Tŷ Hafan Rainbow Run Porthcawl, 7 October 2017 Disclaimer

Please read the following terms and conditions. Each entrant **must** sign the event disclaimer form to verify they have read and accepted these terms and conditions.

Participants must follow instructions from Tŷ Hafan staff and marshals at all times. Appropriate footwear must be worn to take part in this event. The organisers take no responsibility for injuries caused by participants wearing unsuitable footwear. Tŷ Hafan advises participants to wear the ear plugs provided by Tŷ Hafan, mouth and eye protection is also advised buff style headwear and sunglasses can be purchased if required. Participants must report any injury sustained to the staff on the day. In no circumstances shall Ty Hafan be liable for any loss or damage caused to the participants' personal belongings or for any special indirect or consequential damage of any nature whatsoever. Any digital imagery taken by Ty Hafan at this event remains the property of Ty Hafan, and may be used by us or our associated sponsors for promotional and marketing purposes.

I agree that I will abide by the Rainbow Run event rules. I am over 18 years of age and I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise from my participation in this event. I declare that I will not take part in this event unless I am in good health on the day it takes place, and that in any event, I will only take part at my own risk.
If you are running with anyone under the age of 18, please sign on their behalf as the responsible adult.

Race number	Name	Signature	Date