

Race Number

Pentland Skyline Hill Race Registration Form 11 October 2009

Category AL, 16 miles, 6200 feet.

Start Time 11am

Entry fee £5

1. You must have navigation skills using map and compass to cope for all weather conditions.
2. If you retire you must report to the race organiser at the finish.
3. You must carry:
 1. Windproof complete body cover
 2. Other body cover appropriate for the weather conditions.
 3. Suitable map and compass.
 4. Whistle
 5. Emergency food.
4. The course is not marked.
5. If conditions are bad and you take more than 2 hours 15 minutes to reach checkpoint 12, you will be requested to retire and accept a lift back to the start.

Name (Print)					
Address					
Phone Number					
Club					
Car Reg. Number					
Sex (Circle)	Male	Female			
Category (Circle)	Senior	40+	50+	60+	70+
Competing in the 'Man or Mouse' competition? (Tick if yes)					<input type="checkbox"/>

I understand that this race is held in accordance with the safety rules of SHR. I have read and understood the information displayed at the registration point. I accept that I am responsible for my own safety and any injury that happens to me is not the responsibility of the race organiser.

Signed

Date