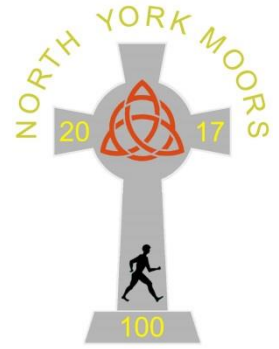


Rules of the North York Moors Marshals 100



1 The Event:

1.1 The aim is to complete, on foot, a defined route of 100 miles within a maximum of 48 hours.

1.2 Entrants may start at **10am or 12pm** on Saturday **29th April 2017**. Entrants may use any of the start times, but fast walkers and runners should start at **12 noon** (see B13 about checkpoint opening times). Entrants must finish by 10am on Monday **Monday 1st May 2017**.

2 Start And Finish:

2.1 **Malton School, Middlecave Road, Malton. North Yorkshire. YO17 7NH. Grid Reference: SE 778 721**

2.2 Car parking is available, Camper Vans are also allowed in specific areas.

3 How To Enter:

3.1 The registration period for the **North York Moors Marshals 100** opens on **10th October 2016** and closes on **25th November 2016**. If more than 50 valid entries are received by **25th November 2016**, entrants will be selected by means of a ballot (see section 6)

3.2 If fewer than 50 valid entries are received by **25th November 2016**, all valid entries at that date will be accepted (subject to conditions of entry) and the remaining places filled on a first come first served basis irrespective of LDWA membership. The final closing date for entries will be **17th April 2017**.

3.3 Method of entry is by post, Entry Form (Available on the LDWA website – events/2017 North York Moors 100/administration) to: **Mr Bryan Thorpe, 5 Colton Bridge Cottages, Colton Lane, Appleton Roebuck, York, North Yorkshire, YO23 7DU**. Send it with your payment and evidence of your qualifying event completion as set out on the Entry Form to the Entries Secretary. No cheques will be presented at this stage. When your entry is accepted, your payment will be cashed and you will be advised that you have a place on the event.

3.4 Entries will be acknowledged via email.

3.5 If entrants do not use email, then entries will not be acknowledged unless stamped self-addressed postcards or sealed envelopes marked "Entry Received" and "Entry Accepted" are forwarded with the entry. The SAE for entry acceptance or non-acceptance will be posted on the **5th December 2016** once it is known whether an applicant has been accepted on the event or not (subject to the ballot).

4 Conditions Of Entry:

All entrants must:

4.1 Be aged 18 years or over on the **29th April 2017**

4.2 Have demonstrated the skills to navigate and read a map including during the hours of darkness.

4.3 Provide evidence of having completed an event of at least 50 miles, or completion of 50 miles of an event of longer than 50 miles, after **1st January 2016**. If entering by post this can be a photocopy of a certificate or results sheet. If entering online, this can be a link to an event website results page. Conditional entry on the basis that a qualifying event will be completed in the future will not suffice. Entries will only be accepted when evidence is produced that a qualifying event has already been completed.

4.4 Be aware that acceptance of an event not included in the list of qualifying events shown on the event website will be at the discretion of the organising committee. However the event should enable the entrant to display the necessary stamina and fitness and navigate the required distance including during the hours of darkness.

4.5 Have paid the required entry fee.

4.6 Agree to comply with the event rules.

5 Cost:

5.1 The entry fee is **£30 for LDWA** for LDWA Individual and Family Members (which must be current at the time of entry and also at the time of the event), and **£40 for non-LDWA** for non-LDWA members.

5.2 Payment will be made by cheque which should be made payable to **York North Moors Marshals 100**.

5.3 The entry fee includes all refreshments provided during the event including a meal at the breakfast checkpoint, transport for retirements, a meal at the finish, a certificate for all starters and a badge for all finishers. Transport of entrants' own food to checkpoints for those with special dietary requirements is included in the cost provided the food is supplied and labelled with their name, walk number and checkpoint number to be delivered to, and the organisers are notified in advance. The event report and results will be published on the event website soon after the event.

6 Ballot:

6.1 If the number of valid entries received at the end of the registration period (see section 3.1) is greater than the entry limit, there will be a ballot to determine which entries are accepted.

6.2 Entries will be grouped into the following categories for the ballot:

1. LDWA Individual and Family Members who were members prior to **1st October 2015**.
2. LDWA Individual and Family Members who joined between **1st October 2015 & 30th September 2016**.
3. LDWA Individual and Family Members who joined after **1st October 2016**.
4. Non-members

6.3 The entries will be drawn from category 1, then category 2, then category 3 and finally category 4 until the entry limit is reached. The entries thus drawn will be accepted.

6.4 The rest of the entries will be drawn in the same order of category to form a reserve list. Entries from the reserve list will be invited in order of drawing to fill the spare place left if payment for an accepted entry is not received. Thereafter, entries may be invited from the reserve list in order of drawing, if space becomes available, at the absolute discretion of the event organisers.

