

Scottish Islands Peaks Race Entry Form 2008

Please enter my team (five strong except for Youth Teams) for the Scottish Islands Peaks Race which starts at midday on Friday 16th May 2008. We agree to abide by the rules and race instructions and will accept the decisions of any protest panel. We understand that there is an element of risk inherent in this type of event and will not hold the organisers, sponsors or officials responsible for loss injury or damage arising from the race. The rules require vessels to be well equipped for serious cruising with VHF, Flares, Engines etc and to have third party insurance of at least £1,000,000. The full rules can be found at www.sipr.zetnet.co.uk and a printed set will also be provided to take on board. Please return your entry with £60 fee **payable to SIPR** to Barbara Mills, 5 Seafield View, Kinghorn, Fife KY3 9TG.

Signed..... (Skipper) Email.....

Christian/Nickname.....Surname.....

Address.....

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Name of Boat..... Type.....

Phones: Home..... Work..... Mobile.....

Team name (serious or fun)

Sail No..... Hull Colour(s)..... Engine h.p.....

LOA..... Beam..... Draught..... Disp.....

MMSI Number (if DSC radio fitted).....

Category requested: Class 1. Class 2. Class 3. All rounder. Youth team. Services Team.

Owners name/address/phone (If different to above).....

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Sailing Crew Details: Name/address/home phone:

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Please provide details of your runners on the separate entry form which should follow as soon as possible.

Scottish Islands Peaks Race 2008: Runners Entry Form

Please enter us for the Scottish Islands Peaks Race (SIPR) which starts at midday on Friday 16th May 2008. We agree to abide by the rules and race instructions. The mountain weather can be severe so runners MUST have experience of mountain safety and navigation irrespective of their running ability. e.g completion of EITHER the Mull or Jura legs of a previous race; a Long Category A Hill race (FRA, SHRA or SAL); a Mountain Time Trial (Karrimor, Saunders, Rock and Run, Lakes O. S., Scottish etc or foreign equivalent); OR an accredited Mountaineering or Hillwalking Course, (Plas y Brenin, Glenmore Lodge etc) OR, equivalent experience may be acceptable (please provide full details on a separate sheet).

The rules require each runner to carry a rucksack with waterproofs, spare clothing, sleeping bag, survival bag, emergency rations, maps, compass, first aid kit, torches etc. Full rules are available on [www.sipr.zetnet.co.uk /TheRace](http://www.sipr.zetnet.co.uk/TheRace). dropdown. Apart from the Youth Teams (see rules), the crew is five including at least 2 runners. Many teams carry mobile phones on the hill. These are useful in emergencies and can also help ensure that the yacht is ready to leave immediately on your return.

Name of Boat..... Skipper.....

Mobile No Team Name.....

Runner 1. Name & Address (including first name)

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Phone..... Mobile..... Age..... Club.....
Experience/Date.....

Runner 2 Name & Address (including first name)

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Phone..... Mobile..... Age..... Club.....
Experience/Date.....

Additional runners (Youth Teams/All Rounders) should give details as above.

If you have any queries on the running please contact Nick MacDonald on 0131 664 3871 or Email macdonald_tigharry@yahoo.co.uk

Please return to Mrs Barbara Mills, 5 Seafield View, Kinghorn, Fife, KY3 9TG. Tel 01592 890408. We would like runners details by the end of April if possible, (but last minute changes are allowed).