



Sat 8th Sept 2012

The **Monadhliath Heartbeat Challenge** is an annual event held in the Highlands. We welcome participants aged 12 and over to take part, have fun, get fit and raise funds that will benefit cardiac care. To date the Challenge has raised over £55,000 for our beneficiaries, including the **Cardiology Department at Raigmore Hospital, Inverness**.

The population of the Highlands is continuing to grow and the demands on Raigmore are increasing daily. In Scotland we have the highest incidence of heart disease in Western Europe which makes the funds raised by this challenge all the more important.

Many charities raising money in the Highlands send the funds to central offices outwith the Highlands. We ensure that **all** funds raised locally are spent locally. We would like to thank the owners of both Nairnside and Moy Estates for their most generous help.

Adult Entry Form (for entrants who are aged 16 or over on 8th September 2012)

Section A – Applicant’s Details

Name:

Email:

Address (including postcode):

Contact Phone Number:

Date of Birth: Age on race day:

Section B - The Route & Participation Options

Option 1 Walk 12 miles / Bike 10 miles: Walk from Clava just south of Inverness over Saddle Hill and Pulpit Hill (731 metres ascent!) into the Moy Estate and return by bicycle along the old A9 back into Clava. **10am START**

Option 2 Run 12 miles / Bike 10 miles: Run from Clava just south of Inverness over Saddle Hill and Pulpit Hill (731 metres ascent!) into the Moy Estate and return by bicycle along the old A9 back into Clava. **12pm START**

Please indicate which event you wish to participate in:

Option 1 (Walk / Bike) Yes / No

Option 2 (Run / Bike) Yes / No

Section C – Challenge Rules

- Applicants aged 16 & 17 on 8th September 2012 must have the consent of their parent / guardian (see Section D below).
- There are water stations on the route but you should carry your own supply, especially if it is a hot day.
- Entrants must be fit enough to complete this challenge - if your training hasn't gone as well as you'd hoped, indicate at the bike check-in/sign on that you'd like to change from Option 2 to Option 1 and remember to turn up at your revised start time!
- Helmets must be worn on the Bike section.
- The Highway Code must be obeyed on the Bike section – during the Challenge the roads are open to vehicular traffic and you must take care to ensure your personal safety. The Highway Code for cyclists can be found at: <http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/Cyclists/index.htm>
- No ipods (or similar) on the Bike section.
- No dogs are allowed on the route.
- The organisers' decisions will be final in all matters relating to the Challenge.

Section D - Declarations

I confirm that:

1. I am in good health and physically capable of completing the Challenge,
2. I agree to abide by the Challenge rules and all instructions given to me by the event organisers and route Marshals,
3. I understand that no liability can be accepted by the organisers or land-owners for any injury, illness or loss sustained by, me before, during or after the event, and
4. I pledge to raise a minimum of £40 sponsorship money.



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Signed:

Signature of consenting parent/guardian (if applicant is aged 16 or 17 on race day):

Full name and Address of consenting parent/guardian (if applicant is aged 16 or 17 on race day):

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Section E – Entry Fees & Sponsorship

Adult (aged 16 or over) Entry fee = £15.00.

SAL (Scottish Athletics)/Jog Scotland members qualify for a discounted entry fee of £12.00

Please provide your current SAL/Jog Scotland membership number to claim this discount.....

A minimum of £40.00 sponsorship to be raised.

Entry includes free event memento, medal and post event refreshments.

If applying by post, please complete application form and enclose £15.00 (or £12 if SAL/ (Scottish Athletics)/Jog Scotland member) non-refundable entry fee. Please make cheques / postal orders payable to “Heartbeat Challenge” and send completed form and payment to: “Heartbeat Challenge”, c/o 36 Longman Drive, Inverness, IV1 1SU.

If applying on-line, please complete application form and make payment through our web payment page. This option is not currently available if you are claiming SAL (Scottish Athletics)/Jog Scotland membership discount. Please submit a postal application in this case.

If you have any enquiries relating to the Challenge, contact: karen@heartbeatchallenge.co.uk