

## **Telford T50 50 Mile Trail Relay Challenge 2025 Rules**

The challenge is to be completed on any one day in April to June in a clockwise direction. The entry fee is £20 per team or £50 per team to include 20 individual medals, or £20 plus £3 per medal for another number of medals. When you enter you will be given access to a spreadsheet detailing the 20 legs.

1. Runners must be at least 16 years old or be accompanied by an adult. All participants take part at their own risk.
2. Participants must run the course as marked. Follow the gpx route . The route is waymarked, but we can't check all 50 miles continually,
3. The route may be varied in accordance with this page, <https://www.telfordt5050miletrail.org.uk/diversions>, which should be checked on the day before the run.
4. The Telford T50 50 Mile Trail Challenge is split into 20 legs. Maps and gpx files of each leg will be provided. Runners may run more than one leg, either consecutively or otherwise.
5. There are 2 classes, Open and Mixed. An Open Team must comprise of a minimum of 4 runners, maximum 20 runners. A Mixed Team must comprise of a minimum of 6 runners of whom 3 must be female and 3 aged 50 years or over (a 50+ female can only count in one of the categories).
6. All legs must be run consecutively in daylight hours, on the same day during the challenge period (i.e. on a day of your choosing between 1st April and 30th June).
7. Each leg of the Challenge must be timed by the participants using a device such as Strava or Garmin and times submitted to your Team Challenge Organiser. The Team Challenge Organiser must then submit the final time to the Telford T50 50 Mile Trail Challenge Organisers. The individual times should be available in case of queries.
8. T50 50 Mile Trail Challenge Organisers will declare the Results at the end of the Challenge Period. Failure to submit a full set of leg times, or falsified entries will mean removal from the Challenge at the discretion of the T50 50 Mile Trail Challenge Organisers.

9. Telford T50 50 Mile Trail Challenge retains the right to refuse entry to anyone declaring false information on the entry form, not making the required payment, or otherwise failing to meet the stated entry requirements.

10. By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in the Challenge, and shared with the organisers, to be used to publicise the Telford T50 50 Mile Trail.

11. Telford T50 50 Mile Trail Challenge reserves the right, in its sole discretion, to modify, supplement or waive all of the Official Rules. The decision of the Telford T50 50 Mile Trail Challenge Organisers is final.

12. Participants shall be bound by any modification or supplement of the Official Rules published prior to the Challenge. Failure to follow the Telford T50 50 Mile Trail Challenge Rules, as may be amended, will result in disqualification.

13. Handover is by the incoming touching the outgoing runner.

Rules last updated January 2025