

EVENT REGULATIONS

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 6 July 2019.
- You and your team members will pay the Artemis Great Kindrochit Quadrathlon a non-refundable registration fee when registering. The registration fee is £175 per person (comprised of a registration fee of £150 and a compulsory kayak hire fee of £25) in a Team of Two or £135 per person in a Relay Team. Your place is not secured until this fee is received. If the Artemis Great Kindrochit Quadrathlon is full we will refund your registration fee.
- If you are injured prior to the event, your registration fees may be carried over to the following year's event at the discretion of the event organiser. Written permission to defer must be obtained from WildFox Events by Friday 29 June 2019 and will only be considered if supported with doctor's note stating you are medically certified as unfit to participate. There is an administration charge of £30 per place carried over. Registration fees can only be carried forward one year. A rolled-over registration fee does not guarantee entry the following year; it is the sole responsibility of the participant to re-register and confirm a place.
- Each team member must raise at least the minimum sponsorship requirement (£450 each in a team of two or £250 each in a relay team) and you must raise funds for the nominated charities, Mercy Corps and Mary's Meals. You and your team members will send all of the sponsorship money which you have raised to The Artemis Charitable Foundation as soon as possible or arrange for donations to be made via The Artemis Charitable Foundation fundraising page on Virgin Money Giving. 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 The Artemis Charitable Foundation and will not be refunded. If you have not raised the minimum sponsorship by the date of the event, the Artemis Charitable Foundation may, in its sole discretion, not permit you or your team to enter the event on the day. Additionally, if you have participated in the event in previous years and did not raise the minimum sponsorship, the Artemis Charitable Foundation may, in its sole discretion, refuse to register you for this year's event. In such event, the registration fee is not refundable and, for the avoidance of doubt, no out-of-pocket costs will be reimbursed.
- 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 dib-in at the electronic timing station at each checkpoint. If you retire from the event you must inform the marshals at that checkpoint or Event Control if you are retiring between checkpoints. This is particularly important on the walking/running section of the event as otherwise we must come looking for you. You must also ensure that you return your electronic timing wristband to a marshal. Participants who do not return their wristband will be charged for its replacement.
- Teams will only be deemed to have completed the course when the last member of the team has crossed the finish line, the time of which will become 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 in the hiking section of the event. It is essential that participants who miss these cut-off times abide by them. They are non-negotiable. In the event of severe weather, these cut-off times can be amended for the safety of both participants and volunteers.

SWIM PHASE: One hour - participants taking longer than one hour to complete the swim will be taken to the swim finish by boat.

MOUNTAIN PHASE: 14:00 Ben Lawers summit - participants who have not left the summit before 14:00 must take the short course.

KAYAK PHASE: 17:00 guideline time - participants failing to reach the kayak start before this time, are unlikely to complete the bike stage as well. Participants are welcome to complete the kayak phase but must leave the bike start by the 18:45 cut-off.

BIKE PHASE: 18:45 - participants cannot start the Bike Phase after this time and will be asked to retire from the event.

- The following equipment is compulsory and **MUST** be carried during the event:

SWIM PHASE: Swim wetsuit; goggles; swim cap (provided at registration check-in).

MOUNTAIN PHASE: Team items: map of the route (waterproofed and marked up with the route); compass; mobile phone; survival bag and small first aid kit. Individual items: full set of waterproofs; small rucksack; whistle; camelback/platypus water container (3 litres minimum) and energy drinks - there is no water on the ridge; thermal or fleece; warm hat and gloves; energy food (nuts, fruit, chocolate and energy bars); flashing head torch (with spare batteries); completed emergency contact information on reverse of participant number (supplied at registration check-in); personal medication.

KAYAK PHASE: Waterproof jacket and trousers, buoyancy aid (issued at kayak start).

BIKE PHASE: Team items: bike pump; tyre levers. Individual items: helmet (supplied with hired bikes); bike lights and spare inner tube (not supplied with hired bikes); completed emergency contact information on reverse of participant number (supplied at registration check-in).

- **HIGHLY RECOMMENDED KIT:** Walking poles x 2, sun cream, sunhat, midge net.
- The organisers reserve the right to change this list should it be considered appropriate for participant safety. There will be compulsory kit inspections and participants not complying with the compulsory kit will be disqualified from the event.
- 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 to 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 snacks, 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 or any portable music player 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.
- Photos taken during the event by our official photographer may be used in Artemis Great Kindrochit Quadrathlon marketing promotions.