

# THE LAKE DISTRICT MOUNTAIN TRIAL 2019: DECLARATION AND DISCLAIMER

I understand that mountain running can be dangerous. I am aware that competitors have been injured or killed whilst participating in this sport.

I understand that the organisers of The Lake District Mountain Trial are not professional race organisers.

I understand that my entry fee is paid to cover the costs of the event and not to generate profits for the organiser.

## I understand that:

- The Lake District Mountain Trial is a long distance individual time trial and that I may not be running in the company of any other competitor;
- the course is a circuit of checkpoints and that navigation between them is entirely my responsibility;
- the circuit includes high, rough mountain terrain, that the routes between checkpoints may take me into areas containing vertical rock faces and that there are inherent risks to me in traversing such ground;
- the weather conditions in the Lake District are extremely changeable, and may deteriorate rapidly during the event;
- inclement weather combined with fatigue can create a risk of hypothermia;
- it will not be possible for the organisers of the event to monitor my exact position between checkpoints, and that in the eventuality of my becoming lost, or immobilised through injury, there may be a significant delay between that moment and my being located and rescued.
- this race is held in accordance, and that I have familiarised myself, with both the Rules and Safety Requirements of the FRA.

## I confirm that:

- I have read and understand the Preliminary Information / Entry Form and Programme / Final Details for the Lake District Mountain Trial;
- I take primary responsibility for my own safety throughout the event;
- I have the necessary navigational skills, experience, fitness and stamina to safely undertake The Lake District Mountain Trial, and that the declaration I make that I satisfy the minimum entry criteria is true;
- I will abide by the rules of the Fell Runners' Association and any supplementary rules imposed by the organisers of The Lake District Mountain Trial;
- I will abide by any rule as to the minimum clothing and food I must carry during the event, but I understand that these minima may be insufficient to protect me other than in the short term in the event that I am immobilised through injury or fatigue, or should there be a significant deterioration in weather conditions;
- I will abide by any decision made by the organisers to cancel the event (either before or during the event) for whatever reason;
- I am the person named in the Start List and am not a substitute.

I DECLARE THAT I HAVE READ AND UNDERSTAND THE ABOVE, THAT I HAVE ENTERED THE EVENT OF MY OWN FREE WILL, THAT I ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING, THAT I AM RUNNING THIS RACE AT MY OWN RISK, THAT I ABSOLVE THE ORGANISERS OF THE EVENT FROM ANY LIABILITY TO ME FOR ANY LOSS OR DAMAGE OF ANY NATURE TO ME OR MY PROPERTY TO THE FULL EXTENT PERMITTED BY LAW AND THAT I AGREE TO MY COMPETITOR DETAILS BEING KEPT ON COMPUTER FILE.

SIGNED .....DATE .....

Name in capitals .....Race Number .....

Vehicle Registration Number .....My mobile phone number .....

Name, Relationship and Contact Telephone No of Next of Kin/Friend (for emergency use only).....

Names of Travelling Companions .....

**Note:** Nothing in this Declaration and Disclaimer attempts to exclude liability for death or personal injury caused by any negligence on the part of the organisers.