

CHASING RAINBOWS 2014

EVENT HEALTH & SAFETY

Chasing Rainbows is a sponsored ½ Marathon, 10K run and a 4 mile walk.

It is important that those taking part in the ½ Marathon or 10K run are physically fit to take part as this is a challenging event on road, bridle paths and canal paths. Preparation and regular training for the runs must be undertaken prior to taking part. For further training advice please visit www.runbritain.com/training.

This event is not a competitive event. They are **FUN RUNS & WALK** and it is important that all entrants respect and take care of each other throughout the event. Everyone starts and finishes the event together. The event will not be timed.

Alcohol is strictly forbidden whilst taking part in either the runs or walk.

If anyone feels unwell or gets into difficulty during the event, please notify a marshal as a matter of urgency.

Water bottles must not be disposed of on route. They must be given to the marshals responsible for collecting them.

EVENT REGISTRATION & START TIMES 13th September 2014

½ Marathon from Cheetham Park, Park Street Entrance, High Street, Stalybridge to the Hanging Gate, Diggle

Registration: 9.00 am Run Start Time: 10.30 am

10K Run from Heyrod Community Centre, John Street, Heyrod, Stalybridge to the Hanging Gate, Diggle

Registration: 11.00 am Run Start Time 12.00 midday

4 Mile Walk from Top Mossley, Stamford Street Car Park(Market) to the Hanging Gate, Diggle

Registration: 11.00 am Walk Start Time: 12.00 am

EVENT DECLARATION

Entrants to the Chasing Rainbows ½ Marathon, 10k Run and the 4 mile walk must be over the age of 18 on the day of the event. Taking part in the ½ Marathon or 10k Run is a very rewarding experience, however it is not to be undertaken lightly. You will need to be physically fit to complete the distance especially the ½ marathon. If in doubt consult your doctor. **DO NOT TAKE PART IF YOU ARE FEELING UNWELL.**

I agree to abide by the Event Health & Safety Rules. I understand that I enter the event at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel the event in the event of adverse weather conditions or other events outside the organisers' control.

Children taking part in the 4 mile walk will be the full responsibility of the parent or guardian throughout the whole event.

Entry fees are non-refundable, non- deferrable and non-transferrable, even in the case of event cancellation. Applications forms must be received by Chasing Rainbows no later than the 31st July 2014.

Photographs of the event will be taken for publicity purposes. I understand that my Image may be used and give permission for it to be used.