

Isle of Man Adventure Race

PLEASE COMPLETE ONE FORM FOR EACH TEAM (4 people per team)

Team Name

Contact details for team leader

Email

Contact mobile number

	Name (1)	Name (2)	Name (3)	Name (4)
Sea Swim (1 competitor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sea Kayak (2 competitors)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mountain Bike (2 competitors)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hill Run (2 competitors)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rope Ascend (1 competitor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick box for disciplines - each team member must compete in 2 events.

Equipment requirements

Sea Kayak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paddle/ spraydeck/ spraytop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part payment of £120 per team (includes FREE kayak training session* if paid by end March). Balance of £30 per person payable by 20th May. Entry fee includes liability insurance, maps and trophy presentation. *offered during April & May

Please see overleaf for risk acknowledgement form (one form to be completed for each competitor in team)
Please return this completed application, together with deposit and risk form to:

Adventurous Experiences
Ballabrooie,
Patrick Road,
St Johns,
Isle of Man,
IM4 3BR



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