

Scottish Islands Peaks Race

Runners Entry Form 2020

15th April 2020 Deadline for Entry

Please enter us as Runners for the Scottish Islands Peaks Race, which starts at midday on Friday 15th May 2020. We agree to abide by the rules and race instructions. We understand that we will be asked to sign a final Disclaimer when we arrive at Registration agreeing to abide by the Race Rules, and that we have the specified necessary experience.

The mountain weather can be severe so we understand and agree that all runners have the suitable experience of mountain safety and navigation in addition to running ability. For example: completion of either the Mull or Jura legs of a previous race; a Long Category A Hill race; a Mountain Time Trial; a Mountain Marathon or an accredited Mountaineering or Hillwalking Course. Equivalent experience may be acceptable (please provide full details overleaf including the dates when races completed)

The rules require each runner to wear or carry **mandatory** minimum equipment. A full list of the required Kit and Race Rules are available on our website www.scottishislandspeaksrace.com

Apart from the Youth Teams who may have more, the crew must be five strong including at least 2 experienced runners. Many teams carry mobile phones on the hill. These are useful in emergencies and can also help ensure that the yacht is ready to leave immediately on your return.

Boat Name

Skipper.....

Class

Number of runners participating on this boat.....



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If you have any queries on the running element of the Race, please email entries@scottishislandspkrsrace.com.



This form should be filled in for every runner, including full name, address, mobile number, email address and age. Experience need only be completed by those who have *not* competed as runners in this Race before (including Youth and All Rounder Teams), as we need to vet your experience if you are new to this Race. Please tell us the years you have compete in any race you are adding as your experience.

	Full name and address	Mobile phone and email address	Age	Competed in SIPR before? Y/N Date	Club,/Race experience with dates compete in race
Runner 1					
Runner 2					
Runner 3					
Runner 4					
Runner 5					

Please return your completed application by the 1st of April 2020. (Last minute changes are allowed) to entries@scottishislandspeaksrace.com or by post to Alison Macdonald, 94 Howdenhall Drive, Edinburgh EH16 6UP

