



**TO BE READ AND COMPLETED BY ALL PARTICIPANTS**

If you are under 18 years of age, a parent or legal guardian must countersign this document for you.

**PLEASE PRINT CLEARLY AND IN BLOCK CAPITALS**

All fields need to be filled in correctly before you are booked in.

Title ..... Full Name..... Date of Birth.....

Address .....

.....

..... Postcode.....

Phone No ..... Mobile No .....

Email.....

**The organisers strongly advise that participants take out additional personal insurance.**

**4X4 NUTS / THE NUTS CHALLENGE**

I understand the above event is physically and mentally intense and will require extreme exertion and may well take me beyond my endurance level particularly at the tough nut level of entry.

I confirm that I am in a fit state of health and not under the influence of alcohol or drugs.

I understand that this event is not suitable for people with heart or respiratory problems.

I understand the above event can be dangerous and the possibility of injury to me and others exists. Skin abrasions, bruising, sprains and hypothermia are common and there exists a strong possibility of bloodletting and broken bones or worse during the event..

I will obey the directions of all instructors, marshals, judges and management at all times before during and after the event whilst on the events property including traffic and parking. I understand that the owners and organisers take no responsibility for the loss theft or damage to any of my property including my vehicle.

I understand that I may be photographed and filmed during the event and permit The Nuts Challenge Ltd and its agents to use these images for commercial purposes and that The Nuts Challenge Ltd is the sole owner of their copyright.

**I confirm I am nuts enough to participate in this 4x4 NUTS 5k 100 Obstacle race.**

**WAIVER AND RELEASE STATEMENT**

I hereby release, remise and forever discharge from any claims whatsoever without limitations that I might have against the company, the owners of the property on which the event is to be held and any participant in the event who might injure me howsoever. I make this release on behalf of myself, any group in my charge, my heirs, executors, assigns and administrators.

**I fully understand the risks involved with this event and participate entirely at my own risk.**

Signature ..... Date .....

Counter signature for under 18's.....

Full name of parent / guardian .....

Contact number of parent / guardian.....

If you have not signed a release form on line then this form needs to be taken to reception by the person named above so that they can be booked in and given their runner ID.

The Nuts Challenge Ltd has been given permission by Camelot Events Ltd to use the land free of their normal rent charge to help toward charitable donations.