

UKA Fell & Hill Relay Championship 2012

ON CARRYING KIT

It is a race rule (*Rule 9 – FRA Safety Requirements for Fell Races*) that full kit be carried by each runner.

This means that the following items are to be carried or worn by the runner:

- *Windproof whole body cover*
- *Other body cover appropriate for the weather conditions*
- *Map (provided) and compass suitable for navigating the course*
- *Whistle*

It is the responsibility of each team captain to ensure that their team members are aware of this rule and comply with it.

Failure to comply will lead to team disqualification.

The organisers expect all runners to compete on a fair basis, within the rules and having regard for their own safety and that of others. Given the number of runners and the relative complexity of a multi-leg relay race, it is considered neither reasonable nor practicable to physically check every item of everyone's kit.

So..... the organisers will take the following steps to promote compliance with the rules and for the safety of competitors:

- Kit checks will be made on a random basis at any time before a competitor starts his/her race - including in the holding pen as a competitor prepares to commence his/her run. Runners must therefore enter the holding pen allowing time for a kit check to be carried out. A runner leaving and re-entering the holding pen may be subject to an additional kit check. Anyone who is non-compliant will be withdrawn and not allowed to run.
- On-course marshals will record and report to the Race Referee any runner who appears to be carrying no, or inadequate, kit.
- Kit checks will be carried out immediately on finishing for all runners in class-leading positions and on a random basis for all other competitors. Do not transfer your kit to the outgoing runner to whom you are handing over as you will be deemed to have not carried the necessary items. Anyone found to be non-compliant will render their team disqualified and will be subject to possible further disciplinary measures on reporting to the Race Referee.

Do not CHEAT. Carry the kit.