

CRAZY 5 IN FIVE – PARTICIPANT DISCLAIMER

I, (*print name*) confirm that I wish to participate in the Crazy 5 in Five charity event, organised by The SR Group (UK) Limited on behalf of **Sport Relief** and **Resurgo** and taking place on 9-13 March 2020.

I intend to participate on the following basis:

| OPTION 1: ULTRA CRAZY * | OPTION 2: CRAZY | OPTION 3: FLEXI CRAZY | OPTION 4: HALF/HALF CRAZY | OPTION 5: CRAZY FINAL FIVE (TEAM EVENT) |
|---|---|--|--|--|
| <i>Four half-marathons, and a full marathon on the Friday</i> | <i>Five half-marathons in five days</i> | <i>Run one, two, three or four half-marathons</i> | <i>Run one or more 'half-a-half' days (11km)</i> | <i>Run the final quarter of the course (5.5km) as part of a four-person team</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | | Which days would you like to run? <i>Monday (am)</i> <input type="checkbox"/> <i>Tuesday (am)</i> <input type="checkbox"/> <i>Wednesday (am)</i> <input type="checkbox"/> <i>Thursday (am)</i> <input type="checkbox"/> <i>Friday (pm)</i> <input type="checkbox"/> | Which days would you like to run? <i>Monday (am)</i> <input type="checkbox"/> <i>Tuesday (am)</i> <input type="checkbox"/> <i>Wednesday (am)</i> <input type="checkbox"/> <i>Thursday (am)</i> <input type="checkbox"/> <i>Friday (pm)</i> <input type="checkbox"/> | Which days would you like to run? <i>Monday (am)</i> <input type="checkbox"/> <i>Tuesday (am)</i> <input type="checkbox"/> <i>Wednesday (am)</i> <input type="checkbox"/> <i>Thursday (am)</i> <input type="checkbox"/> <i>Friday (pm)</i> <input type="checkbox"/> |

* *Ultra Crazy: Due to the effort of running a full marathon, we have introduced qualifying criteria for taking part in Option 1. Participants must evidence that they have completed an official marathon in less than four hours within the last 12 months.*

I understand and accept that:

- the event will be **physically testing** and require a **moderate level of fitness**;
- as with undertaking any sporting activity, there is a **risk of injury** and I choose to participate in this event of my own free will, knowingly and voluntarily assuming all risks associated with participation;
- I am **entirely responsible for determining the level at which I am physically able to train** and taking any steps necessary to minimise the risk of injury including following any instructions given by the event organisers; and
- I am **responsible for my own safety** (and the safety of my possessions) when participating in the event and any unsupervised fitness training which will be undertaken as preparation.

I consent to the recording of my voice, image and likeness captured by any means including cameras/telephones/mobile devices while present in, at or about the event and the transmission of these images/voices in perpetuity by The SR Group (UK) Limited free of charge, by any means and I waive all moral and legal rights in and to any recordings of sound made or images taken during or in connection with the event.

The SR Group (UK) Limited reserves the right to cancel the event in whole or in part without notice, for any reason.

In the event of an accident or injury or loss or damage to my personal effects occurring during or as a result of participating in the event, I acknowledge and agree that neither The SR Group (UK) Limited nor any officer or employee of The SR Group (UK) Limited will be liable and I irrevocably release The SR Group (UK) Limited (including its officers and employees) from any and all liability arising in respect of such claims.

I confirm that I am eighteen years old or older.

If I have any health problems or am unsure about my physical ability to participate in this run I will obtain advice from a doctor before participating.

I consent to the use of my personal information for communications regarding the event. All personal information provided shall only be used in accordance with our privacy policy, a copy of which is available on our website: <https://www.thesrgroup.com/privacy-policy>.

Signature: Email: Date: