

ANNUAL CHARITY MUD RUN

For more information call us on the
MUDLINE : 01386 579579

COTSWOLD
Petroleum

Cotswold Petroleum is an independent family
run business that is situated in the heart
of the Cotswolds and is the local name in
home and farm heating oil.

From the local depot at Springhill near Broadway,
Cotswold Petroleum distributes a full range of
heating oils, agricultural diesel and road fuels
for home, farm and industry.

If you would like further information on our service
or products please visit:

www.cotswoldpetroleum.co.uk

or call the **Cotswold Petroleum Hotline**
on : **01386 579 579**

**HOME HEATING | FARM FUEL | COMMERCIAL FUEL
LUBRICANTS | 4x4 SMALL LOAD DELIVERIES**

Springhill Industrial Estate, Springhill, Moreton-in-Marsh, Gloucestershire GL56 9TP

www.cotswoldpetroleum.co.uk

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ANNUAL CHARITY

MUD RUN

**Get your team together
& get dirty for charity...**

Saturday 13th July 2019

**Venue: Freestyle 360, Sheaf House Farm
Draycott Road, Blockley GL56 9DY**



IN SUPPORT OF

**Great Western
Air Ambulance Charity**



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Air Ambulance Charity**

ABOUT GWAAC

Our Critical Care teams stand ready to save the lives of local people.

We provide emergency care to people who are in a state so critical that they require the specialist skills of our team at the scene of the accident or medical incident. Though we are part of the regional 999 response service and work closely with NHS hospitals, we are a charity entirely funded by local people like you.

GWAAC saves lives across Bristol, Bath and North East Somerset, South Gloucestershire, Gloucestershire, North Somerset and surrounding areas.

Without you, we couldn't do it. It's your support that allows us to keep the air ambulance going, so our team can keep saving lives.

Thank you!



ENTRANCE FEE

ADULTS: £25pp

CHILDREN: from 5-16 years: £10pp

If you need any further information, please just ask!

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ENTRY

HOW TO ENTER?

If you would like to take the challenge simply fill in the disclaimer at the back of this brochure and send along with your entrance fee (Cheques made payable to: **Cotswold Petroleum**).

Mail to: **Cotswold Petroleum Mud Run, Springhill Industrial Estate, Springhill, Moreton-in-Marsh, Gloucestershire GL56 9TP**

or call the office on: **01386 579 579** and make a payment over the phone.

We must have a completed form and payment for all participants.

If you need any further information, please call the MUDLINE on : 01386 579 579

COMPANY SPONSORSHIPS ARE AVAILABLE FOR EACH OBSTACLE. Any donation will be gratefully accepted. Your Company banner or logo can be displayed at your chosen obstacle site.

KIT LIST

WHAT TO WEAR & WHAT NOT TO WEAR:

Old clothes and old trainers as they will get very wet and muddy; you may even lose a trainer along the way so tie your laces tight! If you can it is best to wear tight fitting clothes in a light sports material that dries quickly and doesn't weigh you down when wet (not cotton). Also try not to wear loose clothes as they may get caught on the obstacles. No jewellery or watches, best to leave them at home.

Tip: Headbands are a good idea to avoid extra mud and sweat running into your eyes!

What to bring:

- A complete change of clothes and shoes, this is a mud run and you will get muddy!
- A carrier bag to put your dirty kit in/bin bag to sit in the car.
- Plenty of water/snack for afterwards (there will be food and drinks available to buy on site).
- A large towel – to dry off with and also in case you need to change under it.
- Sun cream/sun hat.

All the other bits/facilities:

- There are lockers in the gym that can be used to store car keys, etc.
- Outdoor hoses to wash off the main mud with and a brand new shower shack is now open with 4 showers in so you can have quick warm up afterwards. The hot water is limited, so if you are in a large group a time limit will be suggested. There is a small changing area in the shower shack and also a toilet. Portaloos will also be on site.
- Two changing tents outside so your group can use these to change in afterwards.
- Please do make sure you wash your hands off after completing the course.
- Ample free parking.
- Large decked seating area and benches dotted around for spectators or for the picnic afterwards. Please note this is not covered.
- Absolutely no mud or muddy shoes in the gym please, the showers in the gym are NOT to be used by mud runners as they must be clean at all times for gym members!!!

Anything else you need to know, please just ask!

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MUD RUN

OBSTACLE COURSE MAP



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F R E E S T Y L E
360 MUD

★ NO UNDER 11'S/11-16YR OLDS (ADULT SUPERVISION REQUIRED)

MUD RUN DISCLAIMER

THIS FORM IS IMPORTANT AND SHOULD BE READ CAREFULLY!

