



DECHMONT LAW 10K TRAIL RACE @ 12:00 noon
DECHMONT LAW Junior 3.5K TRAIL RACE (12yr – 16yr) @ 11:15am
DECHMONT LAW 3.5K TRAIL RACE over 16yr @ 11:15am
2K FUN RUN @ 10:45am

Deans Community High School LIVINGSTON EH54 8PS - Sunday 24th June 2018

Scenic woodland trail - Mostly firm paths - Some muddy patches - Short tarmac sections.

Entry Information

3.5K, 10K Entry Fee £10, £8 for Scottish Athletic members (SAL number required).

U20 Entry Fee £8, £6 for Scottish Athletic members (SAL number required).

Fun Run 50p

Entries on the day +£1

Minimum age for 10K entry is 17 years on date of race

Minimum age for 3.5km entry is 12 years on date of race

Enter online at QBuster (<https://q-buster.co.uk/dechmont-trail-races-2018>). Collect race numbers on the day from registration. Entries will be available on the day until 30 minutes before each race Start.

Refunds and Transfers

We regret that we cannot offer refunds for pre-entries in the event of non-participation. For safety reasons race numbers should NOT be exchanged with others.

Location

Registrations, Entries, Changing and Parking at **Deans Community High School, EH54 8PS** from **9:30**.

Allow 15 minutes to get to the Start.

General Information

The organisers have undertaken a Risk Assessment and will take all reasonable steps to ensure the race is fair and safe. It is not possible to exclude all risks. There is an obligation on entrants to follow the rules of the competition and behave responsibly to maintain their own and others safety and enjoyment.

No dogs, cyclists or prams are allowed on the course for the 10km and 3.5km events. The Organisers reserve the right to limit and or refuse entries.

10K and 3.5K trail races

This is a **scottishathletics** licensed event under UKA Rules. Runners must be 17 years of age or over on the day of the race to take part in the 10km Trail Event, and 12 or over on the day of the race to take part in the 3.5k event.

Fun Run

Runners under 8 years old must be accompanied by an adult.



Photographic Policy

Lothian Running Club endeavours to adhere to the UK Athletics guidelines on the taking of and use of photographs and videos of children under the age of 18. It is not the intention, nor desire, of the event organisers to prevent parents and spectators from taking pictures. However, we would ask that anyone intending to take pictures should do so responsibly, and stick to the following guidelines:

- Only take pictures of children taking part in activities.
- Stick to group shots, unless you have obtained permission from a parent or carer.
- Be responsible about publishing images: Don't publish images together with names or identifying details.

The nature of the event, and its location in a public area necessarily limit the practical steps that can be taken to enforce these guidelines. If you have any queries or concerns please don't hesitate to contact our club welfare officer: welfare_officer@lothianrunningclub.co.uk

The event organisers may use images and videos taken at the event in marketing and promotional materials, and for promoting future events.

Medical Advice

If you suffer from any form of medical condition mark the front of your race number with a prominent waterproof cross, and list details of the condition on the back of your race number.

Enquiries

Email to trail2018@lothianrunningclub.co.uk