



# SOLWAY SPORTIVE 2016

## 30km, 65km OR 115km

### Sunday 15 MAY 2016

STARTING AT THE DUMFRIES RUGBY CLUB



Enjoy a great day out riding along the beautiful Solway coast and countryside. Choice of a Short Route of 30km (19 miles), Medium of 65km (40miles) or the Long Route of 115km (71 miles) on quiet roads. Start and Finish at Dumfries Rugby Club where there is car parking and also changing rooms and showers. Feeding stations on all routes and food/drink after finishing. Timed certificate for all finishers. Suitable for all with a basic level of fitness.

Short 30km (19 Miles) route (£7.50) \*

Dumfries – New Abbey – Beeswing – Lochfoot – Dumfries

Medium 65km (40miles) route (£20)\*

Dumfries- New Abbey- Dalbeattie –Haugh of Urr- Dumfries

Long 115km (71 miles) route (£25) \*

Dumfries – New Abbey – Dalbeattie – Kirkcudbright – Gelston –Dalbeattie - Haugh of Urr – Dumfries

\* (Note £5.00 extra for entries on the day.)

Venue HQ: Dumfries Rugby Club, New Abbey Road, Dumfries, DG2 7LU

Registration: from 8am until at least 15 minutes before the final departure time of your chosen route.

Start Times: Long Loop 8.30am to 10am/ Medium & Short Loop 10am – 10.45am, all times approximate.

You will need a bike, appropriate clothing, including helmet, adequate food and water plus a puncture repair kit.

First Name: .....Last Name:.....  
PLEASE WRITE CLEARLY IN BLOCK CAPITALS

Date of Birth:.....Male/Female:.....

Email: .....

Address: .....

Address:.....

Town:.....Post Code:.....

Mobile Phone Number: .....Telephone Number: .....

Club/Team: .....

Emergency Contact Name: ..... Emergency Contact Phone Number:.....

#### DECLARATION

I declare that the information on this form is complete and correct. I understand that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all the hazards and that I must ride in a manner which is safe for myself and others. I am aware that when riding in an event and particularly when riding on a public road the function of the Marshals is only to indicate direction and that I must decide if the movement is safe. I agree that no liability whatsoever shall be attached to the promoter, promoting club, meeting sponsor(s) or member of the promoting club in respect of any injury, loss or damage suffered by me on or by reason of the event, however caused. I have read and agreed these conditions.

Signatures (if entrant is under 18 years parent/guardian consent is required. No unaccompanied entrants under 16 years)

Entrant: .....Date:.....

Parent/Guardian: .....

To enter the on the day please bring this completed entry form with together entry fee to the Event Registration

Enter on line via [www.dumfriescc.btck.co.uk](http://www.dumfriescc.btck.co.uk)

Any questions contact [betty.howard41@btinternet.com](mailto:betty.howard41@btinternet.com) or Phone 01556 610998.

**On-line entries close Wednesday 11 May 2016. Maximum no. entries 350.**

***Organised by Dumfries Cycling Club, Dumfries Devorgilla Rotary Club and Dalbeattie Community Initiative.***