

Trent Park Running Club Aquathlon Entry Form

Members Only - Free Entry

**Queenswood School Pool
Brookmans Park, AL9 6NS**

24th July 2010 – Race Start 10.00 am – Registration from 9.15am

Distances - (Age at 31 December 2010)

Race	Group	Swim	Run
A	Junior under 11*	100 metres 4 lengths	2.2Km marshalled
B	Junior under 16*	200 metres 8 lengths	2.2Km marshalled
Y	Junior relay**	200 metres 8 lengths	2.2Km marshalled
C	Adult novice	200 metres 8 lengths	4.5Km
D	Adult sprint	400 metres 16 lengths	4.5Km
X	Team Relay**	400 metres 16 lengths	4.5Km

*Guide only, please select according to current running group and swimming ability

Race choice..... Estimated swim timemins/secs
 Surname.....First name.....M/F.....
 Address.....

 Postcode.....
 Tel (home).....(work /mob).....

**Relay runner – both should sign the form

Surname.....First name.....M/F.....

Age (on 31 Dec 10 - Junior only).....

I declare that I am / the above named person is fit to take part in this event and understand that I / they do so entirely at my / their own risk and, to the fullest extent possible in law, relieve Trent Park Running Club, the referee and race organiser and all other persons or parties involved of any responsibility for any injury, loss or damage sustained to either person or property as a result of their participation howsoever caused. I agree that I / they will abide by the rules of the race and all other applicable laws and regulations (see race briefing).

Signed..... Date.....
 (Parent/guardian if under 16)

Please return this form to Peter Lambert **by Wednesday 22nd July** - we must pre register all competitors and order numbers, swim caps etc.
 Hand completed forms to Peter Lambert or email to peter.lambert@trentparkrc.org
 Post to: 6,Crofton Way, Enfield, EN2 8HX. Tel 020 8366 4704 / 07746 961 582
 All junior entries should be handed to Jan Bowman

Details at http://www.trentparkrc.org/aquathlon_dir.asp