



## Lakeland Trails Ultra Participation Statement

“I agree to abide by the UK Athletics rules for ultra trail running events and understand and agree that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all hazards, and that I must compete in a manner which is safe to myself and others.

I am aware that when competing in the Lakeland Trails Ultra, there will be a limited number of marshals out on the course. I agree that no liability whatsoever shall attach to the promoter, promoting Organisation, event sponsors, Lakeland Trails Ltd or any event official in respect of any injury, loss or damage suffered by me in or by reason of the event however caused. I will participate in the Lakeland Trails Ultra in a fair and sporting manner.

I confirm that I am medically fit and well enough to participate safely. I have read and agree to abide by the above declarations and confirm collecting my race number and participating in the event is acknowledgement of this”.