

# CAPE WRATH CHALLENGE ENTRY FORM 16 – 22 MAY 2010

Sponsors Campbell Lutyens: Middle Beat Fishings, John Walker,

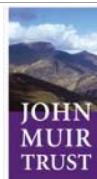
Cape Wrath Challenge have joined forces with Marie Curie Cancer Care nurses and John Muir Trust



[www.capewrathchallenge.co.uk](http://www.capewrathchallenge.co.uk)



<http://www.mariecurie.org.uk>



[www.jmt.org](http://www.jmt.org)



[www.campbell-lutyens.com](http://www.campbell-lutyens.com)

Part I - Personal details - <b>please print clearly!</b>		Tel (evg):	
Surname:		Address:	
First name:			
Age on 22ND. May 2010			
Gender: Male / Female:		Post Code:	
Affiliated Club:			
Athletics Scotland Membership No.			
E-mail: This will be USED FOR CORRESPONDENCE <b>PLEASE PRINT CLEARLY</b>			
If you are wanting to book Final Nigh Buffet Tickets please insert number You will be invoiced for this later			
Part II - Race entry. Confirm which runs you wish to take part in: enquiries 01971511346 <a href="mailto:INFO@CAPEWRATHCHALLENGE.CO.UK">INFO@CAPEWRATHCHALLENGE.CO.UK</a>			
Day	Event	Tick if entry required	Fee included
<b>Mon;</b>	Half Marathon - entry fee £12.00		£
<b>OR</b>	10K entry fee £12.00		£
<b>Tues;</b>	Sangomore Hill Run 5.3 miles - entry fee £12.00		£
<b>OR</b>	Sangomore Hill Run 4miles - entry fee £12.00		£
<b>Wed.;</b>	Durness Run 8.4 miles - entry fee £12.00		£
<b>OR</b>	Shorter option will be available entry fee £12.00		£
<b>Thurs;</b>	Target Zero Beach Run 4.2 Miles - entry fee £12.00		£
			£
<b>Sat: The Cape Wrath Challenge</b>			
	- either marathon individual run - entry fee £25.00 *		£
	or Marathon Relay - 2 person teams £30.00 per team ( <b>limited to 19 teams maximum</b> )		£
	- or Marathon Relay - 3 persons £40.00 per team ( <b>11 teams max</b> )		£
	- or Marathon Relay - 5 persons £40.00 per Team ( <b>13 teams Max</b> )		£
	<b>OR One-off week entry fee: ( please still indicate runs)</b>		<b>£55.00</b>
<b>Total of entry fees paid:</b>			<b>£</b>
<i>App. Marathon Time for individuals _____ if over 5 hours participation will be at Race Directors discretion</i>			

Please name running partners if entering for relays or indicate if a partner required. \_\_\_\_\_

Declaration; A signed entry form will be considered as an acceptance of governing body rules for road running and a declaration that you will compete on foot and run entirely at your own risk. All entrants agree that they will not run in any of the listed races unless they are medically fit to do so. In addition, if they suffer from any known medical condition or are allergic to any drugs or medication then they agree to inform the race organisers, in writing, and before the event so that this information may be passed onto those providing medical cover for the events.

Cheques Please make payable to "The Cape Wrath Challenge" Please put your name and address on the back of the cheque. Return to Local Office Sangomore Headland Durness Sutherland IV27 4PZ

Signed: \_\_\_\_\_ Dated \_\_\_\_\_