



"WE SERVE"

Wetherby District Lions Club



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Pram Race Rules and Guidance 2011

Teams

Each team must have a minimum of 4 and a maximum of 6 people and no substitutes are allowed during the race. At the start and finish of the race at least 4 members of the team must be in contact with the Pram, otherwise the last person to finish will "stop the clock".

Prams

In recent years some people have found difficulty in securing prams. It is now acceptable to use a wheel-less "sedan chair" arrangement in lieu of a pram. The sedan chair must be large enough to carry a real person (even if an effigy is used) and be carried by at least four people. For further assistance on pram design ideas please look at the photos at www.pramrace.org – "the gallery"

Race Penalties

Each team must carry a passenger, preferably in fancy dress. The passenger can be a person or an effigy.

An effigy must be at least 4 feet tall and be carried in the pram or "sedan chair".

Race teams will be issued with a race number card, which the pram passenger must display at all times during the race.

Any team not using the correct route will incur a 10 minute penalty.

Deliberate obstruction of another team will incur a 2 minute penalty on each occasion.

No mechanical propulsion is allowed.

Sponsorship

Each contestant should seek sponsors using the enclosed Gift Aid forms. The sponsorship is for taking part and all money must be handed to the race marshal's caravan before the race.

100% of all sponsorship will be donated to the Yorkshire Air Ambulance Appeal via Wetherby Lions Club.

Each entrant must bring at least £5 sponsorship or be prepared to make up a contribution totaling that amount.

(Cheques should be made payable to Wetherby District Lions Club)

General

The organiser's decisions and interpretation of the rules is final.

Contestants take part at their own risk.

Please arrive at the Wilderness car park, Wetherby by 10.00 and register in the marshal's caravan. Race briefing will be at 10.30.

Photography

An official Club Photographer will take team and action photos during the event. Any participants under 18 must provide a signed parental authorization form. These photos may be published in newspapers, magazines or Lions publications. Wetherby Lions follows NSPCC guidelines on the use of photographs of children on websites and other publications. Parents have the right of subsequent "no questions asked" withdrawal of their child's image.

A release form can be downloaded from the Pram Race website www.pramrace.org