

Kendal Mountain Festival 10km Trail Run

Entry Form

Just tick the appropriate box

male solo		female solo	
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club / team name <i>optional</i>	
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Please use block capitals

name	
address	
post code	
date of birth	
e-mail	
home phone	
mobile phone	
emergency contact <i>name</i>	
emergency con. <i>phone</i>	

Signature	
Date	16th November 2019

Please tick box if you wish to receive news on future Open Adventure events

Participant Disclaimer

I agree that I enter at my own risk and take full responsibility for my safety and actions during the event. I therefore do not hold Open Adventure Limited or any of its agents responsible for any damage or injury sustained to me or my property during the event. I agree to follow and abide by any instructions given by Open Adventure Limited staff.

Medical Information: Please make sure you complete the medical information sheet on the reverse of your event bib number.

Photography and filming: During our events there will be photographers and on occasions film crews. By entering our events you are giving consent that images of yourself maybe used to promote Open Adventure and/or its sponsors.

Event Information: You **must** stop and give way to vehicles when crossing roads.