

Montgomery Canal Triathlon Entry Form

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

Total fee enclosed

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:

Please email a copy of the completed form to:
Montcanaltriath@aol.com
and pay the fee (ref: Main Entrant/Group Name) by direct bank transfer to: HSBC Bank, Oswestry 40-35-32
A/c No, 71785060 Friends of Montgomery Canal Triathlon

OR:
Send completed form & cheque payable to:
Friends of Montgomery Canal Triathlon
to: Maggie Ellis, Crowther Hall, Pool Quay, Welshpool SY21 9JU

Transport Requirements to the START (please tick as appropriate)

Bus transport from: Morton Farm..... Crowther Hall.....
Transport of Bikes from: Morton Farm..... Crowther Hall

I am the Responsible Adult for(name of person under 16 years) 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)

CLOSING DATE FOR ENTRIES:
Saturday 22nd April 2017

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 on the path.

There are five road crossings for cyclists and four for walkers. All will be controlled by marshals. Please listen to the marshals' 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 any donations or sponsorships are welcome.



<http://www.montgomerycanal.me.uk/fmcevents2017.html>
email: Montcanaltriath@aol.com



MONTGOMERY CANAL TRIATHLON

Saturday May 6th 2017

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!**

Organised by The Friends 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

Complete Triathlon

A Completing 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 each
 Juniors £12.50

(includes anyone in full time education)

One or two sections only: B, C or D

Adults £10.00 each per section
 Juniors £5.00 each per section

For entrants who DO NOT HAVE a canoe, a few 2 and 3 seat Canadian (open) canoes are available for use at the event for £10 per canoe with kit. A limited number of single seat kayaks are available ONLY for experienced kayakers to use at £5 each. Canoe/kayak reservation fees are payable on booking. First come, first served!

Car parking will be available at Crowther Hall and Morton Farm. Transport for bikes to the START at Newtown will be available from Morton Farm and Crowther Hall. Bus transport to the START at Newtown will also be available from Morton Farm and Crowther Hall. There is a carpark close to the START for those who make their own way to Newtown.

For further details contact:-
 Maggie Ellis
 Email: Montcanaltriath@aol.com



3 CANOE START

Canoes and other portable craft will start at Morton Farm SY10 8BE from 12noon.



1 BICYCLE START

Bicycles will start on the Severn Way in Newtown, SY16 2JB from 8.30am. Storage for bicycles will be available at the end of this section.

4 EVENT END

The event will end at the Weston Arm, Lower Frankton SY11 4PB.



2 WALK START

Walkers will start from Crowther Hall Lock SY21 9JU from 10.00am.

