



Holmfirth Harriers Junior Duathlon

Sunday 21st March 2010

This race is part of the Yorkshire & Humberside Regional Series

RICHARD DUNN SPORTS CENTRE, ODSAL TOP, BRADFORD BD6 1EZ

Registration from 11:00am Novice TS TS1 & TS2, first race 12.30pm approx

Registration for TS3 & Y 1.00pm, TS3 race 2.30pm approx Youth to follow.

Age Group Age as of 31/12/2010



| Age Group | Run1 | Cycle | Run2 |
|-----------------|-------------|----------------|-------------|
| Tristart 8 | 300m (1 L) | 1,500m (2 L) | 300m (1L) |
| Novice 9-16 | 600m (2 L) | 1,500m (2 L) | 300m (1L) |
| Tristar 1 9-10 | 1200m (4 L) | 4,000m (5 L) | 300m (1L) |
| Tristar 2 11-12 | 1500m (5 L) | 6,000m (7 L) | 600m (2 L) |
| Tristar 3 13-14 | 1800m (6 L) | 8,000m (10 L) | 900m (3 L) |
| Youth 15-16 | 2400m (8 L) | 10,000m (14 L) | 1200m (4 L) |

Entry fee is £8 (which includes £1 for a day licence from British Triathlon for insurance). British Triathlon members can claim £1 refund at registration when they show their race licence.

Please complete the entry form below and return with cheque payable to **Holmfirth Harriers** to: Mrs Deborah Byram, HHAC, Long Fall Farm, Reddisher Road, Marsden, Huddersfield, HD7 6NF. Closing date for entries is Monday 15th March 2010. Late entries and entries on the day will be accepted if races not full.

Race details will NOT be sent out prior to the event. Please see www.holmfirthharriers.com for further details & entry list. Enquires email rachaelmellor@hotmail.com or call 01484 664488. Medals for all finishers, trophies for first 3 girls and boys in each age group except Novice race.

Bring cycling and running kit. It is normal to do the race in the same clothes (unless using different bike/run shoes). The event will be run under the British Triathlon rules (sanctioning applied for); Cycle helmets must be worn and shown at registration for safety check. Cycle will be checked for safety on entering transition area.

Competitor Details

First Name _____ Surname _____ Male/Female(delete)

Address _____

Post Code _____

Email _____ Telephone _____

BTA no. for members _____ Club _____

Date of Birth _____ Age at 31st Dec 2010 _____ Age Cat. (eg Tristart) _____

DISCLAIMER

Declaration of Parent / Guardian I declare that the above named person is fit to take part in this event. I understand that they participate entirely at their own risk, and relieve the organising club, race referee, the race organisers/personnel, of any responsibility for injury, loss or damage sustained to either their person or property as a result of participation howsoever caused. I agree to abide by the rules of the British Triathlon Federation. I, or another responsible adult, will accompany my child at the event. I/We agree to abide by the British Triathlon Child Protection Guidelines (<http://www.britishtriathlon.org/about/childprotection/>) and understand that any behaviour that contravenes these rules could lead to my exclusion from attending further British Triathlon sanctioned events. I consent for these details to be held on computer for the purposes of race organisation, results and the distribution of other related Triathlon news that may be of use to me/ the participant I am accompanying. Details given will not be forwarded to any other organisation or used for any other purpose.

As parent / guardian of the above, I have read, understood and agree with the disclaimer and the conditions of the event.

Signed Parent/guardian: _____ Date _____