

The Fionnar Natural Mineral Water Glen Affric Duathlon Entry Form

Sunday 22nd April 2007 - start time : 11:00

Location : Glen Affric National Nature Reserve, Inverness-shire

Glen Affric has the largest remaining area of ancient Caledonian Pine forest left in Scotland and was declared a National Nature Reserve in 2002. For more info on the area, race details and accommodation, go to www.glenaffric.info

**Distances: Run 1 – 7.5 miles (Hill to 1500ft, rough, very boggy & river crossing)
Cycle – 18 miles (MTB or cyclo cross only)**

Run 2 – 2.5 miles mainly flat riverside run (part road/part X-country)

All disciplines are basically looped courses, all starting and finishing at same place. Note: The first run is not for the faint hearted and is very rough & boggy in parts and can be exposed in bad weather. Wet weather running clothes will be required in such conditions. You will be expected to cross byrnes unaided & cross a waste deep river (rope aided), without complaining! The organiser reserves the right to change/shorten the first run to out and back in the event of extremely bad weather conditions, but ONLY as a last resort. Entries limited as parking is a problem.

Please complete the following very clearly

Name : _____ **Telephone :** _____

Email address (capital letters only) : _____

Contact address : _____

Post Code : _____ **Male/Female :** _____

Age as of 31st December 2007 (Entrants must be 18+) _____

Note: If entering as an individual, you may also enter as part of a team at no extra cost. Individual team prizes are awarded based on cumulative time of fastest three in team (No limit to team size). Relay teams restricted to 3 people only, one person per discipline.

Entry fee:	Tri-Scotland/BTA members	Non Tri Scotland/BTA members
Individual	£17 per person	£19 per person
3 person relay team	£12 per person	£14 per person

Race T-shirts can be pre-ordered at a cost of £12 to be collected at registration.

Please tick type of entry:-

Individual : _____ **Team Name (if applicable) :** _____

Relay : _____ **Relay Team Name :** _____

Tri-Scotland/BTA number (if applicable) * : _____

T-Shirt? Yes/No ** If more than 1, please indicate : _____

Total fee enclosed : _____

* proof of membership by showing licence required at registration to avoid £2 levy

** delete as appropriate

Please make cheques payable to “Strathglass Marketing Group”

Disclaimer: I declare that I am medically fit to participate in this event and understand that I do so at my own risk and that the organisers will not be liable for any loss, damage, death, action, cost or expenses, which may arise as a result of my taking part in this event or from the postponement or cancellation of this event for any reason

Signed : _____ **Date:** _____

Please return completed entry and payment, ensuring you have signed disclaimer, to:-

Matt Jones, Cannich C&C Park, Cannich, Strathglass, Inverness-shire, IV4 7LN

Race details will be sent out **10-14 days** before race. **PLEASE ENCLOSE SAE for early confirmation of entry. If not, then the only way of knowing if you are in is when the cheque clears.**