



The GROCONTINENTAL Relay



Under UKA rules
UKA Licence 2018-33474

ALDERFORD LAKE
Thursday, 12th July 2018, 7:30pm

Organised by the Whitchurch Whippets

- Three stage relay around the picturesque setting of Alderford 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.
- Trophies and prize money for 1st team in each category. Trophies for 2nd and 3rd in each category.
- Race HQ, start and finish at Alderford Lake, Whitchurch, Shropshire, SY13 3JQ.
- Facilities include toilets, ample car parking and a café with food and drinks available. No showers or changing facilities are available at the venue.
- **Entries in advance only. No entry on the day. Entry is strictly limited to 120 teams.**
- Further event and runner information is provided overleaf.
- For more information and updates, please visit www.whitchurchwhippets.co.uk or email info@whitchurchwhippets.co.uk. Results will be on our web site shortly after the race.

Team entry form

Please use BLOCK CAPITALS

Team Name: <i>(Please provide a team name)</i>				Official use only:	
Team Category <i>(select one category only, see overleaf for eligibility rules)</i>	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Mixed <input type="checkbox"/>	Community <input type="checkbox"/>	

Team Contact Name:	
Address:	
Town/city:	County:
Postcode:	Telephone number:
Email:	

Entry Fee (per team) <i>(All team members must be UKA affiliated to receive entry discount.)</i>	Affiliated <input type="checkbox"/> £18	Unaffiliated <input type="checkbox"/> £21
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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 event. Team members will obey all instructions of the race organisers and marshals.

Signed:	Date:
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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 2018. 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 Grocontinental Relay at Alderford Lake. To help the event run smoothly, we have included some additional information below.

Entries and eligibility

- Teams can only be eligible for one 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 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.
- Community teams may consist of members from the same place of work, non-running club, family or friends, but must not contain any affiliated runner or member of a running, athletic or triathlon club. Community teams can be made up of any male or female combination, which includes all male, all female or mixed.
- 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.
- Trophies and prize money for 1st team in each category. Trophies for 2nd and 3rd in each category.

Event location

- Alderford Lake is located just off the Tilstock Road (B5476), south of Whitchurch and is easily found by following the brown tourist signs for Alderford Lake. The postcode for Alderford Lake is SY13 3JQ. Please visit www.alderford.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.