Further Information

* The event will take place on Sunday 12th May 2019
* Each team will comprise of 3 members
* Each team member will take part in one leg of the triathlon each
* Registration will take place between 6.30am and 7am at The Rugby Club, Canal Park, Inverness
* All three team members must be present at registration
* Each team will be issued with a high visibility vest with your team number, this will need to be passed onto your team member at each transition (i.e Runner passes to canoeist, passes to cyclist)
* Transport for 5k runners, canoeists and cyclists will be provided, exact depart times will be confirmed closer to the time.
* Canoes and all the required buoyancy aids will be provided, the participant taking part in the canoe section should wear appropriate clothing, such as water proof jacket and waterproof trousers.
* The entry fee is £50 per person with a total team sponsorship pledge of £400 to which the £150 will be deducted.