



10 MILE CHALLENGE 2017 REGISTRATION

ADULTS: £10.00 / UNDER 16s: £5.00 / FAMILIES: £20.00 / UNDER 10s: FREE

Family entry for 2 x adults and up to 2 x under 16s

A registration form must be completed for each participant, including under 10s.

Your details

First name	
Surname	
Age on date of event	
Address	
Postcode	
Telephone no.	
Email address (please print)	

Are you entering as part of a family?

Please note, each family member must fill in a registration form.

YES

NO

Next of kin / Emergency Contact

Please note that the individual sated below must NOT also be participating in the 10 Mile Challenge.

Title	
Name	
Relationship	
Address	
Postcode	
Telephone no. (home)	
Telephone no. (mobile)	



Medical questionnaire

We require you to complete a full medical questionnaire prior to participation. Your answers will be treated in the strictest confidence and will not adversely affect your chances of participating in the challenge.

If you are in any doubt concerning your health, or over 64 years of age you must consult your Doctor and have the medical declaration signed confirming you are well enough to participate in your chosen challenge.

Do you have a history of: *(please tick your answer)*

- | | | |
|--|------------------------------|-----------------------------|
| Asthma or wheezing (with breathing or exercise): | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Severe attacks of hay fever/allergy: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Any form of lung disease: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Cancer: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Chest Surgery: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Claustrophobia or Agoraphobia: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Behavioral health problems: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Mental health problems: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Epilepsy, seizures or convulsions: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Recurring migraine headaches: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Blackouts or fainting: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Motion sickness: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Recurring back problems/surgery: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Diabetes: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Arm or Leg problems: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| High blood pressure: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Any heart disease/heart attacks: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Angina/heart surgery or blood vessel surgery: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Hearing loss or problems with balance: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Bleeding or other blood disorders: | <input type="checkbox"/> YES | <input type="checkbox"/> NO |



Any type of hernia: YES NO

Ulcers or ulcer surgery: YES NO

Bowel disorder: YES NO

Drug or alcohol abuse: YES NO

Are you awaiting tests / investigations / results / surgery: YES NO

Do you take any prescription medicine (please list below)

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.....

Are you pregnant: YES NO

Do you suffer from any phobias (heights, water etc.): YES NO

Are there any other medical issues not covered which are relevant to your well-being on the challenge? *(please list below)*

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.....
.....

If you are aged over 64 years old or you have answered YES to any questions above it is advisable to ask your Doctor to sign a medical declaration to confirm you are fit enough to undertake the challenge.

Medical Treatment

It is a condition of joining any challenge that in cases of emergency the challenge representative has your authority to arrange any necessary medical or surgical treatments and to sign any required form of consent on your behalf.

Medical Declaration

I understand that the challenge will involve strenuous activity. Before departure of the expedition, if I have any concerns regarding my physical fitness or health, I will consult my GP immediately. To the best of my knowledge this is an accurate description of my medical history and current fitness.

I agree (please sign)