6.5 If two or more entrants wish to be included or excluded together in the event of a ballot, then the entries should be sent in the same envelope with a statement to that effect attached (or if entering online added as multiple entries).

6.6 The ballot will be witnessed by an independent auditor nominated by the LDWA NEC who is not an entrant nor involved in the organisation of the event. The ballot will take place on or before **5th December 2016**.

6.7 Those successful in the ballot will be notified as soon as possible after the ballot. If payment has not been received by **23rd December 2016**, then, if there is a reserve list, the entry will be cancelled and the place offered to the first person on the reserve list.

6.8 Notice of non-acceptance will be sent after **5th December 2016**.

7 Cancellation And Withdrawal:

7.1 If the event is cancelled for any reason the organisers will do their best to contact entrants before they start their journey, using the contact details provided to us. The Organisers will also put a notice on the event website and entrants are recommended to check this before departure. Cancellation of the event will be at the discretion of the organisers and entry fees will be refunded less a proportional amount for costs incurred etc.

7.2 If an entrant withdraws his/her entry on or before **31st March 2017** the Organisers will refund the fee, less £5 for administration. There will be no refund if an entrant withdraws after **31st March 2017**.

8 Kit Required:

The kit listed below is the minimum required. Every participant must carry every item of kit during the event, sharing is not permitted. There will be a kit check at some point during the event, and any participant not carrying a required item of kit will be immediately disqualified and transported to the finish by official transport – see Section 12

8.1 The mandatory kit that is required for your safety is:

- Route Description

This must be the **official** route description of the event and can be in:
Paper form and kept waterproof.

OR

An electronic version provided durability and adequate power supply can be demonstrated if requested by a marshal.

- Maps as specified below (Section 9).
- A full set of waterproofs that cover the whole body.
- An additional upper body layer to be worn or carried e.g. Long-sleeved Base Layer / Fleece.
- Hat & Gloves.
- Trousers to be carried if shorts are worn and can include tracksters / running tights **AND** waterproof trousers. The purpose of carrying trousers is to enable an entrant to remain warm when the temperature drops. Entrants should bear in mind that if the weather changes or they suffer an accident that they must be able to dress appropriately as the temperature can drop significantly, even in summer.
- Compass with a dial and this can include an electronic device provided adequate power can be demonstrated if requested by a marshal.
- A whistle.
- A working torch with spare batteries and bulb if not an LED device.
- A survival bag or space bag (not a space blanket).
- First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
- Emergency food.
- A sealable drinks container, minimum size 0.5 litre.
- Reflective clothing or reflective markers on backpacks. These must be visible when walking at night.

8.2 Other kit that we recommend you carry, but for which you will not be disqualified if you are not carrying it is as follows:

- A cup or mug (none will be provided on route)
- Money/Debit/Credit card or mobile phone for emergency use.

9 Maps Required:

9.1 OS 1:25,000 **Explorer 300 Howardian Hills 7 Malton, OL26 North York Moors Western Area & OL27 North York Moors Eastern Area**

9.2 OS 1:50,000 **Landranger 94 Whitby & Eskdale & 100 Malton & Pickering**

9.3 Ordnance Survey Bespoke map, A0 size, centred on **SE 480 490 (2.5 miles South of Stape)**

9.4 Computer-generated versions of these maps printed in colour at a scale of not less than 1:50,000 waterproof and covering at least 1 mile either side of the route will be acceptable or,

9.5 Maps in electronic format will also be allowed provided durability and adequate power supply can be demonstrated if requested by a marshal.

10 Baggage:

10.1 A single small bag marked with the entrants walk number should be deposited in the area provided at **Malton School** and will be transported to the breakfast stop at **Hawsker Village Hall** . It will then be taken back to **Malton School** for collection at the finish.

10.2 A numbered tag will be supplied which should be secured to the breakfast stop baggage.

10.3 Entrants need to undertake not to leave cash or valuables (e.g. mobiles/GPS) in it.

10.4 Entrants must keep the size and weight of your bags within a maximum permitted size 56cm x 46cm x 25cm (22" x 18"x 10") and maximum weight 6 kg (13lb).

10.5 Bags may be weighed and measured and bags exceeding the size or weight specified above will not be transported. No plastic sacks or bin liners will be accepted, nor items other than those wholly contained within the bag. This includes walking poles.

10.6 Baggage may also be left at the **Malton School** for the duration of the event. A label with the entrant's number will be provided.

10.7 All bags must be collected by 11.00am on Monday **1st May 2017**.

11 Conduct Of The Event:

The LDWA recognises that it has a duty of care towards those participating in the 100 mile event and this is outlined in Section A below. However participants must appreciate they have also have a duty to conduct themselves in a reasonable fashion and to obey the Rules of the Event. These duties are outlined in Section B below.

Section A.

