



**CATEGORY:**

Please note category must be entered as per age on 31/12/08.

- |                                 |     |                          |
|---------------------------------|-----|--------------------------|
| Junior Female (12-16)           | JF  | <input type="checkbox"/> |
| Female Individual (17+)         | FS  | <input type="checkbox"/> |
| Female Individual Veteran (40+) | FV  | <input type="checkbox"/> |
| Female Ind. Super Veteran (50+) | SFV | <input type="checkbox"/> |
| Junior Male (12-16)             | JM  | <input type="checkbox"/> |
| Male Individual (17+)           | MS  | <input type="checkbox"/> |
| Male Individual Veteran (40+)   | MV  | <input type="checkbox"/> |
| Male Super Veteran (50+)        | MSV | <input type="checkbox"/> |
| Vintage (Male 60+)              | VIN |                          |
| Vintage (Female 60+)            | VIN |                          |
| Junior Team (12-16)             | JT  | <input type="checkbox"/> |
| Adult Team (17+)                | AT  | <input type="checkbox"/> |

Minimum age of entry for the NOVICE event: 12 Years old

Minimum age of entry for the SPRINT event: 16 Years old

**Team Entries:** Teams of three people should be entered. One person is to swim, one person is to cycle and one is to run The Swimmer should be the lead name on the form

Cyclists are reminded: **NO CYCLE HELMET NO RACE**

All competitors will receive individual race mementos. Prizes awarded for category winners.

Limited parking of vehicles for the event is available in the local area. Showers and toilet facilities are provided, with lockers costing 20p refundable.

Registration starts at 1pm for Sprint event and 1.30pm for Novice; all TS Race Licence Holders **MUST** produce their Licence at Registration. Sprint competitors must be registered and ready to race by 1.30pm for a 1.45pm approx. start; Novice competitors must be registered and ready to race by 2.15pm for a 2.30pm approx. start

All Competitors **MUST SIGN** the Disclaimer.