

## **Kintyre Way Ultra 11 May 2019**

Online entry at: [www.entrycentral.com/kintyrewayultra](http://www.entrycentral.com/kintyrewayultra)

Entry fee:

Solo ultra £39 up to 31 March, then £44 up to 21 April

Relay (per person) £36 up to 31 March, then £41 up to 21 April

£2 less for members of SAL

Bus available to take runners from Tarbert to Tayinloan: £4

(book bus when entering)

What you get at the finish:

Free soup and sandwich and cake

Free body massage

Free kids' entertainment

Licensed bar

Live music