



RUNNER DETAILS

All runners are required to complete and return this form to social@bristoljld.co.uk before the first running session on Tuesday 19 June. We look forward to seeing you then.

Personal details

First Name		Surname	
Email		Firm/ University/ Law School	
Emergency Contact Name		Emergency Contact Number	

Experience

How long can you run without stopping? (delete as applicable)

1. More than an hour
2. Up to an hour
3. About 45 minutes
4. About 20 minutes
5. About 10 minutes

Disclaimer

Your safety is paramount. Running for extended periods can be physically demanding therefore please ensure you are in good health before attending sessions. By signing this document you are certifying that you do not suffer from any medical condition which is likely to increase the risk of injury to you or others. If you suffer from a medical condition it is advised that you consult your doctor in advance.

Road running in urban areas can carry a risk of damage to property, injury or death. The running sessions are organised by Bristol Junior Lawyers Division and are open to our invited guests. Bristol Junior Lawyers Division does NOT assume any liability for your participation and you agree for yourself, your heirs, executors and administrators to waive any and all rights for claims against Bristol Junior Lawyers Division including its executive officers, members or representatives for any and all injury, loss and/or damages that may be suffered by you or your property while taking part in running sessions.

In participating and by signing this disclaimer you are acknowledging the risk of damage to property, injury or death and agree to take part at your own risk.

Signed

Print name

Date