

Cairngorm
Hill
Adventure
Relay
Mega
Exciting
Race

THE CAIRNGORM CHARMER

11am Sat Oct 10th 2009



ENTRY FORM

A 'simply spiffing' 12 mile adventure relay event based at stunning Cairngorm Mountain passing through beautiful Glenmore Forest, along the tumbling Allt Mor trail and around Loch Morlich.

The event is a 2 lap relay for teams of two (male/female/mixed/categories) who in turn each complete a lap consisting of a
4m Run + 4m Mountain Bike + 4m Run
(with a really 'charming' finish!)

Come and be a right 'Charmer'

Are you a couple of 'Charmers'

Entry Fee: £20 per Team Entry Limit: 150 Teams of Two

Entries Close: On October 5th or when entry limit reached (No entries on the day)

PLEASE COMPLETE ALL SECTIONS USING BLOCK CAPITALS

Team Name:

Team Category: Male / Female / Mixed (Please Circle)

Are you a team of Friends / Partners / Married Couple / Parent & Offspring / Family

Team Member A	Team Member B
Surname.....	Surname.....
First Name.....	First Name.....
Address.....	Address.....
.....
Town/City.....	Town/City.....
Post Code.....	Post Code.....
Contact Tel No.....	Contact Tel No.....
Email:	Email:
.....
Age on Event day..... (Must be aged 17 or over)	Age on Event day..... (Must be aged 17 or over)

Entry receipts and full event details will ONLY be sent out by Email (to reduce/avoid unnecessary paper use). Full event details will also be posted on the event website
Data Protection
Your personal details will be held solely for the purpose of event admin, results and sending info on future events. We may use images from the event for website and PR purposes. No date will be passed to any third party or agency

Entry Fee Enclosed: (Please Tick) £20 per Team

Cheques Payable To 'CHSS'. Entry Fees Non Refundable

Declaration: We declare that we are medically fit to take part in the event and understand that we do so at our own risk and that the organisers will not be liable for any loss, damage action, claim cost or expenses which may arise as a result of our taking part in this event or from any postponement or cancellation of this event for whatever reason. We agree to be bound by the event rules and safety instructions

Team Member A Signed..... Date.....
Team Member B Signed..... Date.....

Full Event Information: www.thecharmer.org
or email paul.corrigan@chss.org.uk

Please send completed entry forms and entry fee to:
'The Cairngorm Charmer', Chest, Heart & Stroke Scotland,
5 Mealmarket Close, Inverness, IV1 1HT

OFFICE USE:
EF.....
Em.....
DB.....
EI.....
Team No:

The Cairngorm Charmer: "It takes two... me and you"

