

FRITTON LAKE TRIATHLON WEEKEND

www.fritton-lake-triathlon.co.uk

Saturday 29th and Sunday 30th May 2010

Fritton Lake, Fritton, Great Yarmouth, NR31 9HA

Enter online at www.entrycentral.com or complete this form and send with entry fee to:
Race Director, Fritton Lake Triathlon, 95 St Williams Way, Norwich, NR7 0AL

The event includes the following races. All races include an open water swim

29th May Super Sprint Start Time: 2:00pm Cost: £21.00
(400m Swim/14km Cycle/ 2.5km Run)

Sprint Triathlon Start Time: 3:00pm Cost: £31.00
(750m Swim/20km Cycle/ 5km Run)

30th May Olympic Triathlon Start Time: 8:30am Cost: £41.00
(1500m Swim/40km Cycle/ 10km X-Country Run)

Olympic Relay (see note) Start Time: 8:30am Cost: £69.00
(1500m Swim/40km Cycle/ 10km X-Country Run)

Note: A relay team includes 3 people with each person completing one part of the race. The team leader should complete the form as the race contact and include details of the other team members.

Anyone (including relay team members) who is not a member of British Triathlon must **add £4** to the cost of entry for a day race licence

Please read and sign the race declaration. Encashment of you cheque confirms your entry in the event. See event web site for more information, race details etc. Race details will only be sent out to those who include a stamped addressed envelope with their entry form. Cheques should be made payable to "Active Outdoor Sport"

Race enquiries: activeoutdoorsport@ntlworld.com



ENTRY FORM

Closing date for entries using this form: 31st December 2009

Please enter me into the following race at the Fritton Lake Triathlon:

Super Sprint (min age 14) Sprint Tri (min age 16) Olympic Tri (min age 18)

Olympic Relay (min age 18) Team Name.....

First Name	Surname	Male/ Female	British Triathlon No.	Date of Birth

Include Relay team members below

Address: _____

Post Code: _____

E-Mail: _____ Tel. No.: _____ Club: _____

Race declaration: I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to any event sponsors, race directors, or any person involved in the organisation of the event for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. I declare that I will abide by the rules of British Triathlon and the normal rules of the road for cyclists. I am in good health and know of no known medical condition that would prevent me from competing. I have read and understand the above.

Signed

Date.....