

The Westbury Wipeout ! 2014

Licence No. - Subject to Permit Medical Cover - Level 1 (Basic First Aid)
 Entry Fee - £5.00 in advance by post / £7.00 on the day Race Limit - 249 entrants

PLEASE USE CAPITALS AND WRITE CLEARLY

FAMILY NAME			FORENAME	
GENDER	M	T SHIRT SIZE	AGE ON DAY	CATEGORY - 8 and 9 years - 2k run (Circle) F
POSTAL ADDRESS			(Circle)	10 to 15 - 3k run
E-MAIL ADDRESS				
POSTCODE	TELEPHONE			
CLUB	SCHOOL			
PARENT / GUARDIAN CONTACT DETAILS (name and emergency contact telephone number on the day)				
Please list here brief details of any relevant medical history, current medication and allergies for the participant.				
<p>Any participant with an existing medical problem which requires special attention, such as epilepsy, diabetes or a history of heart problems, is required to mark a large cross in felt tip pen (available at Race Registration) on the front of their race number. NEXT OF KIN - As a condition of entry to this event all parents / guardians agree to their child's personal and medical details being released by the medical team to the event organisers to inform next of kin and statutory authorities in the event of a medical emergency.</p> <p>PARENT / GUARDIAN DECLARATION - My child is medically fit to run and will abide by the rules of UK Athletics and enter the event entirely at their own risk. I recognise that my child may get wet and / or muddy, and will encounter trip hazards and other obstacles and confirm that they are able to cope with these challenges. I do not hold the organiser responsible for any injury, loss or damage my child may sustain in the course or in connection with this event. My child will pay attention to directions provided before and during the race. They will follow the advice of the 'Instructions for Participants' and of the 'Water Safety Leaflet' available on the day.</p>				
Signed - _____	Date - _____	Race Number - _____		
(OFFICIAL USE)				



runbritain website - www.runbritain.com

'Instructions for Participants' and 'Water Safety Leaflet' will be provided at registration and displayed on the club house notice board. Minimum age 8. Maximum age 15. Due to the nature of the terrain, the event is unsuitable for wheelchairs.

UKA Guidance for entrants - Entrants should be advised that they are responsible for their own safety before, during and after competition, this includes the wearing of suitable clothing and footwear as appropriate for the conditions. Runners should have an up-to-date tetanus injection. Race Numbers must not be mutilated or for safety reasons transferred to another participant.

Race Director - Philipp Court (events@westburyharriers.co.uk)



Westbury Harriers proudly present




Westbury

Wipeout ! 2014



Monday 14th July 2014, Blaise Castle Estate, Henbury, Bristol
 Entries from 6.15pm until 7.15pm

The  **Westbury Wipeout** is a challenging multi terrain adventure run for juniors age 8 to 15, taking them on a tour of the woods, streams and hills of the Blaise Castle Estate. The event is 3k long (2k for 8 and 9 year-olds), and includes a long downhill section, some scrambling up banks and slopes, and plenty of splashing through water and across mud, rocks, roots and steps. The course is only lightly marked. Survivors will have to overcome the 'Decent of Doom', 'Shark Lagoon', 'Ditch of Destruction', 'Crocs Leap', 'Hills of Torment', 'Trolls Bridge' and 'Scramble of Hope'..... See Survivors 'Route Map' inside for location of challenges.

As a fun run, the event will not be timed. The emphasis is on adventure, challenge and fun. Participants are advised that, once they start, the only way out is on their own two feet ! All participants will receive a T shirt printed especially for the event. Please collect this, together with 'Instructions for Participants' and 'Water Safety Leaflet', at least 15 minutes before the start of the run.

Run registration / assembly point - Westbury Harriers' club house (adjacent to the main car park and playground) at Blaise Castle. Warm up starts at 7.15pm. The run starts at 7.30pm. Please arrive in plenty of time to be able to register and warm up.

Entry in advance - £5:00 (cheques payable to 'Westbury Harriers') by post to 'Westbury Wipeout', 9B Etloe Road, Bristol BS6 7PG by 1st July. Entries will also be taken on the day (£7:00) from 6.15pm, subject to a strict race limit of 249 entrants.

Under UK Athletics Rules, Licence No. Subject to Permit. Minimum age 8. Maximum age 15. Due to the nature of the terrain, the event is unsuitable for wheelchair users.

For further information phone Philipp Court 07775 663 210 (please leave a message) or see www.westburyharriers.co.uk



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