

Chirk Sprint Distance Triathlon

This race forms part of the High5 North Wales Challenge

visit www.wreccsamtri.org.uk for details.

in conjunction with Wreccsam Tri Club

Sponsored by Athletes Feet

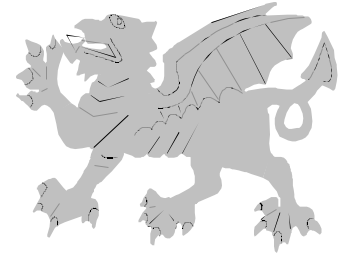
Good Prize Fund

400m/24k/5k

Chirk Leisure Centre

Sunday 24 April 2005

Start of first swimmer 9:30am



The pool swim will be in Chirk Leisure Centre. The bike section is an out and back course through the scenic Glyn Ceriog valley. The run is an undulating course on quiet country roads. This is a friendly triathlon and would be ideal for novices as well as experienced triathletes.

Entry Fee: £24-00 (BTA/WAT - £4 refund on day, on production of valid licence)

Relay team: £42-00 (BTA/WAT - £4 refund on day, on production of EACH valid licence)

Entries to: Julian Hunter, Sands Farm, Pentre Lane, Hope Mountain, Flintshire, LL12 9HF.

Tel: 01978 761582 e-mail: julian.hunter@virgin.net

Cheques made payable to 'Wreccsam Tri Club'

Are you willing to accept race details via e-mail Y / N

e-mail address (please print clearly) _____

First Name _____ **Surname** _____ **DOB** ___/___/___

Address _____

Postcode _____ **Tel** _____ **BTA/WTA No** _____

Est Swim time _____ mins _____ secs

Sex M/F **Age(at 31/12/2005)** _____ **Club** _____

I declare that I will abide by the rules of the BTA and accept that the BTA and its agents, the event organisers and their associates are not liable for any loss, damage, claim or expense which may arise as a consequence of my participation in this event. I will cycle with care and attention and abide by the normal rules of the road. I am of good health and compete at my own risk.

Signed _____

CHIRK TRI