



**Pembrokeshire Tri Club Triathlon
Haverfordwest
Sunday 2nd May 2010
400m swim / 15.8km bike / 3.1km run**

Meet: 7.30am H'west Pool
Start: first wave 8am
Finish: H'west Cricket Club
Entries: limited to 32 – first come first served

Entry fee: £8 / £4 (under 18) – includes post-race food (you will not find a cheaper triathlon anywhere!)
Cheques payable to
"Pembrokeshire Triathlon Club"

For insurance purposes all entrants **must** be paid up members of PTC. Annual membership (April to March) costs just £12 (£5 unwaged/student, £1 youth/junior). Forms are available on the web-site.

I confirm I am a current member of PTC (ESSENTIAL)

NOVICE CATEGORY: as a **novice** I confirm that this will be my first ever triathlon (TICK IF APPROPRIATE)

Name _____ Telephone no. _____

Address _____

_____ Postcode _____

Email _____

Age on 31/12/09 _____ (minimum age 15) DoB _____ M/F _____

My estimated swim time for 400m (16 lengths) is: _____ mins _____ sec
(please enter a realistic time for your swim time to nearest 10 seconds)

If you have any medical condition that the race organisers need to be aware of please give details here:

Contact in case of emergency: _____

Emergency tel.: _____

It would be great if you could provide a 'helper' on the day, e.g. to marshal on the course, move kit etc. Helpers name(s):

_____ Tel.: _____

Disclaimer

I accept that I compete entirely at my own risk, and that the organisers accept no responsibility for any loss, damage or injury, however caused.

Signed: _____ Date: _____

(signed by parent/guardian if under 18 years of age)

Please return this form, fully completed and with a cheque for the relevant amount to: Alex Ilyat, 31 Queensway, Haverfordwest, Pembrokeshire, SA61 2PB. If you have any queries please call (07793 752589). **No entries after 25th April (except for those already on the reserve list)** and the field is limited to 32, so enter early to avoid disappointment.

If, after entering, you are unable to race for any reason, please call the number above so that your place can be allocated to someone on the reserve list – we will refund your fee if your place is taken by someone else.

Cashing of your cheque confirms your entry. We will also be e-mailing confirmation to those who provide an e-mail address. A Race Information Pack is available on the club web-site www.pembrokeshire-tri.org.uk.

You will be required to wear a race number during the bike and run sections so please bear this in mind. Race belts are permitted.

WE SUGGEST YOU RETAIN A COPY OF THIS FORM FOR REFERENCE