



## Uppingham Trail Run – 26 March 2023

**PLEASE BRING THIS COMPLETED FORM WITH YOU WHEN COLLECTING YOUR RUNNING NUMBER**

I agree and understand that I will abide by the terms and conditions required by the organisers for the safe participation in this activity and that I will act responsibly and adhere to the rules of the Highway Code. I confirm I have read the event briefing notes below and accept the hazards involved in take part in this event and acknowledge that I am entering this event at my own risk. Marshals, if they are used, are solely to indicate the direction and it is my responsibility to ensure that any action I carry out is carried out safely. I hereby maintain that I am fit and healthy enough to participate in the event. I also accept that the organisers and any land owners cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Participants name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Emergency contact person: \_\_\_\_\_

Telephone: \_\_\_\_\_

Date: \_\_\_\_\_

Signed (If under 18 a parent / guardian must sign): \_\_\_\_\_

Please let us know what other activities you would like to hear about.

- Trail running       Road running       Walking trips       Wild Camping
- Hiking expeditions       Mountain biking       Three peak challenges
- Slackpacking (Backpacking but without having to carry your pack)

### Uppingham Trail Run Briefing Notes:

- 1) Dogs are not permitted to accompany runners or spectators on the course.
- 2) Part of the course is on public roads, and you may have to cross the road(s) to get to the pathway(s). It is your responsibility to cross the roads safely and abide by the highway code when on the public roads.
- 3) The majority of the course is off road and follows either public footpaths or bridleways which means there is uneven ground. This includes but is not limited to holes, puddles & mud. Be aware of your footing at all times and if necessary walk if you are unsure of the ground conditions.



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- 4) There are gates, styles and kissing gates on the course. If you do open a gate please make sure you close it behind you, even if the next competitor is only 5-10 meters behind you. Take care when climbing over the styles as they may be slippery.
- 5) Runners will be set off in groups of 8 – 12 in approximately two minute intervals to avoid congestion at the gates and styles.
- 6) There may be livestock in some fields. Please do not attempt to chase any livestock or run through them rather take a safe route around the livestock and re-join the course at the earliest convenient place.
- 7) The course will be well marked using a combination of marker flags and arrows. Samples of which will be at the start line.
- 8) There is one water station on the course, which is at approximately 5 miles.
- 9) The local landowners have been very kind to allow us to use their fields to hold this event. Please respect this and make sure you take all your rubbish home with you.
- 10) If you do get into any difficulty, please use the emergency number to contact us. (07776 493205) If it is an emergency call 999.
- 11) Medals will be awarded to participants completing the event based on the following timings:
  - a) Gold – under 75 minutes
  - b) Silver – 75-90 minutes
  - c) Bronze – 90 + minutes
- 12) Enjoy the day!