Harwich Triathlon 2007

A Harwich Running Club & H,D & P Swimming Club Event.

SPRINT DISTANCE TRIATHLON

SUNDAY 24TH JUNE 2007: START TIME 16:00

Swim 300m (12 lengths of 25m indoor pool); Cycle 24.4kms; Run 5kms.
Race information available at: www.harwichrunners.co.uk or www.harwich.net

Entry fee of £22 payable to Harwich Running Club.
(Includes voucher for post-race refreshments).
Non British Triathlon Association members (BTA) will be required to purchase a day licence to race at £3 per person.

First Name: **Last Name:**

Date of Birth: **Male/Female:**

Address: **First Triathlon** **Yes / No**

Vegetarian **Yes / No**

Post Code: ----------

Telephone: ----------

Email address: ----------
(please write clearly – race confirmation and info to be sent via email. SAE if no email address).

Club (if applicable):- **BTA No. (if applicable):**
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Estimated Swim Time: (Please be as accurate as possible with your swim time, as your swimming start position will be calculated using these times).

Swim Time for 300m (12 lengths of 25m indoor pool).

I declare that I am fit to take part in this event and understand that I do so entirely at my own risk. I accept that the organisers will not be liable for any loss, damage, claim, injury or accident, which may arise as a consequence of my participation in this event. I will abide by the BTA rules and any rules imposed by the race officers or their representatives during this event. See race information for details of cancellation dates.

Signed:

Banking of entrance fee will indicate successful application. Race information will be issued via email. If you require written confirmation or printed pre-race information kindly enclose a stamped / addressed envelope.

Send completed forms to :
Race organiser:
Dennis Warner: 17, Beech Grove, Little Oakley, Harwich, Essex, CO12 5NN

Telephone: 01255 880196 email: warnerde@aol.com