



PEMBROKESHIRE TRISTARS TRIATHLON

**Saturday 12th June 2010 at Pembroke
Leisure Centre**

First wave 11.00am

Registration from 9.00am to 10.00am Race Briefing at 10.15am

This event is sanctioned and run under the British Triathlon Federation rules for Children's Triathlon Events.

Ideal for beginners and experienced triathletes

AGE, CATEGORIES & DISTANCES (age at 31st December 2010)

GROUP	AGE	SWIM (m)	CYCLE (m)	RUN (m)
Tristar Start	8	50	800	600
Tristar 1	9 / 10	150	2000	1200
Tristar 2	11 / 12	200	4000	1600
Tristar 3	13 / 14	300	6000	2400

Entry Fee £14 (This includes a BTF day license. BTF members will have £1 refunded on production of a BTF license). **Closing date 2nd June 2010.**

T-shirt to all entrants, goodie bag to all finishers.

Entry forms on Pembroke tri website:

www.pembrokeshire-tri.org.uk