You must complete and sign this form before participating in any activities at the mud obstacle run and all pre and post course activities at Freestyle360, Sheaf House Farm, Draycott Road, Blockley, GL56 9DY. Once completed please mail to: **Cotswold Petroleum Mud Run, Springhill Industrial Estate, Springhill, Moreton-in-Marsh, Gloucestershire GL56 9TP** along with your fee for all competitors. All cheques must be made payable to **Cotswold Petroleum**.

If you are a parent/ guardian giving permission for your child to attend a party/ event please ensure they have this form on arrival as if they do not have the form signed by a guardian/parent we will have to refuse access to the course.

1. I HAVE HAD IT EXPLAINED TO ME AND UNDERSTAND THAT:

- 1.1 The activities undertaken at 360Mud are physically and mentally challenging and potentially dangerous, and include but are not limited to water based and other obstacles, surface hazards, run course & weather conditions;
- 1.2 There is a risk of serious injury and/or death associated with my participation in activities at 360Mud;
- 1.3 Although adherence to strict safety standards minimises these risks, they cannot be completely eliminated; and
- 1.4 Participation in activities and use of facilities at 360Mud is ENTIRELY AT MY/ MY CHILDS OWN RISK.

2. I CONFIRM THAT:

- 2.1 I am 16 years of age or older completing this form as a parent/guardian.
- 2.2 I am/ my child is fully aware of the risks to myself and others associated with participation in activities and use of facilities at 360Mud. These risks include damage to or loss of personal property, personal injury and in extreme cases, death.
- 2.3 I / my child will comply with all instructions given to me by the Organiser's officers, employees and volunteers and use any equipment as directed and not so as to hurt or injure others.
- 2.4 I / my child understand(s) that we are only permitted to use the 360 mud course, changing and shower area only. I am/ my child is not permitted to use the Freestyle 360 Outdoor Circuits or gym unless prior consent has been obtained.
- 2.5 I am/ my child is sufficiently fit and healthy to safely participate in the 360Mud Run and do not suffer from any medical condition which would adversely affect my/ their ability to safely participate in all activities at 360Mud.

3. RELEASE

- 3.1 I hereby acknowledge and accept that the Organiser and the 360Mud Run staff shall not be liable to me for any loss or damage arising from my participation in the activities at the 360Mud, including indirect or consequential loss or damage.
- 3.2 Nothing in this disclaimer shall be construed as limiting or excluding the Organiser's liability for:
 - (a) Death or personal injury which arises as a consequence of the Organiser's negligence, or the negligence of the 360 Mud Run staff; or
 - (b) Fraudulent misrepresentation; or
 - (c) Any other matter for which it would be illegal or unlawful for the Organiser to exclude or attempt to exclude its liability.

4. AGREEMENT

- 4.1 I have read and fully understood all the terms of this disclaimer. I confirm that I am not relying on any statements or representations by any person or entity as an inducement to my fully and voluntarily engaging in the activities at the 360Mud Run and assuming the risks and obligations stated above in signing this document.
- 4.2 I acknowledge that the nature of my/ my child's participation in the 360 Mud Run's activities and use of the 360Mud's facilities is potentially hazardous and that if I am unwilling to accept the risks associated with my participation, I should not take part.
- 4.3 I give permission to the Organiser to use my/ my child's photograph and/or any other record of my participation in the 360Mud Run for any legitimate purpose. I understand that any and all likenesses of me captured during the 360Mud Run by the Organiser or the 360Mud staff shall become the sole property of the Organiser/ Freestyle 360.
- 4.4 If any court or competent authority finds that any provision of this document (or part of any provision) is invalid, illegal or unenforceable, that provision or part-provision shall, to the extent required, be deemed to be deleted, and the validity and enforceability of the other provisions of this agreement shall not be affected.

THIS FORM MUST BE COMPLETED BY EACH AND EVERY INDIVIDUAL AND/OR TEAM MEMBER PRIOR TO THE EVENT!

DATE OF EVENT: Saturday 13th July 2019 - 10am Registration

I (PRINT NAME):

Team Name:

Address:

Email:

Date of Birth:

Signed:

Date:

PLEASE FILL IN THIS SECTION IF YOU ARE A PARENT/GUARDIAN GIVING PERMISSION FOR YOUR CHILD TO ATTEND A GROUP EVENT OR PARTY AT FREESTYLE 360.

Give permission for my son/daughter listed below to engage in activities and use facilities made available to them by the Organiser and I sign this document in consideration of them being given the opportunity to engage in the activities.

Signed:

Date:

I am allowing the following children to engage in activities provided by Freestyle360 (Under 16 YEARS OF AGE) I understand they will be supervised by Freestyle360 Staff or the activity organisers.

Name:

Age:

Relationship:

Name:

Age:

Relationship:

Name:

Age:

Relationship: