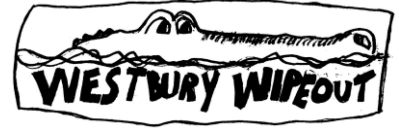




Westbury Harriers proudly present



The **2023 Westbury Wipeout**

Supported by The Murphy Clinic

7:15pm Monday 3rd July 2023. Blaise Castle Estate, Henbury, Bristol
No entries on the day

The **Westbury Wipeout** is a challenging multi terrain adventure run for juniors age 8 to 15 (inclusive), 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. Survivors will have to overcome 'Roman Ramparts', the 'Decent of Doom', 'Shark Lagoon', 'Ditch of Destruction', 'Crocs Leap', 'Hills of Torment', 'Trolls Bridge' and a final 'Cataclysmic Climb'.

The event is a fun run, with the emphasis is on adventure and challenge. All participants will receive a T shirt printed especially for the event, and there are medals for all finishers, but no individual prizes. Please read the '[Instructions for Participants](#)' and '[Outdoor Health Leaflet](#)' before entering the event.

Registration is from 6pm at the Westbury Harriers' club house (adjacent to the main car park and playground) at Blaise Castle. Briefing and 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, and note that there is now a charge for the car park, but that it is free after 6pm.

There will be separate starts for each year group, to reduce congestion.

Entries (£9:50) can be made in advance via the Run Britain website: www.runbritain.com. Click on 'Races' and enter keyword 'Wipeout'. Collect your race pack on the day from the registration desk (numbers will not be posted).

The closing date is *when the entry limit of 325 is reached* (or Friday 30/6/23 at the latest if places are left). *Please enter early to avoid disappointment.* Paper entries will not be accepted.

Please note that participants must be at least 8 years old, and not yet 16, on the day, and that parents cannot run. As well as many marshals along the route, selected runners (previous participants) are embedded to ensure smooth running and the safety of participants.

In the (hopefully unlikely) event of **cancellation**, entrants will be offered a free place next year. We regret that we cannot refund entries, but entrants unable to run may donate their place to charity.

Under UK Athletics Rules, Licence No. 2023-46448. Minimum age 8. Maximum age 15.

Due to the nature of the terrain, the event is unsuitable for wheelchair users.

Medical Cover - Level 1 (Basic First Aid)

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 (not spikes) 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 – Neil Miller (manager.boys@westburyharriers.co.uk)

For further information phone Neil Miller 0117 9514 097 (please leave a message) or see

www.westburyharriers.co.uk (tab Events | Westbury Wipeout)



runbritain website - www.runbritain.com