

### TEAM CAPTAIN'S DETAIL

Please provide the requested information so that WildFox Events can send you important pre-event information

TITLE: \_\_\_\_\_ FORENAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ GENDER: Male  Female

ADDRESS: \_\_\_\_\_

TOWN/CITY: \_\_\_\_\_ COUNTY: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

PLEASE SUPPLY AT LEAST ONE CONTACT NUMBER BELOW:

Work phone: \_\_\_\_\_ Home phone: \_\_\_\_\_ Mobile phone: \_\_\_\_\_

PLEASE INDICATE WHICH SECTIONS YOU, PERSONALLY, ARE DOING:

All  Swim  Mountain  Kayak  Cycle

### OTHER TEAM MEMBERS

TITLE: \_\_\_\_\_ FORENAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ GENDER: Male  Female

ADDRESS: \_\_\_\_\_

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### TEAM DETAIL (delete as appropriate)

TEAM NAME: \_\_\_\_\_

TEAM OF TWO: Yes / No

RELAY TEAM: Yes / No Number in relay team \_\_\_\_\_ (min 4/max 8, at least 2 participants per phase)

PLEASE INDICATE:

• Swimming: Average / Strong / Very Strong Estimated time to swim 1.5k \_\_\_\_\_

• Navigation skills (Armed Services, orienteering, Mountaineers etc):  
GPS are permitted \_\_\_\_\_

• Kayak Skills (we will provide each team with a Malibu 2 Kayak): \_\_\_\_\_

• Estimated time to cycle 54k: \_\_\_\_\_

• Estimated time for team to complete entire event: \_\_\_\_\_

**Current record is 8 hours 10 minutes.**

The organisers reserve the right to insist on a cut-off time to ensure the safety of participants and support personnel. No participant will be allowed to continue the event unaccompanied. If at any stage only one team member is fit to continue then we will try to find them another team to join up with. In relay teams there must be a minimum of two team members doing each section. Only the swimming leg has a maximum of two team members for this section.

Organised by:



Charity that will benefit:



**PREVIOUS RELEVANT EXPERIENCE** (delete as appropriate)

Have you done this event before? Yes / No If so, when? \_\_\_\_\_

Which similar events have you done in the past? \_\_\_\_\_

How did you hear about this event? \_\_\_\_\_

**ON THE DAY** (delete as appropriate)

Your preferred START TIME (allocated on a first come first served basis): 06.00 / 07.00

T-SHIRTS (one t-shirt per competitor): Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

**ACCOMMODATION**

Please indicate: Hotel/B&B: Yes / No If Yes, Hotel/B&B name: \_\_\_\_\_

Camping with own tent: Yes / No If Yes, number of tents: \_\_\_\_\_  
*Loos and showers are provided onsite*

Tipi/Bell tent: Yes / No If Yes, number of people: \_\_\_\_\_  
*Tipis and Bell tents sleep between 6 – 8 people and offer the ultimate onsite sleeping experience!  
Costs tbc (£495 - £595 in 2009), we will be in touch if you express an interest*

**ADDITIONAL ATTENDEES/SUPPORT CREW**

Total number of guests for team: \_\_\_\_\_ **Please advise us of additional numbers at least two weeks in advance of the event so that sufficient food is provided for them**

*Cost per additional attendee for the weekend to include camping facilities, Friday night pasta party, Saturday feast and ceilidh and Sunday morning activities is £50. Cost per additional attendee for camping facilities and Saturday night feast and ceilidh only is £25. Children under 12 go free.*

**MEDICAL QUESTIONNAIRE**

Each team member MUST complete the attached Medical Questionnaire and return it to WildFox Events, Kindrochit House, Ardtalnaig, Aberfeldy, Perthshire PH15 2HX. **We cannot register participants until a completed medical questionnaire has been received.** Please return these individually if information is private.

WE RECOMMEND THAT YOU HAVE A CHECK-UP BEFORE THE EVENT. If you have a medical condition, please check with your doctor that you are suitably fit for such a gruelling event.

**REGISTRATION FEE**

**Registration fee is £190, plus £30 kayak hire, totalling £220 per person. The total for relay team members not kayaking is £190. It is compulsory to use Malibu Two kayaks.**

The fee includes a registration pack, camping facilities, Friday night pasta party, refreshments and services at check points /water stops, medical and logistical support, sports massage, Saturday feast, ceilidh, spectacular fireworks and Sunday brunch and activities.

