firstandlastrunning presents ............

**2019 Plym Trail Marathon Series**

**13.1 miles or 26.2 miles on BOTH days**

**9:30am starts on**

 **19th & 20th January (Winter Weekend)**

**11th & 12th May (Spring Weekend)**

**24th & 25th August (Summer Weekend)**

**26th & 27th October (Autumn Weekend)**

**Race HQ: The Village Hall, Clearbrook, Devon PL20 6JD**

Full Name ............................................................................

Races Entered (Distance, Day 1 or Day 2 or both)...................................

Address.............................................................................................

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Email (for entry confirmation)...........................................................

Running Club Affiliation & No....................................................

**Each Half Marathon;** Cheque for £24.15 Club Affiliated or £26.25 Non-Affiliated

**Each Full Marathon;** Cheque for £29.40 Club Affiliated or £31.50 Non-Affiliated

Please make Cheques payable to D.D.Green and posted to firstandlastrunning, 19 The Hollows, Plymouth, Devon PL9 8TX

or

BACS payments to D.D.Green A/C No. 56857519 Sort Code 60-06-20 and please add Athlete’s Name as reference.

All Athletes will be required to sign a firstandlastrunning Liability Waiver Form at Race HQ on the day or entry to the race may be refused.

**Signature & Date** .........................................................................................................................................

Race Permit issued by The Association of Running Clubs and will be held at Race HQ.

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LIABILITY WAIVER

I understand that participating in these events is potentially hazardous,

and that I should not enter and participate unless I am medically able

and properly trained.

In consideration of the acceptance of this entry, I assume full and

complete responsibility for any injury or accident which may occur

while I am traveling to or from the event, during the event, or while I

am on the premises of the event.

I also am aware of and assume all risks associated with participating

in this event, including but not limited to falls, contact with other

participants, effect of weather, traffic, and conditions of the road. I,

for myself and my heirs and executors, hereby waive, release and

forever discharge the event organizers, firstandlastrunning, sponsors,

promoters and each of their agents, representatives, employees,

volunteers and all other persons associated with firstandlastrunning

events, for all my liabilities, claims, actions, or damages that I may

have against them arising out of or in any way connected with my

participation in this event.

I understand that this waiver includes any claims, whether caused

by negligence, the action or inaction of any of the above parties, or

otherwise.

I hereby grant full permission to any and all of the above parties to

use any photographs, videotapes, motion pictures, website images,

recordings or any other record of this event.

Runner Name:………………………………………………………….

Runner Signature:……………………………………………………..

Date:……………………………………………………………………..

Emergency Contact & Phone Number;

……………………………………………………………………………

**Details of known illnesses or Allergies..................................**

**..............................................................................................**