



# CLACTON TRIATHLON WEEKEND 2019

raising funds for the Brain & Spine Foundation

Registered Charity No. 1098528

## SPRINT & SUPER-SPRINT DISTANCE TRIATHLON

SATURDAY 7<sup>th</sup> SEPTEMBER 2019



	<u>Super-Sprint</u>	<u>Sprint</u>
<i>Swim</i>	<b>400m</b>	<b>750m (Open Water)</b>
<i>Bike</i>	<b>8km</b>	<b>16km (Off Road)</b>
<i>Run</i>	<b>2.5km</b>	<b>5km</b>

Please Circle the appropriate Event

Please Circle the appropriate Event

Start and Finish at Holland Haven, Holland on Sea, at Clacton Sailing Club

Individual Entry Fee - Member: £40.00 Non-member £45.00

Relay Teams - £63.00 per team + £5 per Day Membership

**(Each Relay Team Member is required to fill in an Entry Form and all three forms must be submitted together)**

Open to Competitors 15 years and older (as at 31<sup>st</sup> December 2019)

All entrants to British Triathlon sanctioned events are required to be a member of a British Triathlon Home Nation or purchase a day membership. The additional charge for non-British Triathlon members provides temporary membership for the day, giving Public Liability & Personal Accident insurance cover whilst participating in the event.

Enter online at [www.clactontriathlon.co.uk](http://www.clactontriathlon.co.uk)

Alternatively send this completed form together with a cheque (Payable to **Clacton Triathlon**) to:

**Paul Crawford, 335 Frinton Road, Holland on Sea, Essex CO15 5SS** (Tel: 01255 814487)

**Paper Entry Closing Date: 26<sup>th</sup> August 2019 or earlier if entry limit is reached**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Date Of Birth: M/F BT Number (If applicable)

Contact Address

House No. & Street \_\_\_\_\_

Town: \_\_\_\_\_

County: \_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Club (If Applicable): \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

(Please supply a telephone number which can be used in the event of injury or accident on race day. Please don't supply your own mobile number!)

Estimated Times (Please be as accurate as possible): Relay Name: \_\_\_\_\_ (If Applicable)

Relay Team members only fill in estimated time for own discipline)

Swim time: \_\_\_\_\_ Bike time: \_\_\_\_\_ Run time: \_\_\_\_\_

Preferred T-Shirt size: S M L XL (Circle Applicable) NB: Indication of preferred size does not guarantee availability.

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 British Triathlon, the Brain & Spine Foundation, the race organisers and their associates are not 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 British Triathlon rules and any rules imposed by the race officers or their representatives during this event.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Competitors aged 15 / 16 as at 31<sup>st</sup> December 2019 must gain Parental consent in order to be eligible to compete:

Signed: \_\_\_\_\_ Parent / Guardian (Circle Applicable) Date: \_\_\_\_\_

A list of accepted entries will be available on the Entry Central Website  
(Please allow 10 working days for your paper entry details to appear)

Answers to Frequently Asked Questions are available on the Clacton Triathlon Website

Race packs will be available on the website approximately 3 weeks prior to the event. Competitors will be emailed a web-link to the Race Packs.

Web-site: [www.clactontriathlon.co.uk](http://www.clactontriathlon.co.uk)

Email: [sprint@clactontriathlon.co.uk](mailto:sprint@clactontriathlon.co.uk)