

Saunders Lakeland Mountain Marathon – to be signed by all competitors

This form must be completed and signed by both team members and handed in at registration. Where one of the team members is under 18 the form should be by the “accompanying adult” on their behalf. The accompanying adult must be 21 years of age or over on the Saturday of the event. If the “accompanying adult” is not parent or guardian of the junior participant then they must in addition provide a completed and signed “Parental/Guardian Consent Form”, available at www.slmm.org.uk

Team Number:

Class:

Name (1):

Name (2):

Car registration number(s):

Mobile Phone Number(s)

I confirm that I am starting the event with all of the mandatory equipment specified on the “Rules” page of the SLMM Web site and set out on the reverse of this form and I will carry it at all times during the event. Furthermore, if competing as a team, I confirm both that my partner’s equipment satisfies the conditions set out in the Rules, and that we will stay within voice and visual contact of one another during the course of the event save in the incidence of an emergency.

WE BOTH JOINTLY AND SEPARATELY UNDERSTAND AND ACCEPT THAT WE TAKE PART IN THE SAUNDERS LAKELAND MOUNTAIN MARATHON ENTIRELY AT OUR OWN RISK. WE WILL ABIDE BY THE EVENT RULES AND WE UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. WE ARE AWARE OF THE ORGANISER’S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS EVENT AND WILL COMPLY WITH THEM AT ALL TIMES. WE ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING AND ACKNOWLEDGE THAT WE ARE ENTERING AND RUNNING THIS EVENT AT OUR OWN RISK. OTHER THAN THE ORGANISER’S LIABILITY FOR CAUSING DEATH OR PERSONAL INJURY BY NEGLIGENCE, WE CONFIRM THAT WE UNDERSTAND THAT THE ORGANISER ACCEPTS NO LIABILITY TO US FOR ANY LOSS OR DAMAGE OF ANY NATURE TO OURSELVES OR OUR PROPERTY ARISING OUT OF OUR PARTICIPATION IN THIS EVENT.

Signed (1)

Signed (2)

MINIMUM KIT

EACH INDIVIDUAL COMPETITOR MUST WEAR OR CARRY THE FOLLOWING AT ALL TIMES:

- Footwear suitable for use in the mountains. Fell running/Trail shoes or boots with a minimum tread depth of 4mm.
- Rucksack
- Sleeping bag with insulation (liner only insufficient) or integrated sleep system of insulated quilt and compatible insulated mat made by recognised manufacturer.
- Survival Bag – a Bag **NOT** a Space Blanket.
- Waterproof jacket with hood and waterproof over trousers (not shower proof materials – see [FAQ's](#) for more details)
- Long trousers / thermal leggings or similar – **NOT cotton**
- Thermal vest or similar
- Warm thicker top with sleeves
- Hat & gloves
- Torch (suitable for emergency night navigation)
- Compass & Whistle
- Watch
- Waterproof pen / pencil and paper. Capable of marking your course onto wet plastic. See [FAQs](#) for recommendations
- Map provided by SLMM
- SPORTident dibber attached to your wrist. This must not be removed from your wrist.
- Solo competitors in the Klets & Fairfield classes **MUST** carry a mobile phone with them for safety purposes
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EACH TEAM MUST CARRY THE FOLLOWING AT ALL TIMES:

- Tent with sewn in groundsheet, poles and pegs
- Stove & fuel, matches/lighter – with Emergency fuel remaining at the end of Day 2 sufficient to boil 500ml of water
- Food for 2 days including your Emergency food (minimum 150 kcals per person) which you will still have with you when you finish Day 2. If you have eaten your Emergency food before the Finish then you will have experienced an Emergency and consequently be assumed to have retired.
- Plasters and bandage

THE EQUIPMENT LISTED ABOVE IS THE MINIMUM YOU ARE EXPECTED TO CARRY. IN BAD WEATHER YOU SHOULD CONSIDER CARRYING ADDITIONAL ITEMS OF CLOTHING. IF YOU ARE IN ANY DOUBT AS TO WHAT MIGHT BE ACCEPTABLE WITHIN THESE RULES EITHER TAKE ADDITIONAL ITEMS OR ASK US BEFORE YOU START. KIT CHECKS WILL BE MADE AND WE RESERVE THE RIGHT TO DISQUALIFY ANY COMPETITORS WHO, IN OUR OPINION, DO NOT HAVE THE NECESSARY KIT TO SURVIVE AN EMERGENCY SITUATION OUT ON THE HILLS.