



Ashton 5k Disclaimer and Ts and Cs

The goal of our events is to deliver a safe and enjoyable experience for everyone involved. This document helps to explain the terms on which you are taking part, but you can ask any questions you have by emailing us on ashton5k.run@gmail.com.

When entering any of the Ashton 5k events you accept that you are entering entirely at your own risk. By entering and taking part, you agree to the following disclaimer / warranty:

1. You are medically fit enough to enter this event and are running entirely at your own risk.
2. You accept that the event will involve strenuous physical activity and is subject to unpredictable weather and you should take all steps to ensure your own safety.
3. The organisers will not be liable for injury, loss, damage and / or death arising from your participation in this event.
4. You waive any claims against the organisers for (including but not limited to) damage, loss, injury, death whether caused by your participation in this event or third parties who have also entered this event.
5. You will run within your abilities and will be responsible for any injuries caused by your behaviour or which result in injuries to others.
6. You will run the route laid out by the organisers and stay on that route at all times during the event.
7. The organisers are not responsible for your vehicle or your property or the safety of your vehicle or property when parking and / or leaving it unattended for your participation in the event.
8. You will follow any safety rules provided and as detailed in the race briefing.
9. You will not transfer your entry to anyone else without the written consent of the organiser.
10. Refunds will be provided at the sole discretion of the organiser.
11. If you are unable to finish the route you will notify a marshal or one of the organisers by phone or in person.