**TOTAL AMOUNT ENCLOSED:** £ \_\_\_\_\_ Please tick  if you are registering under the **Corporate Team Incentive**

Please return this form with a cheque made payable to **WildFox Events Ltd** to: Kindrochit House, Ardtalnaig, Aberfeldy, Perthshire PH15 2HX. Please enclose the fee in full to secure your places. We cannot hold places without the fee being paid in full for the team.

**Fundraising**

In addition to the registration fee, EACH team member pledges to raise a **minimum of £450** in sponsorship for Mercy Corps.

The easiest way to collect sponsorship is by setting up your own fundraising page online using [www.justgiving.com/artermis](http://www.justgiving.com/artermis) and selecting the Artemis Great Kindrochit Quadrathlon. All offline sponsorship cheques should be payable to Mercy Corps and sent to The Artemis Great Kindrochit Quadrathlon, Mercy Corps, 40 Sciennes, Edinburgh EH9 1NJ.

*Teams who raise substantially less than the pledged amount will not be allowed to participate in the event in future years.*

Organised by:



Charity that will benefit:



**OTHER TEAM MEMBERS** (please copy this page and complete for additional team members)

TEAM NAME: \_\_\_\_\_

TITLE: \_\_\_\_\_ FORENAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ GENDER: Male  Female

ADDRESS: \_\_\_\_\_

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## EVENT REGULATIONS

The Artemis Great Kindrochit Quadrathlon is sponsored by the Artemis Charitable Foundation (a charitable trust registered in Scotland, number SC037857) of 42 Melville Street, Edinburgh, EH3 7HA. WildFox Events Limited is being employed to manage the event on their behalf. By registering to take part in the Artemis Great Kindrochit Quadrathlon you are agreeing to the following conditions of entry and any instructions given to you by the organisers, officials and marshals before, during or after the event.

- You and your team members must be at least 18 years of age on Saturday 10 July 2010.
- You and your team members will pay the Artemis Great Kindrochit Quadrathlon a non-refundable registration fee when registering. The registration fee is £220 per person (less £30 per person, if not doing the kayak section). Your place is not secured until this fee is received. If the Artemis Great Kindrochit Quadrathlon is full we will refund your registration fee.
- You and each team member must raise at least the minimum sponsorship requirement of £450 per person. You and your team members will send all of the sponsorship money, which you have raised, to Mercy Corps as soon as possible. If for any reason you or any of your team members choose not to take up your place or the event is cancelled, or you are not permitted to take part in the event, all sponsorship forms and money collected must be forwarded to Mercy Corps and will not be refunded.
- You and your team members are responsible for ensuring that you have the appropriate level of fitness to participate in the Artemis Great Kindrochit Quadrathlon. You and your team members are strongly advised to consult a doctor before undertaking any strenuous exercise or training programme, or participating in the event.
- You and your team members are taking part in the Artemis Great Kindrochit Quadrathlon at your own risk. The organisers will have no responsibility for any risk, loss or costs which you incur in connection with the event and you will indemnify the organisers and any persons acting on their behalf for any risk, damages, loss or costs arising as a result of your participation in the event. The organisers will not carry insurance in relation to your participation in the event so it is your responsibility to obtain any necessary insurance in connection with the Artemis Great Kindrochit Quadrathlon.
- Prior to and during the event you and your team members will be responsible for your own safety, you will take all reasonable care to ensure the safety of other participants and you will comply promptly with all instructions and guidelines given by the organisers and any persons acting on their behalf. There will be marshals located on the route and all volunteers and staff involved in the event will be clearly identifiable.
- All participants will be given an event identifier at registration, which must be displayed for identification at checkpoints and is your passport to refreshments.
- You must sign in and out with the marshals at each checkpoint. If you retire from the event you must inform the marshals at that checkpoint or Race HQ if retiring between checkpoints. This is particularly important on the walking/running section of the event as otherwise we must come looking for you.
- Team and Relay entries will only be deemed as having completed the course when the last member of the team has crossed the finish line, upon which becomes the official finishing time for the team entry.
- The Artemis Great Kindrochit Quadrathlon is subject to cut-offs. Slower entrants should take note of the following cut-off times on the day of the event. Please note that these cut-off times will only impact participants who take longer than an average 4-5mph. It is essential that participants that miss these cut-off times abide by them. They are non-negotiable. In the event of severe weather, these cut-off times can be moved up for the safety of both participants and volunteers.

