

TONBRIDGE LIONS TRIATHLON

AT SEVENOAKS SCHOOL

Monday 7th May 2007

(B.T.A. SANCTIONED EVENT)

This Application Form is for the Tonbridge Triathlon at SEVENOAKS School only

SWIM 400 Metres

CYCLE 20 Kilometres

RUN 5 Kilometres

Entries are now open to this event.

Enter early to avoid disappointment

The start and finish point will be at the Sevenoaks School Swimming centre, Sevenoaks Goody bags will be presented to all competitors and first and runner up trophies for each age group and the team event on the day. Categories will be as follows: -

Male under 40 years

Female under 40 years

Male over 40 years

Female over 40 years

Men's Novices (minimum age 16 years)

Women's Novices (minimum age 16 years)

Team event

Female Super vet over 50 years

Male Super vet over 50 years

The event will be run on a continuously running clock basis with the first competitor starting at 7.00 am and others following at one minute intervals. The swim will be held in the Sevenoaks School Swimming Pool, the cycle will consist of a predominantly country road circuit and the run will take place within the grounds of Knole Park finishing at the School athletics track.

ALL COMPETITORS MUST EQUIP THEMSELVES WITH AN APPROVED CYCLING SAFETY HELMET FOR THE CYCLE SECTION (SEE REVERSE OF THIS SHEET)

Please complete and return this form to Event Secretary

James Lark,
7 Newton Avenue,
Tonbridge
Kent TN10 4RP Tel. 01732 366010

Closing date for entries: 17 April 2007

PLEASE PRINT DETAILS

SurnameFore Name

Age Date of BirthMale/Female

Address

.....E-mail.....

Telephone No. (Home)..... (Work).....

Approx. Times: SwimCycleRun

Club.....B.T.A.No.....Type of license: Elite / Standard

Is this your first triathlon ever ?.....

Apart from entering as an individual Competitor, do you wish to also enter as part of a Team? If so, please state which Team (see Rule 12)

Declaration (this declaration must be signed by the participant named above) : I,

- (a) Enclose entry fee of £27.50 (£24.50 BTA members) (cheques must be payable to TONBRIDGE LIONS CLUB) together with **TWO LARGE STAMPED ADDRESSED ENVELOPES.**
- (b) Agree to provide myself with a bicycle in roadworthy condition.
- (c) Agree to provide myself with cycling safety helmet for the cycle section.
- (d) Agree to abide by the rules of the event.
- (e) Indemnify the promoters and sponsors against any claim for any accident, loss or damage as a consequence of my participation. **YOU WOULD BE WISE TO ENSURE YOU HAVE ADEQUATE INSURANCE COVER.**
- (f) Declare that I will be 16 years or over on the date of the event. (Parental/guardian consent required for competitors aged between 16 and 18 on date of event).

Signed Date

IF YOU REQUIRE A SPECIFIC START TIME – PLEASE PUT ON YOUR ENTRY FORM – WE WILL DO OUR BEST TO OBLIGE

P.T.O

TONBRIDGE LIONS TRIATHLON

AT

SEVENOAKS SCHOOL 2007

(B.T.A. SANCTIONED EVENT)



TRI → CYCLE-OPS.CO.UK

Rules and Regulations

1. All competitors must be over the age of 16 years on the date of the event and provide themselves with a cycling safety helmet for the cycling section. Under no circumstances will any competitor be allowed to compete without wearing one.
2. Registration will open at 6.00 am at the SEVENOAKS School Swimming Centre, Monday 7th May 2007, and it is suggested that competitors arrive at least 1 hour before their start time. At the registration each competitor will receive their race numbers, safety pins etc.
3. Helmets to be to BSI/ANSI, fastened at all times and not to have an elastic chin strap. They must be put on before unracking and only taken off after racking your cycle in the cycling section.
4. In the cycling section cycles must be mounted only after passing the timing officials and before reaching them on your return.
5. On the cycle route there will not be any drinking stations therefore we recommend that cyclists carry their own water bottles.
6. Standard sportswear (no fancy dress) is to be worn AT ALL TIMES. Race numbers must also be, prominently displayed AT ALL TIMES.
7. We would remind competitors that the cycle section is being carried out on public highway and therefore the HIGHWAY CODE MUST BE OBSERVED AT ALL TIMES
8. All turnings will be sign posted and/or marshalled.
9. On the run section one drink station will be available. All cups MUST be left at the drink station.
10. Police, marshals and medics' instructions must be obeyed at all times. Their decisions as to whether a competitor can carry on or not will be final.
11. No fairings or streamlining devices will be allowed. No individual support vehicles or bicycles are permitted except as provided by the organisers. Competitors must on no account take pace either from another cyclist or from a vehicle. The riders must ride along, singly and not two abreast (except for the purpose of passing) and must ride no closer than 5 metres from a rider in front.
12. An entry in the team event shall consist of three named competitors each completing the whole course. The total time of each team member shall be added to produce the time for the team. A competitor may only be a member of one team.
13. All entries are taken on a **first come first served basis** – so book early to avoid disappointment

HOW TO ENTER

1. Remember all competitors must be over the age of 16 years on the date of the event.
2. Fill in your application form and return it to the Race Secretary by the closing date of 17 April 2007 **WITH TWO LARGE STAMPED ADDRESSED ENVELOPES (ENSURING CORRECT POSTAL RATE AFFIXED)**
3. The entry fee for this event will be £27.50 (£24.50 BTA Members) and should be sent with your application form. BTA Race Licenses must be shown before starting the event.
4. On receiving your application form and monies we will then send you a receipt and your start time. This will be sent to you after the closing date of the 17 April 2007.

Data Protection Act :

Details from this form are kept on a database for the sole purpose of the triathlon, and inviting you to future triathlons, if you do not wish to receive such notices in future, please tick the box.