



OCHILS MOUNTAIN RESCUE TEAM

**WE ARE
MACMILLAN.
CANCER SUPPORT**



**Ochil's 8 Hill Relay
Entry Form**
SATURDAY 17th June, 2017
Start: 12 Mid-day
Registration at Cochrane Hall, Alva , Clackmannanshire

Team Organiser / Captain :

Address :

Telephone : email :

Club / Team Name :

Disclaimer: We hereby agree to abide by the conditions as set out in the race information pack.

Signature: (Must be signed on behalf of team)*

Leg Number	Athlete Name	Scottish Athletics Number	Athletes Date of Birth	Team Category
1				
2				
3				

Leg 1 - 439m ascent/descent over 6.0km (Highest altitude: 449m)

Leg 2 - 740m ascent/descent over 7.5km (Highest altitude: 530m)

Leg 3 - 428m ascent/descent over 4.75km (Highest altitude: 438m)

All runners must have good navigational skills and carry appropriate waterproof, map, compass and whistle.

Team Categories

Male Senior	MV40	MV50	MV60
Female Senior	FV40	FV50	FV60
Mixed (Any Combination of Male / Female Runners)			

Cost : £18 per team (Non SAL members £2 extra per person)

Entry Deadline : 1st June, 2017. For full details please refer to the race information package which can also be found on:

<http://www.ochilhillrunners.org.uk/> or <http://ochils8relay.simplesite.com/>