

Leeds Abbey Dash Race Rules

In order to take part in the Leeds Abbey Dash 2009, all entrants must agree to the race rules outlined below:-

1. Competitors must be at least 16 years of age.
2. Participants enter the event entirely at their own risk. We shall not be liable for any injury or loss occurring as a result of participation, other than death or personal injury resulting from the Charity's negligence.
3. Participants should be healthy and have no known medical conditions. Any participant unsure of their physical ability to take part in the race should receive medical advice from a general practitioner prior to the event.
4. Participants confirm by entry that their names, and any footage or photographs taken during the race, can be used to publicise the event and Help the Aged generally.
5. Participants have a legal responsibility to ensure that all sponsorship monies/donations received by them for the Leeds Abbey Dash are paid to us by 31st January 2010.
6. Correct contact details for all participants must be provided in case of an emergency. We may use these details to contact your home or office.
7. All participants must write their name and details of any health problems or medication on the reverse of the race number, which must be worn on the front the participants t-shirt during the race.
8. Stocks of t-shirts are limited. Therefore, if the size you have requested is not available, we will give you an alternative size.
9. Entry fees will not be refunded, unless the event is cancelled.

If you have any queries please contact the Dash team:

dash@helptheaged.org.uk or 020 7239 1922

The four national Age Concerns in the UK have joined together with Help the Aged to form new national charities dedicated to improving the lives of older people

Patron HRH The Prince of Wales

Age Concern England (charity number 261794) has merged with Help the Aged (charity number 272786) to form Age UK, a charitable company limited by guarantee and registered in England; registered office address 207 - 221 Pentonville Road, London, N1 9UZ, company number 6825798, registered charity number 1128267. Age Concern and Help the Aged are brands of Age UK. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI, Age Cymru.