

# Trent Park Running Club Aquathlon

**Members Only  
Free Entry**

**11<sup>th</sup> July 2009 – Start 09:30 am  
Trent Park – Middlesex University pool**

## Entry Form

**Distances - (Age at 31 December 2009)**

Race	Group	Swim	Run
<b>A</b>	Junior under 11	100 yards 4 lengths	2Km marshalled
<b>B</b>	Junior under 16	200 yards 8 lengths	2Km marshalled
<b>C</b>	Adult novice	200 yards 8 lengths	5Km Handicap
<b>D</b>	Adult sprint	400 yards 16 lengths	5Km Handicap

Race choice..... Estimated swim time .....mins/secs

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

Address.....

.....

Postcode.....

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

Age (on 31 Dec 09 - 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 4<sup>th</sup> July** - we must pre register all competitors and order numbers, swim caps etc.

Email to [triathlon@trentparkrc.org](mailto:triathlon@trentparkrc.org) or hand it to Peter Lambert

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](http://www.trentparkrc.org/aquathlon_dir.asp)