



**Pembrokeshire Duathlon  
(INDIVIDUAL) Entry Form  
Saturday 26<sup>th</sup> March 2011  
0830 Start, Neyland  
5k run / 22k bike / 2.5k run**

Name:		MALE		FEMALE	
Address:					
E-mail (please print clearly) Only include if you are willing to receive confirmation / race pack via e-mail					
Tel. No(s):					
Emergency Contact Name & Number:					
Club / Team Name:					
British Triathlon Member?	Y / N	Membership No:		@	#
Date of birth (min age 15yrs as of 31/12/11)	D	D	M	M	Y
Age Category (age as at 31/12/11)	YOUTH 15-16		JUNIOR 17-19		OPEN 20-39
T-shirt Size	XXS 32"	XS 34"	S 35-37"	M 38-40"	L 41-43"

**Important Information (Please read, sign and include correct payment)**

- The entry fee is £30 for Seniors (20yrs+) and £23 for Juniors (15-19yrs), which includes the cost of a day licence for insurance. The entry fee for British Triathlon Members only is £22, who must produce their current British Triathlon race licence at Registration.
- Please make cheques payable to: PEMBROKESHIRE TRIATHLON CLUB
- If you prefer to receive your race info pack by post please include an A5 S.A.E.
- Post your entry to: [Pembrokeshire Duathlon, c/o 18 Heritage Park, Haverfordwest, Pembrokeshire, SA61 2QF.](#)
- Fully completed entries & fees must be received by the closing date, Friday 18<sup>th</sup> March
- Photographs from the event may be used in the press and future promotions. Please notify the race director if you do not wish to appear.

**Disclaimer:**

I declare that I will abide by the rules of British Triathlon and accept that British Triathlon and its agents, and the event organisers and their associates, are not liable for any loss, damage, claim or expense which may arise as a consequence of my participation in this event. I will cycle with care and attention and abide by the normal rules of the road. I am of good health and compete at my own risk

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**For competitors under 17 as of 31/12/11**

Having read the information contained in the Race Information Pack I give consent for my son/daughter to take part. I agree that he/she shall abide by the rules of British Triathlon and I confirm he/she is fit and healthy and that his/her cycle is roadworthy.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_ (Parent/Guardian)