

# Montgomery Canal Triathlon Entry Form

CLOSING DATE FOR ENTRIES: 4<sup>th</sup> May 2019

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, Llanymynech Wharf, 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. Our thanks go to Tesco Newtown for their sponsorship through the 'Bags of Help' scheme.

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](http://www.RestoreTheMontgomeryCanal.uk)



[www.montgomerycanal.me.uk/fmcevents2019.html](http://www.montgomerycanal.me.uk/fmcevents2019.html)

email: [montcanaltriath@btinternet.com](mailto:montcanaltriath@btinternet.com)



## MONTGOMERY CANAL TRIATHLON

**Saturday 18<sup>th</sup> May 2019**

**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!**

**ENTRY CLOSING DATE: 4<sup>th</sup> May 2019**

**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

- 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 £20 per canoe with kit.
- a limited number of single seat kayaks are available to use at £10 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 £5 per head from Crowther Hall and Morton Farm. Transport for bus passengers' bikes to the START is available from Crowther Hall and Morton Farm at no extra cost. Bus transport fees are payable on booking.

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 and Crowther Hall. Onward transport to Newtown can be arranged for £5 on the day.

For further details contact:-  
Maggie Ellis  
email: [montcanaltriath@btinternet.com](mailto:montcanaltriath@btinternet.com)



We've already raised £5,000 to help restore the Montgomery Canal.  
Help us raise even more!

