Virtual Lostock 8 Days Challenge 2020 Virtual Log

Adult ☐ **Child** ☐ **Club** _____

Name on booking _____ **Booking Number** _____

Click Event Walking Running

Age _____ **Click Events** 3km 5km 10km All 3 Events

Thank you for signing up to take part in the Virtual Lostock 8 Days Challenge 2020. Please use this log to document the runs or walks that will add up to your 3km, 5km, 10km or All 3 Events

Date	Time Started	Time Finished	Distance	Notes

Print more sheets as required and send a scan or photo of your log to lostock8daychallenge@gmail.com

Disclaimer

Runners MUST ensure they compete in a way that adheres to the letter and spirit of government rules and guidance on social distancing. Consider the time and route you choose in order to minimise the impact on others.

If you are unwell, injured or have any symptoms of COVID-19 or have recently been in contact with someone with symptoms do not take part.

Entrants should understand that when participating in any exercise or exercise programme, physical activity, or virtual competition, that there is the possibility of physical injury to you and others. You should always assess the suitability of the exercise/running location, route and equipment being used in order to ensure no risk is posed to others or yourself. If you engage in a specific exercise or all elements of a programme, physical activity or virtual competition, you agree that you do so at your own risk and you are voluntarily participating in these activities, as well as assuming all risk of injury to yourself. In doing so, you agree to release and discharge England Athletics from any and all claims or causes of action, known or unknown, arising out of the participation in such activity and out of the use of any associated guidance.