

This event is supported by:



EAST COAST TRIATHLON

Sunday 18th April 2010 – Start 8:30am

Marina Centre, Marine Parade, Great Yarmouth, NR30 2ER

A super sprint race suitable for youths and adults aged 15+
This is an ideal introduction to triathlon competition and is a
great warm up to the season for more experienced competitors.

This is a fully inclusive event suitable for disabled athletes

Disabled
Triathlete
Inclusive
Event



Swim 250m Bike 16km Run 3km

Entry Fee: £24 plus £3 for non-members of Triathlon England

Enter online at www.entrycentral.com or complete this form and send with entry fee to:

Race Director, East Coast Triathlon, 95 St Williams Way, Norwich, NR7 0AL

Closing date for entries: 11th April 2010

Please read and sign the race declaration. Encashment of your cheque confirms your entry in the event. Cheques to be made payable to “**Active Outdoor Sport**”

Race details will be posted on the event website at www.activeoutdoorsport.co.uk and only be sent out to those who provide a stamped addressed envelope with the entry form. Race enquiries to: activeoutdoorsport@ntlworld.com



Entry Form - East Coast Triathlon

Name: _____ Male Female

Address: _____

Post Code: _____

E-Mail: _____ Tel. No.: _____

Date of Birth: _____ Triathlon England Member No. _____

Club: _____ Est. 250m Swim. _____

Additional Information:

Are you a Disabled Athlete: Yes No If you are a disabled athlete you will be sent information on competition classes and a self declaration form.

Ethnic origin: White Black or Black British Mixed Background
Asian or Asian British Chinese Other ethnic group

Race declaration: I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to any event sponsors, race directors, or any person involved in the organisation of the event for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. I declare that I will abide by the rules of British Triathlon and the normal rules of the road for cyclists. I am in good healthy and know of no known medical condition that would prevent me from competing. I have read and understand the above.

Signed

Date.....