Organisers' Duty Of Care:

The Event Organisers will undertake a suitable and sufficient risk assessment for the Event and keep it updated. This will be published on the web site. They will also liaise with all relevant statutory authorities including the local Safety Liaison Group and landowners and obtain all relevant permissions. The arrangements provided by the Organisers in furtherance of its duty of care will include:

A1 The organisers will ensure that the event route description is as accurate as possible.

A2 The organisers will marshal any potential points on the route where the organiser and the local Safety Advisory Groups consider there to be risks. They will sign those risks as well as other places of potential risk that the organiser identifies. Furthermore, the organiser, having identified possible risks, will seek to mitigate them in a way that is appropriate, proportionate and reasonable, whilst recognising that not all risks can be totally mitigated.

A3 The organisers will have checkpoints under cover and inside halls as much as is reasonably practicable.

A4 The organisers will ensure there is sufficient quantity of high quality nutritious food.

A5 The organisers will implement a robust communications system consistent with the terrain and known difficulties of communication.

A6 The organisers will provide transport for entrants who retire in order to return them to Walk HQ.

A7 The organisers will provide First Aid at Walk HQ.

A8 The organisers will provide provision for entrants to sleep at Walk HQ at the end of the event.

A9 The organisers will provide entrants with an emergency telephone number.

Section B:

Entrants' Duty Of Care:

B1 Entrants have a personal responsibility for their own fitness and well-being and undertake to enter the event based on the fact that they have prepared appropriately. Additionally all participants must carry the appropriate equipment for their own safety and protection.

B2 Two or more checkpoint marshals will have the authority to retire entrants who in their opinion are behind schedule or appear to be showing signs of distress going beyond normal fatigue. Entrants must obey directions given to them by marshals, and hand in their tally and retire from the event if so directed by a marshal.

B3 Retiring entrants should hand in their tally card at a checkpoint and wait for transport to be arranged to **Malton School**. In an emergency, if retiring entrants cannot reach a checkpoint they should pass their tally to another person to hand in, or call the emergency telephone number. Under no circumstances should anyone retire from the event without ensuring the organisers are informed.

B4 Entrants must not be threatening, abusive or insulting to a marshal on the event and understand that if reported, they might be liable to sanctions from an LDWA disciplinary panel.

B5 Entrants must follow the route description provided including any late changes notified at the start or en route by marshals, and get their time recorded and tally punched at each checkpoint, including any self-clips.

B6 Entrants must pass through checkpoints in order. In the event that they deviate from the route they must get back on route by the shortest practical means without trespassing on private property. (Deliberate deviation from the route to gain advantage will result in disqualification)

B7 Entrants understand that they shall not be allowed in a checkpoint other than during the official opening times of the checkpoint. These times will be displayed on the event web site and in the route description.

B8 Entrants understand that if they arrive at a checkpoint after that checkpoint has closed then they will be retired.

B9 Entrants understand that checkpoint marshals will retire any entrant remaining at a checkpoint for more than 2 hours.

B10 Entrants must complete the event exclusively on foot unless directed by a marshal to do otherwise.

B11 Entrants must comply with the Countryside Code at all times and do nothing to bring the LDWA into disrepute.

B12 Entrants must be generally quiet at night, particularly near residential properties where noise could disturb.

B13 Entrants understand that checkpoint opening and closing times will be clearly posted in the route description and will be strictly enforced – please be aware of these when choosing a starting time.

B14 Entrants understand that the organisers reserve the right to vary the route for any reason such as adverse conditions or road closures, in which case entrants will be informed of the variations by marshals.

B15 Entrants understand that marshals shall be entitled to group entrants for reasons of safety, for example during adverse conditions.

B16 No dogs are permitted on the event.

12 Disqualification

12.1 Entrants in breach of the any of the rules of the event will be disqualified. They will be asked to surrender their tallies, and they will be transported back to the finish by official transport.

12.2 In all matters connected with the event the decision of the organisers is final. At checkpoints the decision of the marshals is final.

13 Reconnoitring The Event:

13.1 Accepted entrants who wish to reconnoitre the event should please note that the route may be subject to alteration and that some of the route crosses private land or land that has restrictions on access. Permission is required for organised groups to cross this land and such permission has been granted at the required times during the event only.

13.2 Any person who is identified as trespassing on land where access has been negotiated for the duration of the event only may be subject to disqualification.

13.3 Any person who is identified as marking the route will be disqualified.

14 Privacy, Data Protection And Personal Information:

14.1 For operational and safety reasons the organisers will need to store entrants personal information on a computer. This is a pre-condition of entry and by signing the entry form the participant agrees to this storage. This information will be held by the teams helping to plan and run the event and will be erased after the report and results have been published.

14.2 Entrants should however be aware that the LDWA maintains a Hundreds Database held on the hard drive of a personal computer of the Keeper of the Database. This database is also stored on a re-writable disk. The Hundreds Database contains names, gender, local group, age (where declared on entry forms), number of Hundreds started and finished, and years and times. It does not include addresses or telephone numbers. If any entrants does not want his/her personal details to be stored on the Hundreds Database, then please enter by post only and mark the form accordingly.