### *Cut-off times used in 2009:*

**HILL PHASE:** 14.00 on the summit of Ben Lawers. Participants who failed to leave this point by 14.00 were directed to do the Silver route, omitting Munros 6 + 7.

**KAYAK PHASE:** Guideline time of 17.00. Participants who failed to reach the kayak start before this time were unlikely to complete the bike stage as well. Participants were welcome to complete the kayak phase but had to reach the bike start by 19.15 at the very latest.

**CYCLE PHASE:** 19.15 was the absolute cut-off for the bike start. All participants who reached this point after 19.15 were asked to retire from the event.

### **The following equipment MUST be carried during the event:**

**SWIM PHASE:** Swim wetsuit, goggles, swim cap – provided at registration

**HILL PHASE:** Small rucksack, map of the route (provided by the organisers), compass (GPS permitted), whistle, mobile phone, head torch, camelback/ platypus water container (3 litre minimum) and energy drinks (there is no water on the ridge), waterproof jacket & trousers, thermal or fleece, warm hat and gloves, energy food (nuts, fruit, chocolate and energy bars etc, no packed lunch provided), survival bag, Aide Memoire (supplied at registration)

**KAYAK PHASE:** Waterproof jacket & trousers, buoyancy aid (issued at kayak start), Aide Memoire (supplied at registration)

**CYCLE PHASE:** Helmet (supplied with hired bikes), mobile phone, bike lights (may be necessary if you are out later on), spare inner tube, bike pump, tyre levers, Aide Memoire (supplied at registration)

**HIGHLY RECOMMENDED KIT:** Walking poles x 2, suncream, sunhat, midge net

The organisers reserve the right to change this list should it be considered appropriate for participant safety. There will be kit inspections.

- The walking/running section of the course will not be marked, except perhaps on An Stuc. Experience and navigational skills are required. Low cloud often covers the Lawers range. You must be able to find your way in mist using a map and compass. You cannot depend on being able to follow a path or another team who may be lost too.
- For the cycling part of the event the marshals do not have the authority to stop motorists; they are there for your safety and other road users. Please listen and obey their instructions. Most of the route will be on minor roads but these will not be traffic free. You must obey all road traffic legislation and Highway Code Rules; failure to do so may lead to disqualification. Particular care should be taken on those sections of the route on single track roads.
- If you are using your own bike you must ensure that it is mechanically sound and roadworthy. Safety-approved cycling helmets are compulsory. All riders are recommended to carry two drink bottles, an energy bar or similar snack, tools, replacement inner tubes and wet weather clothing. We also advise that riders carry ID and a small amount of money. You may not use your mobile phone while riding.
- During the cycling phase you must not take food or drink from a moving vehicle. If you need food or drink, you must stop to receive it. You may however receive support from a stationary vehicle and any such vehicle must not interfere with the progress of other participants or obstruct other traffic.
- The organisers reserve the right to terminate an individual's participation on health and safety grounds. The Artemis Great Kindrochit Quadrathlon will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. Entry fees, however, are not refundable.
- In the course of registering and participating in the Artemis Great Kindrochit Quadrathlon we will collect personal data from you, your team members and your support members. We may process and use the personal data collected for administrative, research and publicity purposes. By entering the event you give us permission to use your name (and that of your team, team members and organisation that you represent), voice or picture in any broadcast, telecast, advertising material, or other account of the Artemis Great Kindrochit Quadrathlon. We may also pass your details to our PR agency who may contact you for promotional purposes, and to Mercy Corps.
- Photos taken during the event by our official photographer may be used in Artemis Great Kindrochit Quadrathlon marketing literature.

We may also use this information to send you information about future events which we think may be of interest to you. You are entitled to request access to, and correction of, all personal data collected by us, as well as requiring us to delete your data if you no longer wish us to process it after having taken part in the Artemis Great Kindrochit Quadrathlon. To make such a request please e-mail us on: [info@wildfoxevents.com](mailto:info@wildfoxevents.com).

Organised by:



Charity that will benefit:



## DISCLAIMER

THIS MUST BE READ AND SIGNED BY EVERY PARTICIPANT

**ONLY THOSE PARTICIPANTS THAT HAVE COMPLETED AND RETURNED THE DISCLAIMER WILL BE ELIGIBLE TO PARTICIPATE**

All participants enter into the Artemis Great Kindrochit Quadrathlon of their own will, understanding the arduous nature of the event. As such they must be medically fit to participate and take full responsibility for their own personal health and fitness.

