



UMUK 355 APPLICATION FORM

1st September – 3rd September 2023

QUALIFICATION FOR ENTRY

Entry to UMUK 355 is by invitation only. Organisers will select and invite a maximum of 30 athletes on a first come, first served basis as the applications are received and if otherwise qualified. The selection of invitees will be based upon the experience, qualifications and criteria met for each applicant.

It is recommended that the applicant will have completed at least one iron distance race within the previous 18 months of the event being applied for. Other ultra-distance events are also considered as qualifiers assuming they have distances equal to or greater than iron distances. Other solo long distance events are considered if it is deemed they require the planning and training that would be of benefit to the athlete doing UMUK 355.

ENTRY FEES £395

The entry fee is an all-inclusive price for staging the event. The entry fee does NOT INCLUDE the following: accommodation, transportation to and from the race venue, meals, nutritional needs, race supplies, vehicle rental or medical support additional to First Aid (eg. hospital treatment). It is the responsibility of the competitor to cover ALL the expenses of the support team members unless otherwise previously agreed between them.

All fees are stated and charged in Pounds Sterling. Your bank will charge your account in accordance with its own policies with regard to foreign exchange if you are a non-UK resident.

PAYMENT

You will be notified via email within 7 days as to the status of your application. Payment must be made by bank transfer within 14 days of receiving an invitation to compete. Your entry will only be secured upon receipt of payment. The Refund and Withdrawal policy will take effect starting from the time we receive your payment.

REFUNDS and WITHDRAWALS

Deadline for withdrawal with a refund is 1st April 2023. An administration charge of £150 will be deducted from all fees paid to date. Withdrawals must be received by email to info@racingquest.co.uk and will be acknowledged by return email. Withdrawals received after 1st April 2023 WILL NOT receive a refund.



IMPORTANT ADVICE

This event offers the well-trained and committed individual one of the greatest endurance challenges. Before sending in your application, however, do not overlook (1) the need for proper care and training of your team members - you may not make it without them, and (2) the considerable financial and personal commitment needed to successfully participate.

Remember, too, that unless you have adequately planned and are sufficiently trained your ability to finish will not be good.

1. Please read thoroughly the Application Form, UMUK Rules and Guidelines.
2. Answer all questions in the spaces provided. Be concise, relevant, and complete.
3. Sign and date in the spaces provided. Return completed application to info@racingquest.co.uk

REGISTRATION DETAILS:

SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

MOBILE PHONE: _____ HOME/WORK PHONE: _____

EMAIL: _____ WEBSITE (if applicable): _____

DATE OF BIRTH (dd/mm/yyyy): _____ OCCUPATION: _____

ATHLETE SHIRT SIZE (please circle): Small Medium Large Extra Large



The following questions offer you the opportunity to provide pertinent information about your background and qualifications regarding endurance sports and ultra-distance events. Your answers and apparent ability to finish the event will be of significant value in determining whether or not you receive an invitation.

1. Are you a past ultra-distance participant? Yes No

2. List the name, date and distances of the longest triathlon that you have finished in the last 18 months.

NAME OF EVENT: _____ DATE: _____

DISTANCES: SWIM: _____ (miles/km) TIME: _____

BIKE: _____ (miles/km) TIME: _____

RUN: _____ (miles/km) TIME: _____

3. List any major endurance event completed during the last 18 months.

4. Estimated swim time (5km distance):

< 1 Hour 1-1½ Hours 1½-2 Hours 2-2½ Hours 2½-3 Hours

5. List previous unsupported race crewing experience:

BEFORE E-MAILING, BE SURE THE APPLICATION IS COMPLETELY FILLED OUT AND SIGNED.
INCOMPLETE APPLICATIONS WILL BE RETURNED.

SIGNATURE: _____



ACKNOWLEDGEMENT, WAIVER & RELEASE FROM LIABILITY (AWRL)

Please read carefully before signing

I acknowledge that a triathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS AND UMUK 355, IN PARTICULAR. I certify that I am physically fit, have sufficiently trained for participation in these events, and have not been advised otherwise by a qualified medical person. I acknowledge that my statements on this AWRL are being accepted by Racing Quest (UK) Limited and are being relied upon by Racing Quest (UK) Limited and the various race sponsors, organizers and administrators in permitting me to participate in UMUK 355.

In allowing me to participate in UMUK 355, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns:

- a) I AGREE to abide by the Competitive Rules, including the Medical Control Rules, as they may be amended from time to time, and I acknowledge that my participation may be revoked or suspended for violation of the Competitive Rules;
- b) I WAIVE, RELEASE, DISCHARGE from any and all claims or liabilities for death, personal injury, property damage, theft or damages of any kind, which arise out of or relate to my participation in, or my travelling to and from the UMUK 355 event, THE FOLLOWING PERSONS OR ENTITIES: event sponsors, race directors, event producers, volunteers, all counties or localities in which events or segments of events are held, and the officers, directors, employees, representatives and agents of any of the above;
- c) I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein;
- d) I INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions during UMUK 355.

I HEREBY CONFIRM THAT I WILL BE AT LEAST 18 YEARS OF AGE OR OLDER AT THE START OF UMUK 355 2023, I HAVE READ THIS DOCUMENT AND I UNDERSTAND THE CONTENTS WITHIN.

ATHLETE

Name: _____ (Print) Signature: _____

Date: _____