

Montgomery Canal Triathlon Entry Form

CLOSING DATE FOR ENTRIES: 5th May 2018

Surname

First Name

Address

Town Post Code

Telephone

Email

Team/group Name (if any)
(please enclose entry forms for all members of team or family group)

Entry Class A B C D
(please tick as appropriate)

Canoe/Kayak Reservation (state number required)

Open canoe 2 seat 3 seat

Kayak 1 seat.....

Transport Requirements to the START (tick as appropriate)

Bus transport from: Morton Farm Crowther Hall

Transport of Bikes from: Morton Farm Crowther Hall

TOTAL FEE enclosed (entries, canoes, transport)

Please email a copy of the completed form to:

montcanaltriath@btinternet.com

and pay the fee by direct bank transfer to:

HSBC Bank, Oswestry 40-35-32 (ref Main Entrant/Group Name)

A/c No. 71785060 Friends of Montgomery Canal Triathlon

OR:

Send completed form and cheque payable to:

Friends of Montgomery Canal Triathlon

to Maggie Ellis, Crowther Hall, Pool Quay, Welshpool SY21 9JU

Under-16 Entrant: Acceptance of Risk

I am the Responsible Adult for

and I understand risks may be involved in entering the 35 mile Triathlon, an endurance event, and I take full responsibility for the entrant participating (signed)

We will keep your details so we can contact you in the future about activities and events on the Montgomery Canal and how you can support its restoration. Please indicate here if you do not want us to do so:

Montgomery Canal Triathlon

The triathlon follows the route of the Montgomery Canal. The cycling section is along cycleway-standard towpath. The walking section is generally flat but some lengths are unsuitable for wheelchairs. There are several stiles, tree roots and possible livestock en route.

There are five road crossings for cyclists and four for walkers - all controlled by marshals - please listen to their instructions. Canoes will have to be carried round four locks. Volunteers will be available to help.

First Aiders will be available throughout the event.

Light refreshments and toilets will be available at Crowther Hall, Morton Farm and at the Weston Arm.

All entrants who complete a section will receive a commemorative medallion made from local slate.

This is a great day out for families with children as well as experienced triathletes. The organisers aim to ensure it is safe and enjoyable for everyone by separating 'Hares' from 'Tortoises' and allowing faster cyclists to set off first at the start.

The Triathlon is organised by the Friends of the Montgomery Canal and is supported by the Canal & River Trust in aid of the restoration of the Montgomery Canal and donations or sponsorships are welcome.

Sponsorship Forms are available via the Friends of the Montgomery Canal website (below) and Donation Forms via www.RestoreTheMontgomeryCanal.uk



www.montgomerycanal.me.uk/fmcevents2018.html

email: montcanaltriath@btinternet.com



MONTGOMERY CANAL TRIATHLON

Saturday 19th May 2018

**Covering 35 miles of the
Canal in one day:**

CYCLE 17 miles

from Newtown to Pool Quay

WALK 11 miles

from Pool Quay to Morton

CANOE 7 miles

**from Morton to the Weston Arm,
Lower Frankton**

**Complete one or two sections
or attempt all three!**

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**Organised by the Friends of the Montgomery Canal in
support of the restoration of the Montgomery Canal**

Friends of the Montgomery Canal is the membership section of the Montgomery Waterway Restoration Trust, a non-profit distributing company limited by guarantee: registered in England and Wales No. 1508017; registered Charity No. 510448; Registered Office: Talbot House, 11-15 Market Street, Shrewsbury SY1 1LG

Montgomery Canal Triathlon Entry Classes



3 CANOE START

Morton Farm
SY10 8BE
from 12noon

4 EVENT END

Weston Arm,
Lower Frankton
SY11 4PB



1 BICYCLE START

Severn Way,
Newtown
SY16 2JB
from 8.30am - 9.00am



2 WALK START

Crowther Hall Lock
SY21 9JU
from 10.00am



A Complete Triathlon: All 3 sections

One or two sections

- B Cycling from Newtown to Crowther Hall Lock
C Walking from Crowther Hall Lock to Morton Farm
D Canoeing from Morton Farm to the Weston Arm, Lower Frankton

ENTRY FEES

Complete Triathlon: A

Adults £25.00

Juniors £12.50 (incl. anyone in full time education)

One or two sections only: B, C or D

Adults £10.00 per section

Juniors £5.00 per section

For entrants who DO NOT HAVE a canoe:

- a few 2 and 3 seat 'Canadian' (open) canoes are available to use at the event for £15 per canoe with kit.
- a limited number of single seat kayaks are available to use at £7.50 each ONLY for experienced kayakers.
- canoe/kayak fees are payable on booking. First come, first served!

There is a carpark close to the START in Newtown. Car parking is also available at Crowther Hall & Morton Farm.

Bus transport to the START at Newtown is available at £3 per head from Crowther Hall; £5 per head from Morton Farm. Bus transport fees are payable on booking.

Transport for bikes to the START at Newtown is available from Crowther Hall and Morton Farm at no extra cost.

Storage for bikes is available at Crowther Hall at the end of the Cycling section.

After the event, transport is available from the FINISH to Morton Farm, Crowther Hall and Newtown.

For further details contact:-
Maggie Ellis
email: montcanaltriath@btinternet.com