

Yorkshire Three Peaks

Conditions of Entry

1. The Yorkshire Three Peaks #TeamBonesTrek is organised by the Bone Cancer Research Trust (BCRT) and delivered in partnership with Kuta Outdoors, who will provide experienced Mountain Leaders, marshals and first aiders to support participants undertaking the event.
2. **Challenge Options:**
 - Yorkshire Three Peaks Taster 10K challenge:**
A guided 10K circular route from Horton in Ribblesdale up Pen-y-Ghent and back.
 - Yorkshire Three Peaks Classic challenge:**
A guided 24.5mile circular route starting and finishing in Horton in Ribblesdale incorporating the three peaks Pen-y-Ghent, Wherside and Ingleborough.
 - Yorkshire Three Peaks X-Trail challenge:**
A 33 mile ultra-marathon route. The route is an extension of the Classic Three Peaks route from the summit of Ingleborough on to Clapham, Fiezor, Dry Rig Quarry and returning to Horton in Ribblesdale.
3. To reserve your place on the Yorkshire Three Peaks challenge participants are required to pay a non-refundable registration fee of:
 - **£10*** for the Yorkshire Three Peaks Taster 10K challenge and a pledge to raise at least £150 in sponsorship money for BCRT (Children may take part at the discounted entry fee rate of £5 with a £30 minimum fundraising pledge)
 - **£20*** for the Yorkshire Three Peaks Classic challenge and a pledge to raise at least £250 in sponsorship money for BCRT.
 - **£25*** for the Yorkshire Three Peaks X-Trail challenge and a pledge to raise at least £350 in sponsorship money for BCRT.

*Any entry fee offers e.g. Early Bird pricing are for a limited time only as advertised. Minimum fundraising pledges still apply
4. Should participants, for whatever reason, need to withdraw their application they must inform BCRT immediately. Participants must contact all sponsors and ask them if they wish to make a donation or have their sponsorship money returned.

5. Participants must send all sponsorship forms and monies collected to BCRT within 6 weeks of completing the event.
6. Due to the nature of the challenge, we advise that participants of the Taster 10k are 7 years and over. Children younger than 7 years may take part at the discretion of the parent/caregiver should they feel they are capable.

Children of all ages (up to age 16) must be accompanied by a participating adult throughout the duration of the challenge.

Please note: although the Taster 10k is a shorter distance, this is a demanding walk with steep sections and a short section of scrambling at the summit. Parents/caregivers must be confident that their child will be competent in walking this distance/terrain before taking on the challenge.

If you have any queries or concerns, please contact the fundraising team at fundraising@bcrt.org.uk or call 01132 585 934.

7. Participants must be 16 years old or over to take part in the Yorkshire Three Peaks Classic challenge.
8. Participants must be aged 18 years or older to complete the Yorkshire Three Peaks X-Trail challenge.
9. All children under the age of 16 must be accompanied by a responsible adult throughout the duration of the Yorkshire Three Peaks 10K Taster challenge. Adults assume full responsibility for any children within their care.
10. BCRT reserve the right to alter or revise the itinerary should circumstances dictate.
11. BCRT reserve the right to refuse participation without disclosing the reason. If this occurs the registration fee will be returned.
12. Travel to the event and accommodation prior or post event will not be provided by BCRT. Participants must make their own way to and from the event and arrange any required accommodation.
13. Participants will be required to carry sufficient food and water for the duration of the challenge. Whilst light refreshments will be provided on the route, these will not be enough to sustain participants throughout the day. There will be water stations to re-fill bottles but **no** plastic bottles available; you **must** bring water carrying vessels with you.
14. Participants must arrive at Horton in Ribblesdale at the time advised by BCRT for the safety briefing and equipment check. Participants who fail to do so may be refused participation on the event.

15. Challenge cut-off times:

- Yorkshire Three Peaks Classic route: For safety reasons participants will NOT be permitted to start Ingleborough after the cut off time advised by Kuta Outdoors on the day of the trek. This is to ensure all participants complete the trek safely.

- Yorkshire Three Peaks X-Trail route: Participants must reach the start of Ingleborough summit before the cut off time advised by Kuta Outdoors on the day in order to complete the X-Trail section of the route.

16. Participants must be fit and must complete a medical declaration as part of your registration. If you answer 'yes' to any of the specified questions, then you should seek medical advice before taking part in the event. BCRT must be informed of any change in your medical condition that occurs between submitting the medical declaration and the event date.

17. Participants will not be allowed to participate in the trek if they are under the influence of alcohol and/or drugs.

18. All participants take part in the Yorkshire 3 Peaks #TeamBonesTrek challenges at their own risk and agree to indemnify BCRT and Kuta Outdoors against claims of loss or damage, personal injury or death, and any claim arising from the participant's own action.

19. Photographs taken by BCRT on the day of the event will be used by the charity for marketing purposes. If you would prefer not to be included in photographs, please inform a member of the team on the day of the event.

BCRT reserves the right to make reasonable changes to this registration pack. Should this occur participants will be informed of such alterations.

Terms and Conditions

I apply to take part in this challenge and confirm the following:

1. I understand that I am taking part in a challenge event which will require me to undertake exercise for a prolonged period.
2. I will have, if necessary, gained advice from my GP as to whether I am physically prepared to undertake the walk.
3. I confirm that I will only undertake the challenge if I feel that I am physically able to do so.
4. I agree that I will follow the instructions of the leaders and marshals on the event.

5. I assume full responsibility for any children within my care on the day of the event.
6. To the best of my knowledge I have provided a true and accurate description of my medical history and current condition.

IMPORTANT! Should your medical details change after you have submitted this form, please inform the Bone Cancer Research Trust immediately. You may be asked to complete a new medical declaration. It is your responsibility and vital that you remember to do this for your own safety.

7. I sign below for the Bone Cancer Research Trust to release this information to the support team (Kuta Outdoors) accompanying the event.
8. In the event of illness or an accident on the challenge I hereby give my permission to the Kuta Outdoors medical staff to initiate treatment and notify my next of kin in case of hospitalisation.

***IMPORTANT:** Please state below how long you expect the challenge to take you to complete (this is to enable us to better support you on the day - an estimated time is acceptable):

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I have read, understood and agree to abide by the Conditions of Entry. I understand that by signing this form I am confirming that my general state of health and fitness is good and that I take full responsibility for my own medical wellbeing.

Print name:.....

Name of child/children within my care on the day of the event (if applicable):

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Signature:.....

Date:.....