



## LIABILITY WAIVER

I understand that “**The Great Barrow Challenge**” (The Event) is an extreme sporting event. Participation is voluntary and entirely at my own risk and that participating in the event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained, and agree to the terms below.

1. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event (out on the course), or while I am on the premises of the event (**Suffolk Academy**).
2. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road.
3. Barring its legal liability, **The Great Barrow Challenge Ltd** (The Organisers) shall not be responsible or financially liable for any accidents and/or illness suffered by the participant, for loss of property, any damages to equipment or cars parked on site, for any other damages allegedly suffered by the participant or caused by the General Public.
4. Should a runners action out on course cause an incident resulting in damage to other road users property, the participant will take responsibility and will assume financial liability.
5. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the Organisers, other participants, supporters, the general public or myself.
6. Participants must follow instructions as given from all event officials, including instructions at race briefing, from any of race staff, volunteers, medical personnel, security officers and other officials throughout the duration of the Event.
  - a. We do not recommend the use of personal music devices (such as MP3 players) on the course as you need to be aware of and be able to hear other runners, other public road users (such as cars and bicycles) and to hear marshal’s instructions. If you do wear headphones then it’s at your own risk.
  - b. Participants are responsible for their awareness, recognition and understanding of event signage, symbols and colours relating to participant maps, facilities and direction.
7. I grant my permission to all of the foregoing persons and entities to use or authorize others to use photographs, motion pictures, recordings, or any other record of my participation in the Events for any legitimate purpose without remuneration
8. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organisers, (**The Great Barrow Challenge Ltd**), the owners of the venue (**Suffolk Academy**), their sponsors, their promoters, representatives, successors and assigns, and all other persons associated with the event (Race Directors & Marshals), for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

I hereby agree to all the terms and conditions, and willingly wish to participate in this event. My signature below forms my approval.

Full Name		Race Number	
Signature			
Date Signed			