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## Llanelli Standard Distance Triathlon

### August 29<sup>th</sup> 2015

#### EVENT DETAILS

Electronic Chip Timing / Finishing Memento / Prize Money

#### COURSE DETAILS

**Swim –1500m** - Open water swim in the tranquil North Dock. Suitable for first time open water swimmers.

**Cycle – 40Km** - The bike course is on open roads down to the medieval village of Kidwelly & Trimsaran

**Run – 10Km** - A great course for a fast 10Km time along the Millennium Coastal Path

#### TROPHY CATEGORIES for Male & Female Triathletes

**1st Overall Male , 1<sup>st</sup> Overall Female**

Seniors, Vets (+40), SuperVets (+50), Vintage Vets (+60)

1st Junior , 1<sup>st</sup> Open Relay Team ,

**ONLINE ENTRY @ [www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)**

Forename : \_\_\_\_\_ Surname : \_\_\_\_\_ M / F : \_\_\_\_\_

Address : \_\_\_\_\_ Post Code : \_\_\_\_\_

D.O.B : \_\_\_\_\_ Age (on 31/12/2015 ) : \_\_\_\_\_ Mob : \_\_\_\_\_

Email : \_\_\_\_\_ Club : \_\_\_\_\_

WT/BTAA Memb No : \_\_\_\_\_

Category ( please circle ): Seniors (- 40 ) / Vets (+40) / SVets (+50) / VVets ( +60 ) /  
Juniors / Open Relay Team /

Relay Team Name : \_\_\_\_\_ Swimmer : \_\_\_\_\_

Cyclist : \_\_\_\_\_ Runner : \_\_\_\_\_

**Entry Fee please £45.00** There **will** be a day licence fee applied on the day to all non BTA Members of £5.00  
Relay Team : **£55.00**

**Cheques Payable to** : Healthy Life Activities. Return Entry to : **Healthy Life Activities, , 111 Heol Penygarn, Tycroes, Ammanford, SA18 3PF** All Race Details available online – no race packs posted out / Welsh Language Entry Form available

**Disclaimer** : I declare I will abide by the rules of the British Triathlon Association and accept that the BTA and its agents, 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 the event.. I will cycle with care and attention and abide by the Highway Code. I am in good health and compete at my own risk.

**Signed** : \_\_\_\_\_ **Date** : \_\_\_\_\_