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Salt Ayre Junior Duathlon

Sunday 18th April 2010, 1-4pm
Salt Ayre Sports Centre, Lancaster, LA1 5JS

The above event, which comprises a run followed by a cycle and a shorter run, is open to all young people who are between the **ages of 8-18 on 31/12/10**. The Tristar and Youth events also form part of the British Triathlon North West Winter series and will be run in accordance with their rules and regulations. Please select the event in which you wish to take part in. Both the run elements will be on the running track and the cycle will be on the adjacent closed circuit tarmac track.

Event	Age (at 31/12/10)	Run	Bike	Run
Tristar Start	8	400m	1500m	200m
Supersprint - S1	9 – 16	400m	1500m	200m
Sprint - S2	11 – 16	1200m	4500m	400m
Tristar 1	9 or 10	1200m	3000m	400m
Tristar 2	11 or 12	1600m	6000m	600m
Tristar 3	13 or 14	2000m	7500m	600m
Youth	15 or 16	2000m	9000m	800m
Juniors	17 or 18	2000m	9000m	800m

ENTRY FEE £8.50 individual, £12 team of 2.

British Triathlon members will receive a £1 refund on production of their race licence
Goody bag / memento for all competitors.

Please print *clearly*:

Full name:				
Address:			Postcode:	
Age (at 31/12/10):	DOB:	Tel:		
Club if any:				
British Triathlon Number:		Male/Female:		
Teams Only Team Name:				
2 nd Team member's name:			DOB:	
Race entered (tick one):	S1 <input type="checkbox"/>	S2 <input type="checkbox"/>	Tristar <input type="checkbox"/>	Tristar 1 <input type="checkbox"/>
	Tristar 2 <input type="checkbox"/>	Tristar 3 <input type="checkbox"/>	Youth <input type="checkbox"/>	Junior <input type="checkbox"/>
Parental Consent (must be completed for all competitors).				
I/WE DECLARE THAT THE ABOVE NAMED PERSON(S) IS/ARE FIT TO TAKE PART IN THIS EVENT. I /WE UNDERSTAND THAT THEY PARTICIPATE AT THEIR OWN RISK, AND RELIEVE THE RACE REFEREE, THE RACE ORGANISERS/PERSONNEL, OF ANY RESPONSIBILITY FOR INJURY, LOSS OR DAMAGE SUSTAINED TO EITHER PERSON OR PROPERTY AS A RESULT OF PARTICIPATION HOWSOEVER CAUSED. I/WE ALSO DECLARE THAT THE NAMED PERSON'S CYCLE IS IN ROADWORTHY CONDITION. I/WE AGREE TO ABIDE BY THE RULES OF BRITISH TRIATHLON AND THE EVENT ORGANISERS.				
Signed:	Parent/guardian:		Date:	
Signed (teams only):	Parent 2:			
e-mail address				

Cheques should be made payable to 'BOLTON METRO TRI CLUB'. Send with entry form to BTC, 188 Bradford Road, Bolton, BL3 2HS. No refunds can be given after the closing date.
Enquiries to steven.jones@btinternet.com **Closing Date for entries Thu 15th April.**

Race Info and Results will be posted on our websites at: www.boltontri.com and <http://cogset.org.uk>

If you do not have Internet access then please enclose a stamped addressed envelope if you want race info posted to you.

Please feel free to photocopy this form