

## NATWEST ISLAND GAMES: GOTLAND 24th – 30th JUNE 2017



Once every two years, thousands of athletes from 24 Worldwide Islands come together to compete in 18 different sports at The NatWest Island Games. The Western Isles joined the Games in 2003 and competed in every Games from Shetland 2005 until most recently Jersey 2015. The Games in Jersey were the Western Isles greatest achievement to date, winning 19 medals and placing 9<sup>th</sup> overall in the medal table, a huge accomplishment to be proud of and great potential to increase the tally for 2017.

The Western Isles is now looking to identify cyclist to represent the Team in Gotland next year, please register your interest to the Team Manager at [christinamackenzie1@hotmail.com](mailto:christinamackenzie1@hotmail.com) or 07555285079.

<b>WIIGA ELIGIBILITY</b>	To represent an Island, a competitor may qualify either by: <ol style="list-style-type: none"> <li>1. Having been born on that member Island.</li> <li>2. A competitor may be considered to have been born on a Member Island if the mother was normally resident on that island immediately prior to the birth and returned to the island soon after.</li> <li>3. Having been resident on that Member Island for the period of 12 consecutive months prior to the date of the Opening Ceremony of the Games to be entered</li> <li>4. Any person wishing to gain qualification under 6.3 shall be deemed to be a permanent resident for the purpose of qualification if they are not residing on that Member Island because they are following a programme of study or involved in military service out of the Member Island.</li> </ol> Any competitor not complying with the above shall be subject to an automatic disqualification from the Games.	
<b>CYCLING TEAM CRITERIA</b>	<ol style="list-style-type: none"> <li>1. Be at least 17 years old by 24<sup>th</sup> June 2017.</li> <li>2. Hold a current UCI recognised licence covering the dates 24<sup>th</sup> – 30<sup>th</sup> June 2017.</li> <li>3. Provide the Team Manager with planned races for the season, training and performance briefings.</li> <li>4. Compete in the Scottish and British Cross Country Mountain Biking Series.</li> <li>4. Participate in training and race monitoring, downloading all data for analysing (Strava).</li> <li>5. Reach the guideline times as stated below.</li> <li>6. Ensure availability for the Games and allow up to 4 days for travel and acclimatising.</li> </ol>	
<b>CATEGORIES AND DISTANCES</b>	<b>WINNING TIME</b>	<b>TOP 10 TIME (Guideline)</b>
MENS IND TT: 35km	0:47:56.925 - Jersey	0:50
MENS IND ROAD RACE: 112km	2:51:19.581 - Jersey	2:56
MENS IND CRIT: 60mins + 5 laps	0:59:36.691 - Bermuda	1:02
MENS IND MTB CC: 120 mins	1:49:55.901 - Jersey	Top 20 Senior/Sport CAT
MENS IND MTB CRIT: 45 - 60 mins	0:58:40.545 - Bermuda	1:02
WOMENS IND TT: 35km	0:55:08.040 - Jersey	1:01
WOMENS IND ROAD RACE: 70km	1:38:50.296 - Jersey	1:51
WOMENS IND CRIT: 40mins + 5 laps	0:40:10.84 - Bermuda	0:42
WOMENS IND MTB CC: 90 mins	057:39 – IOW (60mins)	Top 10 Senior/Sport CAT
WOMENS IND MTB CRIT: 30 - 40 mins	0:39:27.292 - Jersey	43:00