



## Rules of the Race

### 1.0 Teams

- 1.1 Each Team will consist of a maximum of 10 members. The course is achievable with a minimum of 4 team members taking into consideration compulsory change points and mandatory changes of disciplines.
- 1.2 All team members must be over the age of **18**
- 1.3 Team – Maximum numbers of Competitors
  - a) Road Cyclist 1
  - b) Cyclo-X 2
  - c) Runners 3
  - d) Canoe / Kayak 1
  - e) Assault Course 1
  - e) Wheelbarrow Occupant 1
  - f) Woman with Dog 1
- 1.4 The members of each team should wear identical colours. The colours selected must be notified to the race co-ordinator by Friday 1<sup>st</sup> May 2026
- 1.5 Changes of competitors are only permitted a point marked 'C' on the map, with the exception of the wheelbarrow (section 17) when the wheelbarrow pushers may change at any stage providing they are all nominated members of the team.
- 1.6 Change points marked on the map in RED 'C' are compulsory change points and involve a change in competitors. All these points will be marshalled.
- 1.7 The runner at on section 16 must also be the wheelbarrow occupant in section 17.
- 1.8 Competitors are not permitted to open any gates. Gates will be opened by Marshalls or are to be kept shut for the safe containment of livestock. In the event that a gate needs to be climbed over, this should be done at the hinge side to avoid damage.
- 1.9 If at any stage a competitor is being overtaken by another, the overtaking team has right of way. This is particularly important on the canoeing, road cycling and cyclo-X sections.
- 1.10 The race course will be Marshalled at key intersections and road crossings, with some areas marked with posts. All post must be passed on the outside.
- 1.11 Teams may walk sections of the course prior to the event providing they follow public foot paths, bridle ways or highways. Do not walk the course across private land unless the landowner's permission has been granted. Failure to do this will compromise the future of the event.
- 1.12 The event organisers reserve the right to make changes to the course at any point before or during the event, in the interest of the safety of all participants, volunteers and organisers.

# Beating the Bounds of Chailey 2026



## 2.0 Specific Race Sections

### 2.1 Canoeing / Kayaking

Canoes must assemble 20 metres upstream from the start of the section until called by a Marshall. The Marshall must be provided with the Team Name and colour before launching. The Canoeing / Kayaking may be cancelled at the discretion of the judges for safety reasons at any time. In the event that canoes cannot be used, this section would be replaced by runners who would need to follow the Marshalls race day instructions.

### 2.2 Woman & Dog

Dogs must be kept on a leash at all times. Competing dogs must be microchipped and insured. Both woman and dog must be on their feet and complete the section together.

### 2.3 Wheelbarrows

Occupants of Wheelbarrows must be aged 18 years or over. Any number of pushers are allowed, provided they are all members of the same team. The wheelbarrow must be standard production model with only one wheel.

### 2.4 Bicycles

Only 2-wheeled bicycles are permitted. NO motorised or battery operated are allowed.

## 3.0 Compulsory Changes & Race Times

3.1 Batons will be provided at the beginning of sections 1, 4 & 4b in the first half. Batons must be returned to the named official (to be notified) at the end of the first half. In the second half batons will be provided at the beginning of section 8 & 11b. Batons must be returned to the named official at the end of the race. Loss of the baton or failure to return the batons at the required times will result in time penalties.

3.2 Competitors will be issued with a timing device at the pre-race briefing (time and location TBC). These will need to be returned to the race official at the end of the race prior to the awards ceremony. Failure to return these devices could result in a team being unable to be placed and will incur a replacement cost of £15 per device.

## 4.0 Transport & Parking

4.1 All teams are responsible for their own transport. All equipment and personnel must be transported in appropriate vehicles. Equipment such as bicycles and canoes must be safely secured to roof racks, cycle racks and/or trailers.

4.2 Drivers do not have to be members of the core 10-member team.

4.3 Keep transport vehicles to a minimum to avoid bottlenecks and traffic congestion particularly on country lanes

4.4 There are designated parking areas. Do not park on private property unless you have been advised by the race officials or Marshalls that specific permission has been given.

## Beating the Bounds of Chailey 2026



### 5.0 Governance & Compliance

- 5.1 All team members must have signed the Competitor Waiver Document. The team captains must submit these to the race co-ordinator by Friday 1<sup>st</sup> May 2026.
- 5.2 The countryside Code & Highway Codes must be adhered to at all times:  
<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors>  
<https://www.gov.uk/guidance/the-highway-code>
- 5.3 All competitors and transporters must, at all times, follow instructions from Marshalls, race officials and the police.

### 6.0 Safety Rules

- 6.1 All cyclists MUST wear Crash helmets. Bicycles must be in good repair, fit for the road and have working front and rear lights.
- 6.2 All canoeists must wear safety helmets, buoyancy aids and warm / waterproof clothing. Paddles and canoes / kayaks must be water tight and in good repair.
- 6.3 It is advised that wheelbarrow occupants wear crash helmets and gloves as a minimum.
- 6.4 All competitors and transporters take part in the event at their own risk. All competitors must have signed the event waiver and submit these to the event organiser at least one week prior to the event. The team captains must have a hard copy of all the signed documents to hand, on race day, for reference in the event of an emergency.
- 6.5 It is the responsibility of the team captains to ensure competitors have a first aid kit to hand and participants carry with them personal medication should it be required.
- 6.6 The organisers of the event and / or land owners do not take responsibility for accidents which occur on the course, or in the organisation of event activities before, during or after the race.
- 6.7 Time penalties for any breaches of these rules will be decided by Judges on the basis of reports from the Marshalls and course officials.
- 6.8 Safety will be a priority over the success of the Event. In the event of an incident the Race organisers reserve the right to stop the event by immediate effect. Should this occur everyone involved must return to Chailey Village Hall immediately.