



Healthy Life Activities
Gweithgareddau Bywyd Iach

Triathlon Iau Llanymddyfri – Llandoverly Junior Triathlon



June 13th 2015 – 4:00pm Start

CAT	SWIM	BIKE	RUN
Tristar S	50m	1Km	600m
Tristar 1	150m	2Km	1.2Km
Tristar 2	200m	4Km	1.8Km
Tristar 3	300m	6Km	2.4km

Medal to all Finishers / Winners Trophies Male & Female

ONLINE ENTRY @ www.healthylifeactivities.co.uk



@HL_Activities

Forename : _____ Surname : _____ M / F : _____

Address : _____ Post Code : _____

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

Email : _____

(We will only be communicating via email with athletes)

Club : _____ School : _____

Race Course (please circle) : TS T1 T2 T3

ALL RACE INFORMATION WILL BE ON OUR WEBSITE – NO RACE PACKS POSTED OUT

Entry Fee : £12.00 £2.00 for a Day Licence

Cheques Payable to : Healthy Life Activities. Return Entry to : 111 Penygarn Rd, Tycroes, Ammanford, SA18 3PF
Welsh Language Entry Form available

Disclaimer : Declaration of Parent / Guardian I declare that the above named person is to take part in this event. I understand that they participate entirely at their own risk, and relieve the organising club, race referee, the race organisers/personnel, of any responsibility for injury, loss or damage sustained to either their person or property as a result of participation howsoever caused. I agree to abide by the rules of the British Triathlon Federation. I, or another responsible adult, will accompany my child at the event. I/We agree to abide by the British Triathlon Child Protection Guidelines and understand that any behaviour that contravenes these rules could lead to my exclusion from attending further British Triathlon sanctioned events. I consent for these details to be held on computer for the purposes of race organisation, results and the distribution of other related Triathlon news that may be of use to me/ the participant I am accompanying. Details given will not be forwarded to any other organisation or used for any other purpose.

Signed by Parent/Guardian : _____ **Date :** _____