

**THE HURT 3rd JULY 2017**  
**ENTRIES ON THE DAY**

EVENT (Please circle one)	10.5K run <b>£20</b>	21k run <b>£30</b>	5k run <b>£15</b>
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NAME:  
(in capitals)

GENDER: M F  
(Please circle one)

DOB:

EMAIL ADDRESS:  
(in capitals)

ANY KNOWN PHYSICAL AILMENTS: N Y  
IF YES PLEASE GIVE DETAILS BELOW

NEXT OF KIN: RELATIONSHIP:

CONTACT NUMBER:

**Race Disclaimer**

AAT events are either multi-disciplined or single sport events involving one or all of the following: swimming, mountain biking, road cycling and running.

This run event is held on terrain of a nature that is cross-country / off-road. Consequently competitors will be exposed to risks that are not common to usual road based runs, such as running on narrow tracks, uneven, muddy ground, very steep descents and ascents on loose rocky ground.

In the act of filling out, signing, submitting the entry form and paying the entry fee, competitors are deemed to have accepted that they are fully aware of the risks involved with this off road running event and are entirely responsible for any injuries they sustain and any loss of earnings they may incur as a consequence of the injuries sustained whilst taking part in this event and travelling to and from this event and that they will not under any circumstances hold the organisers responsible.

You must inform the organisers if you are suffering from a known ailment or condition. You must be physically fit prior to entering this event. If you are not you should not take part. The organisers reserve the right to restrict you from participating if they deem your condition too serious.

SIGNATURE OF COMPETITOR:.....

PRINT: .....

DATE:.....

DETAILS OF KNOWN PHYSICAL AILMENTS: