



Disclaimers and Terms & Conditions

- I have read the conditions of entry for the event and understand the demanding physical nature of the event.
- I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event, and I have disclosed any medical issues or concerns.
- In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
- I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including but not limited to over exertion, dehydration, and accidents with other participants, spectators and road users.
- I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risk and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.
- I acknowledge that children under 13 years of age must be accompanied by a registered parent/guardian/responsible adult
- I acknowledge and agree that my entry fee is non-refundable should I not compete (unless due to medical reasons supported by a medical certificate, where a partial refund may be applicable, if evidence is received prior to the event), or if the event is cancelled by the organiser for any reason, and that fees are not transferable, and no liability will in those circumstances attach to any person, corporation, or body involved or otherwise engaged in the promoting or staging of the event.
- I accept that dogs and bikes are not permitted on the course
- I acknowledge and accept that photographs will be taken throughout the event and may be used for promotional purposes online and in print material