

Trent Park Running Club Aquathlon

**Members Only
Free Entry**

**14th July 2007 – Start 09:30 am
Trent Park – Middlesex University pool**

Entry Form

Distances - (Age at 31 December 2007)

Race	Group	Swim	Run
A	Junior under 12	100 yards 4 lengths	2Km marshalled
B	Junior under 16	200 yards 8 lengths	2Km marshalled
C	Adult novice	200 yards 8 lengths	5Km Handicap
D	Adult sprint	400 yards 16 lengths	5Km Handicap

Race choice..... Estimated swim timemins/secs

Surname.....First name.....

Address.....

.....

Postcode.....

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

Age (on 31 Dec 07 - Junior only).....male/female.....

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 Saturday 30th June**

No entries can be accepted after this date – we must pre register all competitors

Email to triathlon@trentparkrc.org or hand it to Peter Lambert or post to: 6,Crofton Way, Enfield, EN2 8HX. Tel 020 8366 4704 / 07746 961 582

All junior entries should be handed to Peter Ley / Jan Bowman

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