



Carmarthen Sprint Triathlon 2016

April 3rd 2016 – 7:30am Start



400m



23k



5k

COURSE DETAILS : – Pool Swim at Carmarthen Leisure Centre
- Bike ride down to Llanstephan
- Run alongside the Tywi river

Finisher Momento / Chip Timing / Great Family Weekend
We have a Junior Fun Triathlon on April 2nd

ONLINE ENTRY @ www.healthylifeactivities.co.uk



@HL_Activities

Forename : _____ Surname : _____ M / F : _____

Address : _____ County : _____ Post Code : _____

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

Email : _____
(We will only be communicating via email with athletes, please print clearly)

Club : _____ School : _____

Estimated 400m Swim Time ? _____

Have you taken part in a Triathlon before ? Yes / No How did you hear about this event ? _____

RELAY TEAM - A relay team needs to consist of at least two team members. Enter main contact details above.

Relay Team Name : _____ Swimmer : _____ Cyclist _____

Runner : _____ Swimmers 400m swim time : _____

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

Entry Fee : £40.00 (£5.00 for a Race Day Licence payable on the day) Relay Team £45 (£3.0 each for day licence)

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

Disclaimer : I declare that the above named person is to take part in this event. I understand that I participate entirely at my own risk, and relieve the organising club, race referee, the race organisers/personnel, of any responsibility for injury, loss or damage sustained to either person or property as a result of participation howsoever caused. I agree to abide by the rules of the British Triathlon Federation. 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 :** _____