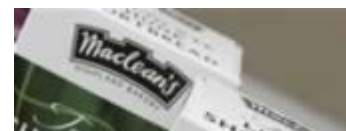




FORRES TRY TRI 25 JUNE 2011 ENTRY FORM



The co-operative
good for everyone



Try a Triathlon in the beautiful Forres area. The bike and run routes are stunning! This event is designed as a novice event for those interested in trying out this fast growing multi disciplined sport. Whether you're a keen competitor or want to set yourself a personal challenge this will be a lot of fun. Join us the week before the event on a trial cycle of the bike route and walk round the run route; at a leisurely pace and with explanations finishing with a description of the transition arrangements - highly recommended for under 16s.

All you need is to be able to swim, cycle and run and have a mountain bike and helmet.

ENTRIES:

Get your form in quickly as entries are limited and the event is expected to be full very quickly. Closing date: Wednesday 22 June 2011. No entries on the day.

This event is run under the rules of Triathlon Scotland (STA).

Minimum age: 14 Under 18 year olds must have signed parental consent and acceptance of responsibility (see declaration).

EVENT DETAILS:

When: Saturday 25 June 2011

Registration: From 12:00-13:00 (closes)

Starts: Wave 1 at 13:30, Wave 2 at 13:50, Wave 3 at 14:10, Wave 4 at 14:30

Race Briefing: At 13:10 (attendance compulsory)

Results and prizes: 17:00 followed by a barbecue

Location: Start and Finish at Forres Swimming Pool

Route: 400m. Swim in Forres pool (16 lengths)

14.8 Km Bike part on road, part off road through the forest via Rafford

3.0 Km Run through Sanquhar woods

We're planning to use an electronic timing system - so you'll get 6 accurate split times (swim/T1 /Bike/T2/Run/Total) and a print just after you finish!

More info from: Siobhan 01309 672037 / 07544 655111 or
Cliff 01309 676480 / 0753 0094552

ENTRY FEE:

£14 for under 18s

£18 for 18 and over

£21 for team of 3

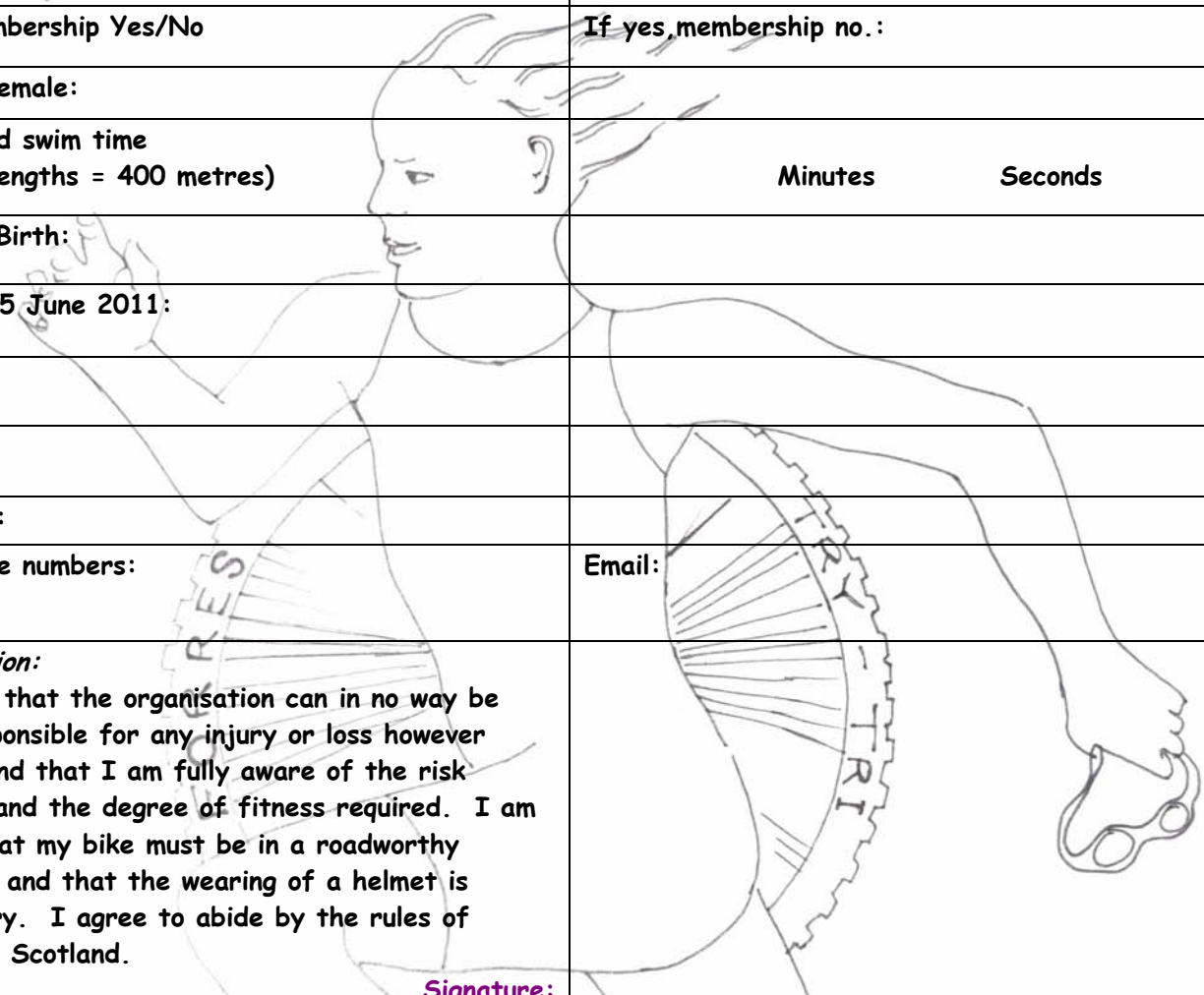
For team entries, complete an entry form per team member and staple together (please!)

Indicate who is doing what alongside the name.

Cheques to be payable to "Forres Try Tri" and along with entry sent to:

Forres Try Tri, c/o Cliff Shardalow, 1 Sanquhar Road, Forres IV36 1DG

Entry:

| | | |
|--|---|---------|
| Competitors Name (and Team Name if applicable): | | |
| Club or School: | | |
| STA membership Yes/No | If yes, membership no.: | |
| Male / Female: | | |
| Estimated swim time (for 16 lengths = 400 metres) | Minutes | Seconds |
| Date of Birth: | | |
| Age on 25 June 2011: | | |
| Address: | | |
| | | |
| Postcode: | | |
| Telephone numbers: | Email: | |
| <p>Declaration: I accept that the organisation can in no way be held responsible for any injury or loss however caused and that I am fully aware of the risk involved and the degree of fitness required. I am aware that my bike must be in a roadworthy condition and that the wearing of a helmet is mandatory. I agree to abide by the rules of Triathlon Scotland.</p> <p style="text-align: right;">Signature:</p> |  | |
| If competitor is under 18 on day of race, please state parent's name: | | |
| <p>Declaration: I accept that the organisation can in no way be held responsible for any injury or loss however caused and that I and my child taking part in the event are fully aware of the risk involved and the degree of fitness required. I am aware that my child's bike must be in a roadworthy condition and that the wearing of a helmet is mandatory. I agree to abide by the rules of Triathlon Scotland.</p> <p style="text-align: right;">Parent or guardian's signature:</p> <p>Required if competitor is under 18 on day of race</p> | | |
| Date form submitted: | 2011 | |