

WEST HIGHLAND WAY RACE 2026 – RUNNER / SUPPORT CREW ACKNOWLEDGMENT AND DECLARATION

Acknowledgments and Declarations

Please read each section carefully before completing the Support Crew Form and Declaration.

1. NATURE OF THE EVENT

1.1. I acknowledge and understand that:

- (a) the West Highland Way Race (the “Race”) is an unsupported ultra-marathon covering approximately 96 miles of mountainous and remote terrain between Milngavie and Fort William;
- (b) as a runner, support runner or support crew member on course, I will be participating in a race (or accompanying a competitor on one or more sections of the route) in a remote and potentially hazardous outdoor environment;
- (c) certain sections will/ may be completed during night-time hours, in adverse weather conditions, and/ or across difficult and remote terrain; and
- (d) I participate in this event or role entirely voluntarily and at my own risk in respect of the inherent risks of the outdoor mountain environment, including but not limited to weather, terrain, remoteness, and the physical demands of the route or sections undertaken.

2. FITNESS AND COMPETENCE

2.1. I confirm that:

- (a) I am physically fit and capable of completing the Race or sections of the route on which I intend to act as a support runner or support crew member on course;
- (b) I have no medical condition, injury, or impairment that would make it unsafe for me to participate in the Race, to act as a support runner or support crew member on course or to participate in another role, or that I have not declared either to the race organisation or to the other support crew members;
- (c) Where I intend to act as a support runner or support crew member on course, I can complete my section(s) independently and without relying on the runner or any other person for assistance; and
- (d) I will not continue on course if I become unwell or unable to do so safely.

3. MANDATORY KIT

3.1. I confirm that I have read the mandatory kit requirements set out in the 2026 West Highland Way Race Rules (the “Race Rules”) and I will comply with them in full before participating or joining a runner on the course.

3.2. I understand that it is a condition of my participation that I always carry the mandatory kit whilst on the course.

3.3. I understand that failure to carry the mandatory kit may result in either myself or the runner I am supporting, being withdrawn from the Race.

4. COMPLIANCE WITH RACE RULES AND INSTRUCTIONS

4.1. I agree that:

- (a) I have read and understood the Race Rules and will comply with them in full;

- (b) As a support runner, I will only join the runner I am supporting during the permitted windows as confirmed by checkpoint marshals, and I will not accompany any runner before Tyndrum or during any prohibited section;
- (c) As a support runner, I will at no time carry the mandatory kit of the runner I am supporting and acknowledge that the runner must carry their own mandatory kit throughout;
- (d) I will follow all instructions given by race marshals, the Race Safety Officer, and the Race Director without exception and without delay;
- (e) I will remove any earphones at checkpoints, at road crossings, when approaching marshals, and when running on public roads, and will ensure that I am able to hear what is going on around me at all times;
- (f) in the event of adverse weather or deteriorating conditions, I will comply with any instruction to pair up, turn back, or leave the course; and
- (g) I accept that failure to comply with the Race Rules or marshal instructions may result in myself or the runner I am supporting, being withdrawn from the Race.

5. MEDICAL ADVICE

5.1. I confirm that:

- (a) I have read the medical advice document published on the Race website and understand that it applies to me as a runner, support runner or support crew member on course;
- (b) as a runner or support runner, I will not take Ibuprofen or other NSAIDs (including naproxen or diclofenac) during the event; and
- (c) as a runner or support runner, I am aware of the dangers of over-hydration and will drink only to thirst.

6. EMERGENCY PROCEDURES

6.1. I understand and agree that:

- (a) if I am injured or otherwise incapacitated, or I am made aware of the injury or incapacitation of my runner or other support runner in my team, I will contact Race Control immediately using the emergency number;
- (b) primary responsibility for arranging any assistance I require lies with the my support crew, and as a support runner or support crew member on course, I will ensure that other members of the support crew are aware of my section/ location before I join the course; and
- (c) the Race's medical team may assist a support runner or support crew member on course in an emergency but are primarily responsible for the welfare of runners.

7. LIABILITY

7.1. I acknowledge that:

- (a) the Race organisation does not accept liability for any loss of, or damage to, property belonging to or used by me during the Race;
 - (b) the Race organisation does not accept liability for any indirect or consequential loss arising from my participation as a runner, support runner or support crew member; and
 - (c) the inherent risks of the outdoor mountain environment, including weather, terrain, and remoteness, are risks which I voluntarily accept by choosing to participate in the Race as a runner or in another role.
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