



WFRA DISCLAIMER

Mini Mountain Marathon **PRINT, SIGN AND BRING TO REGISTRATION** Series 2018

Minimum age to enter: 14 (with another runner being the parent or legal guardian over 20)

Full Name: _____

Mobile Phone No: _____

Vehicle Registration: _____

Emergency Contact: _____

Phone No: _____

- I understand that this race is held in accordance, and that I have familiarised myself, with the WFRA Safety Code. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified by the WFRA Safety Code or by the Race Organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.
- Rwy'n deall y cynhelir y ras hon yn unol â Chôd Diogelwch CRMC, a fy mod wedi ei ddarllen. Rwy'n cadarnhau fy mod yn ymwybodol o wybodaeth a gofynion y Trefnwyr yn y ras hon. Rwy'n cadarnhau fod gen i sgiliau defnyddio map a chwmpawd digonol ar gyfer y ras ac y gwnaf gario unrhyw offer y bydd Côt Diogelwch CRMC neu Drefnwyr y Ras yn gofyn i mi eu cario drwy'r ras gyfan. Rwy'n derbyn y peryglon sy'n gysylltiedig â redeg mynydd ac yn derbyn y cyfrifoldeb o gymryd rhan. Ar wahan i atebolrwydd y Trefnwyr am achosi marwolaeth neu anaf personol drwy esgeulustod, rwy'n cadarnhau fy mod yn deall nad oes gan y Trefnwyr unrhyw gyfrifoldeb am golled neu niwed o unrhyw fath i mi nac i unrhyw eiddo gennyf i o ganlyniad i gymryd rhan yn y ras yma.
- I accept that the Race Organiser may use photographic or video equipment to record the race

There is a set rule if you have difficulties. You are responsible for your own safety and you **MUST** be carrying and wearing all the compulsory equipment as laid out in the event rules. You **MUST** inform a marshal or race official if you have retired and you **MUST** return & download your dibber. Failure to comply will lead to instant event disqualification, in addition to any rescue fees incurred. If you are not back by one hour after closure of the course, we will inform Mountain Rescue. Solo runners are at particular risk. Please be extra careful and consider the risks to yourself and to others who may need to rescue you.

If you or a member of your team is injured, be sensible and assess the whole situation. Use your whistle to summon assistance from other competitors. Put the casualty in a survival bag or shelter while someone, preferable two people, go for help. Someone should stay with the casualty at all times, although if you cannot summon help you may have to leave them on their own. Make a careful note of the grid reference, nearby features, time and nature of the injuries. Telephone the 24 hour emergency numbers shown on your map and ask for a suitable message to be passed to the Mountain Rescue team. If you cannot contact the event emergency numbers, please dial 112 (or 999 if that doesn't work) and ask for Mountain Rescue.

Signed: _____ Date _____

Parental consent if under 18: (name, relation & signature) : _____
