



SCRUMPTIOUS CROYDE TRAIL

Sunday 2 June 2019

RULES AND GENERAL INFORMATION

- Scrumptious Croyde Trail is open to participants 18 years+. All participants must be officially registered in the running or walking category.
- The event is open to walkers and runners.
- Scrumptious Croyde Trail will only proceed if weather conditions for the day are considered appropriate for "safe" walking by participants.
- Skates, bicycles and other vehicles are strictly forbidden on the racecourse.
- No dogs. Please accept our landowners wishes, no dogs on the route. The route is mainly public footpaths and highways but there are a few areas including the beaches where dogs are not permitted.
- It is the runner's responsibility to be physically fit and capable of completing the whole race.
- Northern Devon Healthcare NHS Trust Charitable Fund (known as Over and Above) is not liable for any damage to property or injury incurred by participation in, or attendance at, the event.
- The organiser has the right to close registration without notice.
- Registration fee is final and non-refundable.
- You must wear your run number at all times during the event. It is there for your safety and enables Event Management to know you are back safely.
- Please ensure you wear appropriate clothing, footwear, bring a water bottle, high energy snack and a charged mobile phone.

Technical Support Area

The technical support area will be located at the Beach Field Car Park in Croyde (the start and finish). In the technical support area and along the route there are toilets and refreshments.

First aid

First aid will be provided by qualified first aiders.

Charity

Participants of the Scrumptious Croyde Trail will be supporting the NHS charity "Over and Above" supporting the Northern Devon Healthcare NHS Trust, registered charity no 1051463.

JLW/31.1.19