**Participants will have their kit checked and they will be tested on their navigation skills prior to the event.**

Throughout the event, participants will be checked for their suitability to continue on grounds of capability including their equipment and state of health. If any of the marshals and medical staff believe that the safety of the individual will be compromised by their continued participation, they reserve the right to ask that person or persons to stop. If that person or persons continue on the route they will no longer be officially participating in the event and Artemis, WildFox Events Ltd and associates take no further responsibility for their participation.

All participants agree to abide by the terms and conditions set out in the Artemis Great Kindrochit Quadrathlon Safety Brief.

**All participants MUST attend the compulsory safety brief at event headquarters on Friday 9 July 2010.**

**All participants pledge to raise £450 for Mercy Corps.**

**I understand and accept the attached Event Regulations and will participate entirely of my own free will.**

**Signature:** \_\_\_\_\_

Date: \_\_\_\_\_

Name (BLOCK CAPITALS): \_\_\_\_\_

Team name (BLOCK CAPITALS): \_\_\_\_\_

My mobile number: \_\_\_\_\_

Next of kin name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Mobile number: \_\_\_\_\_

**Signature:** \_\_\_\_\_

Date: \_\_\_\_\_

Name (BLOCK CAPITALS): \_\_\_\_\_

Team name (BLOCK CAPITALS): \_\_\_\_\_

My mobile number: \_\_\_\_\_

Next of kin name: \_\_\_\_\_

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 PROVIDING THE HIGHEST  
 QUALITY MEDICAL SUPPORT

## Participant Medical Questionnaire

### Artemis Great Kindrochit Quadrathlon, Saturday 10 July 2010

Please complete this questionnaire and return it with your Registration Form. It is for your own safety that we find out as much as possible about your medical history. In the event of an accident or illness the medical team will need this information. All your answers will be treated in the strictest confidence and will not necessarily adversely affect your participation in the event. We will attempt to accommodate everybody, but do reserve the right to refuse participation on medical grounds if we feel your safety may be compromised. Any decision made will be in consultation with you. Should any of your medical details change after you have completed this form then you must inform us. Please note that completing this form does not screen you as medically fit for the event. If you feel there is any risk to your health by taking part in the event then we ask you to get your doctors consent to participate.

### Please use BLOCK CAPITALS throughout the form

#### 1. Personal Details

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_

Daytime phone number: \_\_\_\_\_ Name of your GP: \_\_\_\_\_

Evening phone number: \_\_\_\_\_ Your GP's phone number: \_\_\_\_\_

Support team contact name and mobile number (if applicable): \_\_\_\_\_

#### 2. Do you suffer or have you ever suffered from (delete as appropriate):

Heart trouble and/or blood pressure problems?	YES / NO
Asthma, bronchitis and/or shortness of breath?	YES / NO
Diabetes?	YES / NO
Epilepsy and/or fainting attacks?	YES / NO
Migraine?	YES / NO
Severe head injury?	YES / NO
Back problems?	YES / NO
Allergies?	YES / NO
Fractures, tendon, ligament/cartilage damage?	YES / NO
Physical or other disability?	YES / NO
Psychiatric or mental illness?	YES / NO
Have you attended hospital for <b>ANY</b> investigations/treatment in the last two years?	YES / NO
Are you suffering from or a carrier of any infectious diseases?	YES / NO
Are you registered as disabled?	YES / NO



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## Participant Medical Questionnaire

3. If you have answered YES to any of the questions in 2 above, please give further details below  
(use a separate sheet if required)

4. Do you currently use any form of medication regularly? YES / NO  
(delete as appropriate)

5. If YES, please give details below. Please also note any ALLERGIES:

6. NEXT OF KIN (Please give full name and address)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Daytime phone number: \_\_\_\_\_  
Evening phone number: \_\_\_\_\_  
Relationship: \_\_\_\_\_

***In the event of an accident or illness whilst taking part in this event, I hereby give permission for Matterhorn Medical staff to initiate medical treatment and to inform my next of kin in case of hospitalisation.***

***To the best of my knowledge this is a true and accurate description of my medical history and current condition. I understand that I am taking part in an event in a remote and rural location where there will be a longer medical response time in the event of emergency. I agree to take part in this event at my own risk and will not hold Matterhorn Medical responsible in the event of acute illness, injury or death.***

***Participants must agree to inform Matterhorn Medical of any medical or other condition that might affect their ability to take part in the event.***

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Artemis Great Kindrochit Quadrathlon, Saturday 10 July 2010

