



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.

Junior Entry Form (Applicants aged 12 to 15 on 8th September 2012 but enter the Challenge with an Adult aged 18 or over)

Section A – Applicants’ Details

Junior Applicant:

Name:

Email:.....

Address (including postcode):

Contact Phone Number:

Date of Birth: Age on race day:.....

Adult Applicant:

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. **12 noon START**

Please indicate which event you wish to participate in:

Option 1 (Walk / Bike) Yes/No
Or
Option 2 (Run / Bike) Yes/No

Section C – Challenge Rules (including additional rules for junior applicants)

- Applicants aged 12 to 15 on 8th September 2012 must have the consent of their parent / guardian **and must** apply jointly with an adult who must be at least 18 (see sections A & D below). The adult must take part in the Challenge and remains responsible for the safety of the junior applicant concerned for the duration of the Challenge.
- The adult that has applied jointly with the junior applicant must attend a short briefing at Moy on Friday 7th September 2012 (please identify yourself to one of the bike check-in volunteers).
- There are water stations on the route but each applicant should carry his/her 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!



Sat 8th Sept 2012

- 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

We confirm that:

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

Signature of Junior Applicant:

Signature of consenting parent/guardian (if applicant is aged 12-15 on race day):

Full name and Address of consenting parent/guardian (if applicant is aged 12-15 on race day):

Signature of Adult Applicant:.....

Section E – Entry Fees & Sponsorship

Combined Joint Junior & Adult Entry fee = £30.00

SAL/Jog Scotland members qualify for a discounted entry fee. If either or both of you qualify for this discount, please write your current SAL/Jog Scotland membership number below.

One of you is a member SAL (Scottish Athletics)/Jog Scotland.

Membership No..... Fee £27

Both of you are members of SAL (Scottish Athletics)/Jog Scotland

Membership No..... Membership No..... Fee £24

A minimum of £40.00 sponsorship (shared between the Junior and Adult applicants) to be raised.

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

If applying by post, please complete application form and enclose £30.00 non-refundable entry fee (or £27/£24 if SAL/ (Scottish Athletics)/Jog Scotland members). 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