

Pilgrim Way Ekiden

Terms & Conditions

This document provides some simple terms and conditions, as well as essential race information relating to the Pilgrim Way Ekiden race, hosted by PH Racing Club.

Teams / Clubs:

Teams entered will be club based teams.

Initially only one team per club, this is subject to organisers discretion to allow more should places be available.

Teams must include one man and one woman at least.

Runners:

Runners are allowed to run one leg only.

Runners cannot run multiple legs for the same club.

Runners cannot run consecutive legs.

Substitutions are allowed up to date stated on SI Entries. Any changes post this date must be communicated to race organiser.

Carrying a map (hard copy or interactive available online) of the Pilgrim Way Route is mandatory.

Carrying a means of communication i.e. mobile phone is strongly recommended.

All runners must record their runs on either Strava or Garmin and provide their embedded link to their "team manager" / organiser for submission.

Runners must follow the Fife Pilgrim Way Route, signage is available throughout, it is strongly recommended that all runners know their route as signs can be small and easily missed. Organiser shall not be responsible for any directional errors of the runners.

Runners must cross all roads safely and need to be aware that road crossings are involved in some legs.

Legs:

Leg 1 will start at 8:15 from the Culross Play Park area.

Leg 6 will have a mass start at 14:30 should the leg 5 runner not have arrived at the changeover point by this time. All other legs must not start before previous leg finishes.

Runners must be prepared for their team to arrive at the leg change over point and will be given a shout from the race marshal at that point that they can go and start their legs.

Results / Prizes:

First team to St Andrews having completed all of the legs will be crowned as winners

Prize to be given to winning team on the day

Team managers must submit embedded link to all runners legs post-race within 48 hours of the finish (submission form available through PH Racing Club website and link to be sent out)

Each leg will be scrutinised post-race and should the Fife Pilgrim Way route not have been followed, any prizes may be revoked and individual leg times marked as disqualified.

A Scottish Athletics referee will be present on the day and will have final say on any issues which arise regarding fairness of results.

Only one prize will be on offer for first place team only.

Safety:

First aiders will be available at every second handover point, so handover point 2, 4 and the finish line.

Runners to make their way to first aid stations if required.

Following the Scottish Athletics COVID guidance for events is mandatory.

Sanitising stations shall be available at change over points.

Runners must cross all roads safely and need to be aware that road crossings are involved in some legs.

Runners do not have any more rights on this route than other members of the public and must show respect for others.

Disputes:

Any disputes shall be taken up with race organise within 7 days of the race.