

131st DUFFTOWN & DISTRICT HIGHLAND GAMES



Race No:

BEN RINNES FIVE TOPS HILL RACE

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: _____

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

Signed: _____

Date: _____