

Instructions for PANVAC Handicap League

- 1) a) no-one with Covid19 symptoms can run
b) anyone returning from a country that is on the quarantine list is not permitted to run until 14 days after their return,

If it is discovered that either of these have been breached then automatic disqualification will occur for the whole series.

- 2) New venue for car parking and is now at Bauer in Lynch Wood Business Park which is almost opposite the exit of the old Barclays building. Google Bauer, Lynch Wood for Google Maps and satellite should give you an idea where the car park. Postcode PE2 6EA.
- 3) £5 per series or £2 per race. Race dates as per entry form.
- 4) Must be over 14 on the day of the race (14 and 15 years must be accompanied by parent or guardian on the night).
- 5) Only pre-entries will be accepted and the forms must be emailed to the race organiser (accepted up to midnight the day before race). No entries on the day will be accepted.
- 6) Payment will be made on 1st or 2nd (if unable to attend 1st) raceday for the series or raceday for one off race and must be the exact amount (No change to be given).
- 7) Numbers will be issued on the day and will be placed in an envelope provided. Your race number will be for the series and there is a surcharge of £1 if a new number has to be issued for subsequent races. (surcharge will be waived under exceptional circumstances i.e. rainy conditions and number has disintegrated).
- 8) Ensure race number is on the front of your body and is visible at the finish for recording purposes.
- 9) Maximum of 2 runners will set-off at the same time either side of the path. If more than 2 runners on the same handicap mark then additional runners will be set-off on later handicap times and times will be adjusted post race (i.e. 3 runners on 7:30 2 will go 7:40, 7:40 runner finishes on 30:10 then their time will be adjusted to 30:00).
- 10) Maximum of 50 runners on the day.
- 11) Scoring is 60 points for first on the night then 55,50,49, descending by 1 for each finisher to the last finisher. 5 bonus points awarded to anyone who has entered for the series.
- 12) Prize money will be awarded to the first three overall in the series, fastest male in the series, fastest female in the series, best aged graded for series (no-one can win more than one prize for these categories) and will be pro-rated to entries received any surplus above £125 will be split between PANVAC and prize money equally and raceday winners will win £5. (Example of prizes if £125 received - £30 overall, £20 2nd, £10 3rd, fastest male, female & best aged graded £15, £5 for 4 race winners).
- 13) Please refer to the website on the raceday for any instruction updates or races have been cancelled.
- 14) Refunds will be issued if we are unable to complete the series. Charges will be £2 for one race completed, £3 for 2 and £4 for 3.