not be offered automatically participants must contact the Brathay Running team to request this on [running@brathaychallenges.com](mailto:running@brathaychallenges.com)

## Amendments

The event organisers reserve the right to alter or amend any of the race information and/or event rules. Any changes will be published before the event. The organisers also reserve the right to refuse an entry or withdraw an entry without notice for any participant who supplies culpable incorrect personal data on the entry form. Failure to follow the event rules may result in disqualification from the event.



## Disclaimer

Runners must agree the following disclaimer:

The Ambleside Trail 60 is held under UK Athletics rules and regulations. You must declare that that you are an amateur as defined by UK Athletics laws and agree to abide by their rules. You agree not to hold the organisers, marshals, volunteers, sponsors or any associated company or organisation working within the framework of the event, responsible for any personal injury, sickness or accident suffered, nor the loss or damage of any property on the course, changing areas or event centre. You participate entirely at your own risk and agree not to take part if you are unwell or injured. You understand that the entry fee is non-refundable. You understand that participation is highly individual and as such entries and race numbers are non-transferable.