Llanelli Sprint Triathlon

part of the DPALaw Llanelli Multi-Sport Festival 2016

Welsh Sprint Championhsips

May 15th – 7:30am Start

Electronic Chip Timing / Finishing Memento / Trophies in all categories

COURSE DETAILS

Swim –750m - Open water swim in the tranquil North Dock. Suitable for first time open water swimmers.
Cycle – 33km - The bike course is on open roads down to the medieval village of Kidwelly.
Run – 5Km - A one lap course on the scenic Millennium Coastal Path

TROPHY CATEGORIES for Male & Female Triathletes

1st Overall Male , 1st Overall Female
Seniors, Vets (+40), SuperVets (+50), Vintage Vets (+60)
1st Youth and 1st Junior , 1st Open Relay Team,
1st Carmarthenshire Resident Champion

ONLINE ENTRY @ www.healthylifeactivities.co.uk

Forename : _____ Surname : _____ M / F : _____

Address : _____ Post Code : _____

D.O.B : _____ Age (on 31/12/2016) : _____ Mob : _____

Email : _____ Club : _____

BTF/WTA Memb No :_____ Done this Race before ? Yes / No

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

Relay Team Name : _____ Swimmer : _____

Cyclist : _____ Runner : _____

Entry Fee please £40.00 Day Licence fee applied on the day to all non BTA Members of £5.00 Relay Team : **£50.00** plus day licence of £3.00 each

Cheques Payable to : Healthy Life Activities. Return Entry to : **Healthy Life Activities** **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 and accept that the BTF 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.
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Signed : _____ **Date :** _____