



Holmfirth Junior Triathlon

Sunday 11th July 2010

This race is part of the Yorkshire & Humberside Regional Series
 Holmfirth Swimming Pool, Huddersfield Road, Holmfirth, HD9 3LU
 Registration from 8.45am First race 10:00am approx

Age Group; age as of 31st December 2010

Age Group	Swim (20m pool)	Cycle (approx)	Run (approx)
Tristart 8 yrs	40m	800m	600m
Tristar 1 9/10	120m	2000m	1200m
Tristar 2 11/12	160m	4000m	1800m
Tristar 3 13/14	280m	6000m	2400m

Entry fee £10 (which includes £1 for a day licence from British Triathlon for insurance). British Triathlon members can claim £1 refund at registration when they show their British Triathlon Race Licence.

Please complete the entry form below and return with cheque payable to **Holmfirth Harriers** to: Mrs Deborah Byram, HHAC, Long Fall Farm, Reddisher Road, Marsden, Huddersfield, HD7 6NF. Closing date for entries is Tuesday 6th July. Late entries may be accepted if event not full. Entries on the day will **not** be accepted. Maximum 100 competitors.

Race details will NOT normally be sent out prior to the event. Please see www.holmfirthharriers.com for further details and entry list. Enquiries by email to deborah@byram.co.uk or call 01484 846380. Goodie bag and medal to all finishers, trophies for first 3 girls and boys in each age group.

The swim is in an indoor, heated 20m pool and the cycle and run on a grass surface. Due to the size of the pool, only competitors will have access to the pool side, sorry no spectators on poolside. Bring swimming kit/tri suit, bike, helmet and running shoes. It is normal to do the race in a swim costume or Tri Suit. A T-Shirt will be require for boys if tri suit not worn, number belts are permitted. The event will be run under the British Triathlon rules, drafting is NOT permitted; Cycle helmets must be worn. Cycles and helmets will be checked for safety on entering transition area.

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Competitor Details

First Name _____ Surname _____ Male/Female(delete) _____

Address _____

Post Code _____

Tel No _____ Email (print clearly) _____

Date of Birth _____ Age (on 31/12/10) _____ Age Group (eg Tristart) _____

Club (if any) _____ BTA No (if any) _____

Est. Swim Time for Event Distance _____ min _____ seconds

Race commentary on the day, just a little about you (eg *this is my first triathlon, I live for triathlon, hello mum!*)

DISCLAIMER

Declaration of Parent / Guardian I declare that the above named person is fit to take part in this event. I understand that they participate entirely at their own risk, and relieve the organising club, race referee, the race organisers/personnel, of any responsibility for injury, loss or damage sustained to either their person or property as a result of participation howsoever caused. I agree to abide by the rules of the British Triathlon Federation. I, or another responsible adult, will accompany my child at the event. I/We agree to abide by the British Triathlon Child Protection Guidelines (<http://www.britishtriathlon.org/about/childprotection/>) and understand that any behaviour that contravenes these rules could lead to my exclusion from attending further British Triathlon sanctioned events. I consent for these details to be held on computer for the purposes of race organisation, results and the distribution of other related Triathlon news that may be of use to me/ the participant I am accompanying. Details given will not be forwarded to any other organisation or used for any other purpose.

As parent / guardian of the above, I have read, understood and agree with the disclaimer and the conditions of the event.

Signed Parent/guardian: _____ Date _____