

# Longparish Community Association

## L2SOTM

### The Longparish Second Sunday Of The Month handicap running race

Please complete this form and email it to [jeremy.barber@longparish.org.uk](mailto:jeremy.barber@longparish.org.uk) or deliver or post it to Jeremy Barber at Queen Anne Cottage, Forton, Longparish, ANDOVER, Hants, SP11 6NU. Tel 01264 720459

<b>Name</b>	
<b>Address</b>	
<b>Email</b>	
<b>Phone</b>	
<b>Category</b>	<b>Male / Female / Junior ( under 16 years)</b>
<b>Estimated time for 5km (3.1 miles) .....Minutes .....Seconds</b>	

I wish to enter the L2SOTM. I have read the disclaimer below and understand that I run at my own risk.

I give permission for LCA to

- hold the information on this form and race results electronically and
- publish results and photographs on the village website

If entrant is aged under 16 I am the parent or guardian of the entrant and I will ensure that the child is accompanied during the race by an adult who will be responsible for the child's safety.

**Signed**

**Date**

**To be signed by parent or guardian if entrant under 16**

- I realize that running includes certain risks, and that there is no obligation to run or run at a pace which I am not comfortable with.
- Children must be accompanied by an adult who will be responsible for their safety.
- I understand that the runs are informal and held on public property, whose condition LCA doesn't control. Lighting, traffic, weather, and other factors may influence the conditions for running on any given day, and in agreeing to join the group for these informal runs, I release them from any responsibility for injury or other hardship I may suffer as a result of running.
- I accept full responsibility for my own fitness and health and understand that LCA and any person or persons assisting any activity of the Association can in no way be held accountable if my effort surpasses my level of fitness and conditioning.
- Since this is only an informal running group, those attending agree that running can be a dangerous and hazardous activity, and agree to hold all those involved in the group blameless against any injury, accident, etc.
- I am not owed any duty or obligation by those involved in the group, including, but not limited to, ensuring you have a safe running environment, ensuring you are in adequate shape, and ensuring you are properly warmed up.
- I should not run unless I am medically able and properly trained. Those attending agree to waive and release all persons in the running group and/or those running with the group from any claims and liabilities of any kind arising out of participation in the runs or carelessness of all persons in the group and/or those running with the group.
- I assume all risks associated with running including but not limited to falls, contact with other runners, the effects of the weather, traffic, and the conditions of the running course.
- The race is held on public roads that are open to traffic. I understand that use of music players, etc increases my risk of accidents as it interferes with my ability to hear or respond to hazards such as traffic.