10 Mile Challenge Terms and Conditions

1. Participants under the age of 16 must be accompanied by an adult.
2. You participate at your own risk, any additional costs incurred are your responsibility.
3. You are responsible for making your own travel arrangements, unless otherwise stated, to and from Hexham Racecourse.
4. For this challenge we require a registration fee, which should be enclosed with this registration form. This fee is non-refundable once you have been accepted on the event.
5. By registering on this challenge you are pledging to raise the minimum sponsorship (£50.00 for adults / £30.00 for under 16s / £60.00 for families) and understand that it is the aim of the 10 Mile Challenge to raise as much above this amount as possible in aid of Josie's Dragonfly Trust.
6. The registration fee and all sponsorship money should be made payable to JOSIE'S DRAGONFLY TRUST. Under no circumstances can money be raised for another charity or organisation.
7. You agree to raise all money using legal methods and complying with the advice given in the fundraising pack.
8. Sponsorship money raised for one named event cannot subsequently be used against another event, even if the minimum sponsorship for the first event has been exceeded, subject to the following exceptions:
 - (i) In all circumstances the sponsors must be informed and must consent to the sponsorship money they have pledged or given for the first event being transferred to the second event.
 - (ii) Should an event be cancelled or a participant be unable to take part and produce to Josie's Dragonfly Trust a doctor's certificate justifying withdrawal from the first event, money pledged or given towards that event may be transferred to another event.
 - (iii) From the time of transfer all subsequent sponsorship must be for the second event.
 - (iv) No money will be repaid to the participant.
9. Josie's Dragonfly Trust are unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reasons outside their control.
10. You understand and accept that the walking route may change due to unforeseen weather changes and other alterations may occur which are beyond the control of Josie's Dragonfly Trust.
11. Josie's Dragonfly Trust shall not be liable for any injury, illness or death of any person or persons nor loss of or damage to any property nor for any indirect or consequential loss however arising other than for injury, illness or death arising as a direct result of any negligent act or omission of Josie's Dragonfly Trust, its servants, agents or employees acting in the course of their employment.
12. Josie's Dragonfly Trust may at its sole discretion change routes or withdraw places on the challenge event if it is believed to be in its best interest to do so.
13. If you do anything to void your insurance, including not declaring a pre or existing medical condition, you are fully responsible for paying any and all associated costs including travel and accommodation to and from the venue.
14. By signing this form you also acknowledge that photographs and written quotations may be taken of you during the event and used to publicise future events and the work of the charity in general.
15. (i) This challenge is strenuous and you need to be healthy, fit and be well trained. You should consult a doctor if you have any doubts about your suitability to participate in this challenge, and abide by any advice given. You will be required to complete a medical questionnaire, and we may request a medical certificate from your doctor. You must keep us advised of any medical conditions that develop after you have sent us your medical questionnaire that may be relevant for your safe participation on the challenge. If whilst on the challenge our doctor or medic or challenge leader gives you specific safety or medical advice aimed at protecting your own welfare you will abide by this advice.
(ii) Participants must abide by the Countryside Code and respect fellow participants also taking part in the challenge.
(iii) Participants must follow the route map issued and follow direction signs placed on site for the challenge.
(iv) Participants must arrive fully equipped for the challenge, including items from the kit list which prevent injuries incurred from extreme hot and cold weather
(v) If participants choose to use walking poles they must ensure they are aware of the safe use before the challenge takes place.
16. Delays and force majeure - We do not accept liability for any delays in your travel arrangements, or



reasonable changes to your itinerary in the event of Force Majeure. Force Majeure means any unusual or unforeseen circumstances beyond our reasonable control including but not limited to an act of God, war, accident, failure of power supply, abnormal weather, fire, explosion, labour disturbance, flight delays, or bad weather.

- 17. Participants must allow plenty of time to travel to the venue for the start of the event and must obey national speed limits to and from the venue.
- 18. Participants must ensure their own safety with enough rest before return travel, or arranging someone else to pick them up.
- 19. Josie's Dragonfly Trust are not liable for any injury or illness caused by consumption of alcohol as part of or after the challenge.

- 20. Participants are responsible for ensuring the safe preparation of any food or snacks brought for consumption during the challenge, avoiding any high risk foods such as seafood and ensuring clean equipment.
- 21. Josie's Dragonfly Trust can refuse participation on the day to anyone without the correct walking equipment. Participants must wear walking boots.
- 22. Law and jurisdiction - These terms and conditions shall be governed by and construed in all respects in accordance with the laws of England and Wales. Any dispute which may arise between the parties concerning these terms and conditions shall be exclusively determined by the English Court.

I AGREE TO ABIDE BY THE TERMS AND CONDITIONS OF ENTRY AS DETAILED ABOVE. BY SIGNING THIS FORM I ACKNOWLEDGE THAT I HAVE READ, UNDERSTOOD AND ACCEPTED THE CONDITIONS OF CONTRACT SET OUT BY JOSIE'S DRAGONFLY TRUST.

I UNDERSTAND THAT JOSIE'S DRAGONFLY TRUST CAN REFUSE MY PARTICIPATION IF I DO NOT HAVE THE CORRECT WALKING EQUIPMENT ON THE DAY OF THE CHALLENGE. THE MINIMUM KIT REQUIREMENT IS A PAIR OF WALKING BOOTS WITH ANKLE SUPPORT AND A WATERPROOF JACKET.

NB: A FULL KIT LIST OF ADVISED EQUIPMENT WILL BE ISSUED AFTER REGISTRATION.

Name (please print)	
Signed	
Date	

<p>PAYMENT METHOD (PLEASE TICK) ADULTS: £10.00 / UNDER 16s: £5.00 / FAMILIES: £20.00 / UNDER 10s: FREE</p> <p><input type="checkbox"/> CHEQUE Please make payable to Josie's Dragonfly Trust</p> <p>OVER THE TELEPHONE USING A CREDIT/DEBIT CARD</p> <p><input type="checkbox"/> I will call your fundraising office on 01434 602043</p> <p><input type="checkbox"/> Please call me to make payment</p>	<p>PLEASE RETURN THIS FORM TO: JOSIE'S DRAGONFLY TRUST 7 HALLSTILE BANK HEXHAM NORTHUMBERLAND NE46 3PG</p> <p>OR EMAIL TO: hello@josiesdragonfly.org</p>
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