**Saturday 29th July 2023**

**Race begins at 12 noon**

**Category ‘A’ (Long Hill Race)** **14 miles/22.4 kms with 5000ft/1520m of ascents/descents**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please tick the category you wish to compete in: - (**athletes must have attained 18 years of age)**:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **18 - 39** | **40 - 49** | **50 - 59** | **60 - 69** | **70+** | **Local** |
| **Male** |  |  |  |  |  |  |
| **Female** |  |  |  |  |  |  |

**Your entry fee of £8.00 must be paid prior to registration.**

To qualify for the local category you must be a permanent resident staying within a 25 mile radius of Dufftown.

The following kit requirements are mandatory for **ALL** Category ‘A’ long and medium races:

1. Waterproof **WHOLE** body cover
2. Map & compass suitable for navigating the course
3. Whistle
4. Emergency food

Race organisers and competitors are not allowed to waiver this rule regardless of weather conditions. As well as a sensible rule with regards to the runner’s safety it is also a condition of the insurance cover for the race. These minimum kit requirements may be increased if the Race Organiser considers the climate conditions demand it.

I wish to enter the above event and consider myself medically fit enough to complete the course satisfactorily. I enter at my own risk and will not hold the organisers responsible for any loss, damage or injury arising directly or indirectly from me competing.

I realise that due to the nature of the event I must have gained previous hill running experience and agree to comply with the above safety requirements.

Contact: - [jillianstephen@live.co.uk](mailto:jillianstephen@live.co.uk)

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Registered Company: 175928 Scotland**

**Charity Registration No: SC047843**