

TERMS & CONDITIONS

I will comply with the following requirements:

The terrain is tough mountain trails. Entries are strictly limited to experienced and competent entrants. This is not an event for novice trail runners.

All participants will need to be suitably experienced and equipped, self reliant and have good navigational skills.

All participants must have the necessary skills to cope with the navigational problems which may occur. You must be able to navigate the route whatever the weather.

Mandatory Equipment List:

All items on the following list must be carried by the participant for the duration of the event:

-Full WATERPROOF body cover with taped seams (windproof is not sufficient) -Map and compass suitable for navigating the course.

-Emergency foil blanket or bivi bag, whistle

-Emergency food

-Mobile phone fully charged

-First aid kit to include: blister plasters/1 large sterile wound dressing/ bandage or tape to secure dressing as a minimum requirement.

Checks will be made at registration and on the course. You will not be permitted to compete without the mandatory items.

Any runner who is (in the opinion of the race organisers, marshals or medics) unfit to continue will be withdrawn from the race. **THEIR DECISION IS FINAL.**

You must log in with the marshals at each checkpoint.

You must notify a race marshal at the first instance if you decide to retire from the race. Once you retire from the race you will not be allowed to continue.

You must be 18 years of age on the day of the event to participate.

You may not deviate from the official route. Failure to comply with the rule will result in disqualification.

Competitor Withdrawal Policy

If for any reason after registration you wish to withdraw from the event no refunds will be given.

Competitors who do not attend the event will not receive any form of refund/credit. Race entries are not transferable between competitors without the organisers consent. You may NOT run under someone else's number under any circumstances.. Failure to comply with the rule will result in disqualification.

If you do wish to transfer your entry with another participant you must inform the race organiser no less than 14 days before the event.

Entries on the day are subject to availability.

Bad Weather Cancellation Policy

The events will go ahead in all but the most severe conditions. The weather conditions are very much a part of the challenge and it is each persons responsibility to ensure they have the right experience, kit and clothing/footwear to deal with the weather conditions.

If an event is cancelled or postponed by the organisers for whatever reason your entry will be automatically transferred to a rescheduled date. This date will be decided by the organisers, High Terrain Events. Alternatively, if you are unable to make the rescheduled date your entry can be transferred to another selected High Terrain event.

Please Note: That in no circumstances will refunds of entry fees be made in the event of a postponement or cancellation.

An alternative bad weather course may be used at the discretion of the organisers.

Please do not enter either event unless you agree to take full responsibility for your own health, fitness and well-being whilst out on the course. The weather can change rapidly which requires both experience and the correct footwear and clothing.

Event Declaration

I declare that I will abide by the rules of the event. I understand and agree that I participate in the event entirely at my own risk and that the organisers, volunteers, partners & associates will be in no way liable for any loss, injury, damage, claim or expense which may arise before, during or after the event regardless of the cause. Photographs of the race may be taken for publicity purposes, I understand that my image may be used and give permission freely for it to be used. I must run safely with consideration for others. I agree to the condition of my entry and agree to follow the instructions given by the organisers.

I am healthy & have no medical condition. I have read & understood the above.