

The Easter bunny invites you to

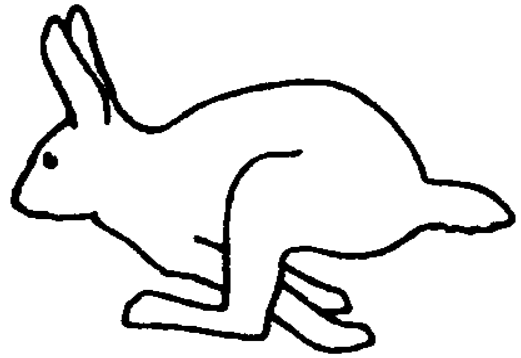
The 14th

Compton

40&20 mile

Downland

Challenge



On Easter Saturday
3rd April 2010

starting at 9am

from the Downs School, Compton,
Berkshire

RACE PERMIT APPLIED FOR



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features

- ❖ choice of distance
- ❖ changing & showers
- ❖ Drinks, food at checkpoints
- ❖ memento for finishers
- ❖ prizes for 10yr age cats.
- ❖ post-race hot meal
- ❖ 'indoor camping' Friday night in the school hall

Entry Forms from:- <http://www.comptonharriers.org.uk>
16 Burrell Rd. Compton Berks. RG20 6NS

THE 14th COMPTON DOWNLAND CHALLENGE

- Date:-** **Saturday** April 3rd 2010.
- Venue:-** The Downs School, Compton, Berks. RG20 6NU Grid Ref. SU 519 796.
- Distance:-** Forty and Twenty miles.
- Course:-** Virtually a figure of eight which allows runners to switch from the forty mile event to the twenty (or vice versa) at 19.5 miles depending on how they feel at that stage.
- Terrain:-** Mainly footpaths, tracks and bridleways (which can all be fairly muddy) with some short, almost traffic free, road sections linking them.
- Navigation:-** Course is route marked, but description is available from website. (A supporters'/baggers' route is also available.)
- Ascent:-** 3,900 feet - 40 miles: 2,200 feet - 20 miles.
- Start time:-** **0900** hours.
- Time limit:-** 11 hours, to finish by 2000 hours.
- Teams:-** By club declared on entry form, of either or mixed sex with first 3 finishers to score on a total time basis.
- Awards:-** There are trophies for 1st 2nd 3rd overall: 1st in age 40, 50, 60, 70 categories (both sexes, both races): 1st team (both races).
- Fees:-** £15 in advance of 24/03/2010 or £20 on the day (**plus £2 if not affiliated**).
- Drinks:-** 8/4 checkpoints, all with water and squash, some with hot drinks and snacks.
- Facilities:-** Parking, changing rooms & toilets. Showers & hot meal (vegetarian option) for all entrants post-race. Free 'indoor camping' on gym mats in school hall on Friday night and free transport to & from the Swan, East Ilsley for the Friday evening 'Pasta Party'. (Please book with Dick, see below.)
- Admits:-** Pedestrians aged 18 or above only. NO BIKES on the course or DOGS on school site please. Limit 500. Right of entry reserved.

Further information from: Dick Kearn, email dickjan@talk21.com; by phone on 01635 578536 evenings; or from the Compton Harriers website:- www.comptonharriers.org.uk

Alternatively you may e-mail:- downlandchallenge@comptonharriers.org.uk

Compton Challenge 2010 Terms and Conditions

Please read the following terms and conditions and record your signature on the entry form "Acceptance of Conditions of Entry" area to indicate your understanding and acceptance of the following terms and conditions, waiver, and rules and regulations associated with this event. The following content shall be known as the "Conditions of Entry".

Compliance with local law

You and your support crew must comply with all applicable laws and regulations of the United Kingdom, including without limitation, all speed regulations, laws of the road, laws relating to the safety of vehicles and laws relating to the possession or use of alcohol, drugs or other prohibited substances.

Hazard

You understand that trail running and ultra racing are potentially hazardous sports.

You acknowledge the need to provide your own insurance cover for your sporting endeavours if required. By signature of the declaration, you are accepting that the Organiser has made this clear to you in advance of this event. You acknowledge and realise that participation in an event such as the Compton Challenge (the "Event") is potentially dangerous and that there are numerous risks associated with your participation. Such risks and dangers include, but are not limited to, traffic accidents, collisions with pedestrians, vehicles, other drivers, and/or fixed or moving objects, and the negligence of other road users. Further, you fully understand and realise that your participation in the Event may result in serious bodily injury and/or death to yourself or others. You further realise and understand that the route of the Event will require running on public roadways upon which the hazards of travelling are to be expected. Further, you realise that participation in the Event will require strenuous physical exertion as participants are required to be active for very long periods of time, including the risk of being active during inclement weather.

Other Rules, Regulations & Advice

For reasons of fairness, safety and responsibility you are expected to abide by the following rules. Remember ignorance is not an excuse and failure to comply may lead to disqualification.

Rules for runners and crews

Always follow the Highway and Countryside Codes

Show respect for the environment, landowners, local communities and other recreational users. Be courteous and patient with members of the public – please do not barge past them muttering under your breath. The fact that you are taking part in an event does not give you priority. Pass walkers and horse riders slowly and courteously, make sure they know you are there.

Do not climb over walls, hedges or fences, use stiles or gateways instead. Re-close closed gates after you and leave open gates open.

Ensure you are wearing or carrying the appropriate kit. Weather conditions can vary widely. Bring adequate clothing.

Stop and assist any competitors in need of medical attention and alert Race HQ. Try to ensure that any injured competitor is adequately provided for.

Stick to the designated route. No shortcuts will be allowed and if you do stray you should return the way you came to get back on course.

