



Jenny Clark Try-a-Tri 2008

1ST TIME TRIATHLETES AND *NOVICES

ONLY

300m SWIM – 21k BIKE – 4K RUN

www.trisporteppling.co.uk

NOVICES – not to have competed in more than 2 previous events

SUNDAY 22nd JUNE, 2008 – 8.00am

Ongar Leisure Centre, Fyfield Road, Ongar, Essex

Entry Fee: Adults £25.00

Youths/Juniors £12.00 (age 15 to 19 years)

Limited to 120 entries. Held under BTA rules

Post-race breakfast and souvenir for every competitor

Hard cycle helmets must be worn. Race numbers to be worn on the back

ENCASHMENT OF YOUR CHEQUE CONFIRMS YOUR ENTRY

RACE DETAILS WILL BE SENT OUT ONE WEEK BEFORE THE EVENT

I wish to enter the Ongar Try-a-Tri at Ongar Leisure Centre, Ongar, Essex, on Sunday June 22nd, 2008

I enclose a cheque (payable to TriSport Epping) to the value of £..... T Shirt Size: S / M / L / XL

Surname.....Forename..... Male/Female Age (at 31.12.08).....

Address.....

Postcode.....Telephone.....e-mail.....

Emergency Phone NumberContact Name.....

Estimated times: 300m Swim.....Swim Stoke..... 21k Bike4k Run.....

Please state any medical conditions e.g. Asthma.....

How did you hear of the event?..... Have you done this event before? YES/NO

DECLARATION: I declare that to the best of my knowledge I am medically fit to enter this event. I agree that the organisers will accept no responsibility for any injury, loss, accident or damage as a result of my participating in this event (including fatal injury). I agree to abide by the rules governing the event which will be explained and displayed at the start. I will accept the race director's or marshal's order to retire from the event should he/she require me to do so for reasons of safety or misconduct. I am responsible for taking the correct route. My bicycle is in a safe and roadworthy condition. I accept that no refunds of entry fees will be made. Note: The race marshal's decision is final.

Signed..... (or parent/guardian for those under 18 years)

Closing Date for Entries: 11th June 2008 or earlier if event is full (Sorry, no telephone entries or entries on the day) Please send form together with 2 large self stamped addressed envelopes & cheque or P.O. (payable to 'Tri Sport Epping') to Tri Sport Epping Try-a-Tri, 12 Southview Drive, Uppminster, Essex. RM 14 2LA

