

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 £190 per person plus a £30 kayak hire charge per person (the fee for relay team members not doing the kayak section is £190 per person). Your place is not secured until this fee is received. If the Artemis Great Kindrochit Quadrathlon is full we will refund your registration fee. The registration fee may be temporarily reduced by discount schemes advertised on the website.
- 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.