Public nudity will not be condoned. While changing, please stay covered to spare blushes.

Take your litter with you or put it in a bin.

Co-operate with Event Officials. The Event Referee's decision is final.

Safety

You are expected to be able to look after yourself. Although not compulsory you are advised to carry a mobile phone. There will be several first-aiders in attendance throughout the event. The Race HQ telephone number will be printed on your race number. In addition, competitors are expected to go to the aid of anyone in need of medical attention and alert a marshal and/or Race HQ.

WAIVER

Release of liability

In consideration of my participation in the Compton Challenge (the Event), I hereby waive, release, and forever discharge, for myself, my heirs, executors, administrators and legal representatives, any and all rights and/or claims which I have, may have, or may hereafter accrue to me against the Organiser, Compton Harriers, and their agents for any and all damages, injuries (including death), and/or claims which may be sustained by me directly or indirectly arising out of my participation in the Event (including the application of emergency or medical services at the Event), except in the case that the organiser has been proved to be negligent in his duty of care towards me. Further, I covenant not to sue the Organiser, Compton Harriers and their volunteer helpers for any and all damages, injuries (including death), and/or claims which may be sustained by me directly or indirectly arising out of my participation in the Event, except in the case that the Organiser has been proved to be negligent in his duty of care towards me. This release and discharge includes, but is not limited to, claims for personal injury, death, property damage, economic loss, breach of contract, lost wages, contribution indemnity, indemnity, punitive damages, or any other legally recognisable claim arising out of my participation in the Event (including all legal costs associated with such claims).

Assumption of the risks

With full knowledge and understanding of the risks associated with my participation in the Event, I enter it voluntarily and fully accept and assume every such risk for loss, damage, or injury (including death).

Indemnity

I hereby agree to release, defend, indemnify, and hold harmless the Organiser, Compton Harriers and their volunteer helpers from and against any and all claims, demands, damages, suits, liabilities or actions arising directly or indirectly out of my actions or otherwise from my participation in the Event whether made or claimed during or after the Event, including all associated costs and expenses and any amounts which the Organiser may pay as a settlement or compromise of any such claims or liabilities. I will indemnify the Organiser, Compton Harriers and their volunteer helpers against any and all claims, lawsuits and causes of action whatsoever or howsoever arising and brought against them by any third party as a result of my actions during the Event, including without limitation, my violation of any laws or regulations or breach of these Terms and Conditions of Entry.

Security I accept all responsibility for the security of my kit and all other equipment left in the competitor bag store.

LITTER

I will not drop litter on any part of the course or in the properties nearby. I will also endeavour to ensure that my crew, should I have one, does likewise.

Acceptance

I have read these terms and conditions, this waiver and the rules and regulations that constitute the conditions of entry. I fully understand the conditions and understand that I have given up substantial rights by adding my signature to the "Acceptance of the Conditions of Entry" document. I have done so freely and without inducement, coercion, or duress. I intend the waiver contained therein to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that, if any portion of this waiver is held to be invalid, the balance of the waiver shall continue in full force and effect.

Compliance with Terms and Conditions of Entry

I understand that failure to comply with the terms and conditions listed above could result in disqualification from the race.

I agree to comply with all the Event's terms and conditions of entry. I acknowledge and understand that the Organiser of the Event will use reasonable efforts to ensure that all other participants abide by the terms and conditions of entry, but cannot guarantee that the participants will abide by these terms and conditions. My signature on the provided document indicates that I have read, understood and accept all terms and conditions, and that I agree to abide by the rules and regulations and accept the waiver.

COMPTON CHALLENGE ENTRY FORM

9am SATURDAY April 3rd 2010

(This event is held under UK: Athletics rules as applied to Trail Running. Race Permit Applied For)

SURNAME **Date of birth**/...../.....

FIRST NAME **Gender**

CLUB

(First three finishers of any gender from each club will automatically be counted as a team. Result determined by total time.)

ADDRESS.....

.....

..... **POSTCODE**

E-MAIL ADDRESS

PHONE NO.

EVENT ENTERED: FORTY MILES / TWENTY MILES

(Delete as appropriate but you may still change your mind right up to the 19.5mile point.)

Please return this page and the appropriate ENTRY FEE of £15 (**Plus £2 if not affiliated**) to:
Compton Challenge, c/o Lucy Gettins, 5 Croom Cottages, Wantage Road, Rowstock, DIDCOT,
OX11 0JX by 24/03/2010.

Cheques payable to **COMPTON HARRIERS**. (Don't forget, it'll be £5 extra on the day).

No need for envelopes for pre-race information, we'll provide them.

✿ **WILL YOU BE A MEMBER OF THE TRAIL RUNNING ASSOCIATION ON RACE DAY?** YES / NO ✿

(Delete as appropriate to help compilation of the TRA League results.)

If you are not a member of a club, why not join the TRA at www.tra-uk.org ? You could then avoid paying £2 extra at trail races and help to secure the future of trail events.

If you require a route description for reconnaissance and on race day, you can download it from www.comptonharriers.org.uk or tick this envelope for a printed copy. **Remember, we cannot guarantee that route-marking will not be tampered with.**

Acceptance of Conditions of Entry

I understand that the above event is predominantly off-road and that underfoot conditions may well be difficult. **I am aware that there is only minimal first aid cover.**

By signing below I declare that **I have read and agree to the terms and conditions as described in the Compton Challenge 2010 Terms and Conditions.** Neither I nor my next of kin will hold Compton Harriers, their helpers and associates, in any way responsible for any illness, accident, injury or loss incurred by me and/or my supporters as a result of my participation.

SIGNED **Date**