

ISLE OF MULL CYCLING CLUB GLENGORM DUATHLON Sun 9th October 2011

Course: The event starts at Glengorm Tearoom, with a run, making a loop round Glengorm Estate for a distance of 2.5 miles. Transition is at the Tearoom, with cycle following a route round Loch Torr, a distance of 10 miles, finishing at Glengorm Tearoom. The last stage of the Duathlon is a 2.5 mile run round Glengorm Estate to finish at Glengorm Tearoom.

Start & Registration: The start is at 12.30 on Sunday 9th October at Glengorm Tearoom. You will be directed to registration (above Tearoom), where you must register by 12.00.

Entries: Entry: Big Duathlon - Solo: £6 / Team of 2: £10.00. Novice and Youth Duathlon - Solo: £4.00 / Team of 2: £6.00. All Kids Races: £1.00.

Medals & Prizes: Medals and Goodie Bags will be awarded to all finishers. There will be prizes in most categories, including a Special Cup in memory of Hughie Watt, a Perpetual Cup donated by Mr Alan MacLean for the 1st *local* finisher of the Big Duathlon.

ENTRY FORM

Age on Day of Event

Please tick as appropriate:

Big Duathlon:

Male Female Solo Team Team Name

Novice & Youth Duathlon:

Male Female Solo Team Team Name

Kids Races: Boy Girl



Disclaimer: Delete as appropriate:

I assume exclusive responsibility for this application. I understand that I/my son/daughter participates in this club event entirely at my/his/her own risk. I have considered and understand the nature of such events (and have discussed them with my son/daughter.) I am satisfied that I am/my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for my/his/her own safety whilst engaged in this club event. I am aware/have informed my son/daughter that the function of any marshal is to indicate direction and that all riders/runners should take responsibility for their own safety whilst negotiating any obstacle or manoeuvre. I agree that I/my son/daughter shall participate in this club event without liability whatsoever on the part of any member of the Isle of Mull Cycle Club Forestry Commission or Glengorm Estates in respect of any injury, loss or damage suffered by myself /him/her. I confirm that I/my son daughter does not have any disability or medical condition, physical or mental, which could affect my/his/her ability to ride safely as a mountain biker or run in this event.

(Name or Name of parent or guardian if under 18):

Address:.....
.....

Signed (by parent or guardian if under 18):.....

Signed (Witness) (if under 18):

Contact Tel Number: