



Run Frimley Terms and Conditions

1. For the 10K route, children must be 15 years of age or over to take part. For the 5K route, children must be 13 years of age or older to take part. Children (under the age of 16) MUST be accompanied by an adult aged 18 or over AT ALL TIMES. For the Fun Run there are no age restrictions for participation but under-12s must be accompanied by an adult AT ALL TIMES.
2. Participant runner numbers are specific personal identifiers and may not be exchanged with or transferred to any other person.
3. Every participant shall be provided with a runner number which MUST be worn on the front of their t-shirts and be visible AT ALL TIMES during the event. Participants MUST also have completed their medical information and emergency contact information on the back of their runner number before beginning the run. This is for your safety and to support our medical provider with any known medical conditions.
4. Your entry fee is non-refundable.
5. You MUST also bring your own water with you, no individual plastic water bottles will be provided at this event to reduce our environmental impact.
6. Please note, our new route is a mixed terrain road and trail run and anyone out on the 5K & 10K route after 11.30am will be collected in our sweeper vehicle.
7. Our routes are wheelchair and pushchair friendly (running pushchairs recommended). However, please keep in mind their mixed terrain and hilly nature, if you would like to get in touch with our Event Manager to find out more, please email your contact details to fhft.events@nhs.net
8. Frimley Health Charity cannot be held responsible for personal accident, injury, loss or damage occurred during the event. Each participant will be fully responsible for any fees or costs incurred or arising from an accident either involving or caused by the runner. All runners accept that they are responsible for their own safety during this event.
9. Frimley Health Charity cannot accept liability for any property you may lose or damage during this event.
10. If your postal address, email address or telephone number details change, then you MUST inform us as soon as possible by emailing: fhft.events@nhs.net. If this is not done, we cannot guarantee that you will receive all run communications and your race packs pre-event.
11. Upon registering, you will be asked to provide an emergency contact name and number of someone who will be available on the day of the event. This should NOT be someone participating in the run and they must have been made aware of this prior to event day.
12. You take part at your own risk and you are also responsible for any children taking part with you aged 16 and under. We will not be held liable or responsible for any injuries or illnesses (both COVID and non-COVID related) that may have been obtained pre-event, during the event or post-event.
13. Should the weather change during the event which requires the event to be modified, postponed or cancelled, marshals will be notified immediately. Depending on the situation,

participants would then be directed onto an alternative route or advised to go back along the way they came.

14. Each participant, upon registering for the event, agrees they are physically and mentally capable of completing this distance and are responsible for their own medical conditions. If you are in doubt about your health or have a medical condition that could be affected by this physical activity, we kindly ask you to obtain your doctors approval before participating in the event. If any participant is unable to complete the run, they must inform a marshal, medical personnel, or contact the Events Team. Frimley Health Charity recommends, where possible, that all participants run with an acquaintance or stay near other event participants.

15. All sponsorship money must be sent to Frimley Health Charity by the first week of June.

16. Participants acknowledge the sharing of their personal data to relevant third-party event suppliers, such as event medical support for insurance purposes. If you are registering a child under the age of 16, you also agree for us to store and share that data with third parties, where appropriate.

17. By taking part, all participants confirm that they are happy for any footage or photographs to be taken and used to publicise the event and Frimley Health Charity. Should exemption be required, it is the responsibility of the participant to inform Frimley Health Charity and our event photographers on the day.

18. Participants must follow instructions as given from event organisers, marshals, volunteers, medical personnel throughout the duration of the event. Failure to do so may result in exclusion from the event.

19. No persons are authorised to be on the course unless they are registered participants or event officials.

20. The event organisers aim to ensure the commencement of the event, however, should a decision be necessary to postpone, modify or cancel the event, participants are encouraged to check for updates on our website, social media or look out for an official Frimley Health Charity email.

21. Dogs are allowed on the event site, but must be up to date with their vaccines, must NOT be in season and kept under control and on a lead at all times. The owner must also bring their own supply of disposable waste bags and they are responsible for cleaning up after their own dog. The organisers reserve the right to have any dog removed that is deemed dangerous to other participants or dogs.

22. This is a running event, and therefore you are not permitted to use a bicycle, or any other form of transport out on our routes.

23. Participants must make their own way to/from the event and Frimley Health Charity are not responsible for any cars left in the car parks throughout the day. They are left at the owners risk.

24. Frimley Health Charity cannot supply clothing or equipment for participants during this event. Runners are asked to come equipped with whatever necessary clothing, medication and nourishment is required to enable enjoyable and safe participation in this event. All participants must wear suitable footwear.

25. Frimley Health Charity strongly advises all participants to take out their own insurance to cover themselves for all aspects of the event.

26. Alcohol and drugs are NOT permitted at the event.

27. Frimley Health Charity reserves the right to update its terms and conditions in relation to the event at any time prior to the event. All participants will be provided with any updated terms and conditions in advance of the event or on the day of the event.