

THE ULLAPOOL TRIATHLON RULES & REGULATIONS



This will be a multi-sports activity comprising of three disciplines: canoeing, running and cycling. The following is information on the equipment rules which all competitors must adhere to.

All competitors must be over 14 years of age or older on the day of the event.

CANOEING

Each competitor must organise their own canoe and paddles.
Each competitor must wear a lifejacket with a whistle.

BICYCLES

Riders must not be closer than 7 meters (approx. 5 bike lengths).
Side by side riding is only permitted when overtaking.
Each competitor must organise their own bike which must have brakes in good working order.
Cycling helmets should be worn and should be safety approved by an officially recognised standardisation and testing authority. The helmet must be securely fastened at all times whilst cycling.

Food and drink which is transported by competitors must be non fragile materials (not glass etc)
Although competitors must supply their own equipment, Lochbroom Leisure Centre will be happy to transport bikes to Clachan Church from the centre as long as they are informed one week in advance.

SINGLE COMPETITORS OR TEAMS

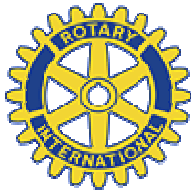
Single competitors must complete all three disciplines. Teams must nominate 1 competitor for each discipline. (1 canoeist, 1 runner and 1 cyclist).

SPONSORSHIP & ENTRY FEE

Each competitor has a choice of entry fees they can choose to pay.

- Option 1 - £20.00 entry fee – no sponsorship required.
- Option 2 - £10.00 and a minimum of £50.00 in sponsorship for the event.
- Option 3 - No entry fee with a minimum of £70.00 sponsorship.

Each competitor, regardless of choice above is required to pay £10.00 entry fee at the time of registration. (This fee is non-refundable in the event of a competitor not turning up for the event). Competitors who choose Option 1 above will pay the balance of their entry fee on the day of the event. Competitors who choose Option 3 will deduct this money from their sponsorship money payment when they send it in after the event.



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All sponsor money must be returned to the organisers within one month of the event finishing.

Each competitor (oter than those who select Option 1) must nominate a charity of their choice for 50% of their sponsorship money to be payable to. If no charity is nominated by a competitor, all money raised by that competitor will be divided equally between Ullaspool and the Ullapool Rotary Club.

The sponsorship money will be divided as follows:

- 50% to go to the charity chosen by the competitor
- 25% to go to Ullaspool
- 25% to go to the Ullapool Rotary Club

A competitor who chooses to enter the event as detailed in Option 1 may also gather sponsorship for the event.