

Alsop Events Presents

The 1st Run Cross Challenge – a series of male and female middle distance races run over a grass course, leading to qualification for a grand final.

Prizes for Overall Winners and Fastest Time over the course (Male and Female)

(Organised under UKA rules)

Sunday 31 May 2015 – First Race 10:00

Minimum age 14, no maximum age (under 16s must be accompanied by a responsible adult)

Race Venue: Holmes Chapel Leisure Centre, Selkirk Drive, Holmes Chapel, Cheshire, CW4 7DZ

Entry Fees: £6 UKA Registered Athletes

£8 Non UKA Registered Athletes

Closing date for entries: 26 May 2015

Send completed entry forms to: Race Director, Run Cross Challenge, 30 Coniston Drive, Holmes Chapel, Cheshire, CW4 7LA

Cheques Payable to Roger Alsop – No.s to be collected on the day

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Name:.....

Age on Race Day:..... DOB:/...../..... Sex: M / F
(circle)

Club:.....

UKA Reg. No.

Email and/or phone number (for confirmation of entry):.....

Contact Roger Alsop for any queries rogalsop@googlemail.com
07811323662

Rules of the Run Cross Challenge:

1. Competitors for each race, except the final, will be selected by a random number generator, from those competitors entered.
2. In each round the top 50% in each race will go forward to the next round until the final. The bottom 50% will go forward to compete for the fastest time.
3. The Finals will be the last events of the day, finalists will not have any further opportunity to aim for the fastest time so it is their decision as to how they compete in the final and previous races.
4. The Referee's decision is final.
5. Prizes will be awarded for the overall winners of all finals and fastest male and fastest female. If there is a dead heat or more than one competitor sets the same fastest time the prize will be shared equally.
6. Prize fund will be announced closer to the date of the event, once the number of competitors is known. The more competitors the bigger the prize fund. Male or female prize fund may be higher than the other if there is a significantly higher entry in that category.
7. If you do not make the start, for whatever reason, you will count as being in the bottom 50% of that race.
8. Race start times cannot be accurately predicted, races will be started as soon as possible after the previous race, it is each competitor's responsibility to be ready for each of their races
9. Use of the leisure centre toilet and changing facilities is included in entry to the event.
10. Competitors who cut the course will be disqualified from their race.
11. There will be a minimum time requirement set, which will not be difficult to achieve. This is to ensure races do not drag on. If you do not make the cut-off time you will be eliminated from the main competition, even if you finish in the top 50%, but you will still be allowed to go for the fastest time.
12. Under 16s must be accompanied by a responsible adult.
13. No number swapping/transfer allowed.
14. Nobody except the competitors of each race and the people working on this event will be allowed on the race track, unless exceptional circumstances arise, there is plenty of room to support competitors. Competitors wanting to go down the initial hill and lower field track in order to get to their race start will be allowed to as long as there are no current competitors about to start or racing on that initial part of the course, i.e. they have gone past the first hill. Failure to comply may lead to disqualification.
15. Rules may be added to before the event, as situations arise.