



www.tfn.org.uk

## CITY OF NOTTINGHAM CHILDREN'S TRIATHLON

**Saturday 18<sup>th</sup> September 2010**  
**Clifton Leisure Centre, Clifton, Nottingham, NG11 8AB**

Registration opens at 8.00am Provisional time for trophy presentations 2.00pm

**Closing date for all entries is Saturday 4<sup>th</sup> September 2010**  
**or when the race is full**

### Categories Ages & Distances

<u>GROUP</u>	<u>AGE</u> on 31 <sup>st</sup> Dec 2010	<u>SWIM</u> (m)	<u>Bike</u>	<u>RUN</u> (m)
Tristar Start	8	50 [2 lengths]	800m	500 [1 lap]
Tristar 1	9/10	100 [4 lengths]	1600m [2 laps]	1000 [2 laps]
Tristar 2	11/12	200 [8 lengths]	4k [5]	1500 [3 laps]
Tristar 3	13/14	300 [12 lengths]	5.6k [7]	2000 [4 laps]
Youths	15/16	400 [16 lengths]	8k [10]	3000 [6 laps]

### Course Details

Swim – 25m Indoor Heated Pool Bike – Enclosed Grass Course Run – Enclosed Grass Course

- This event is sanctioned and run under the BTF's rules for Children's Triathlon/Aquathlon events
- A competitor's age is taken as of 31/12/10 and **not** age on race day
- Trophies will be given to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each age group (male & female)
- All competitors will have the opportunity to "walk the course" before the triathlon starts

This event is **ALWAYS** over subscribed so please have your entries in as soon as possible.

Please return completed entry form and appropriate fee to –  
TFN Tri Club, 8 Glade Avenue, Wollaton, Nottingham NG8 1HN

**Closing date for all entries is Saturday 4<sup>th</sup> September or when full. Late entries will be charged £5 late entry fee.**

**Confirmed entry for your child and race information will be on the website – [www.tfn.org.uk](http://www.tfn.org.uk). Please check our website in the weeks before the event to make sure your child does have a confirmed entry.**



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## CITY OF NOTTINGHAM CHILDREN'S TRIATHLON Saturday 18<sup>th</sup> September 2010

BTF Members £10  Non-BTF Members\* £11 [to include day licence and insurance]

Please make cheques payable to **TFN Triathlon Club**

\* All competitors in a BTF sanctioned event are required to be members of the BTF. By ticking the box above you are agreeing to your name being passed on to the BTF for the purpose of registering your day membership and providing insurance cover.

Closing date for all entries is Saturday 4th September 2010 or when full. Late entries will be charged £5 late entry fee.

**PLEASE PRINT CLEARLY USING CAPITALS (we have to be able to read this!)**

First Name		Last Name			
Address.....					
.....					
Postcode.....					
Telephone Number			Mobile		
Email					
Age (at 31/12/10)		Date of Birth		Girl/Boy	
BTF Membership Number:		Club (if any)			
Estimated swim time for		Metres (see above)		minutes	seconds
T-shirt size required (✓please tick)	Small child		Medium child		
	Small adult		Medium adult		

**Declaration** I accept that the organisation can in no way be held responsible for any injury or loss howsoever caused, and that my child taking part in the event, is fully aware of the risks involved and the degree of fitness required. I am aware that my child's cycle must be in a roadworthy condition and checked immediately prior to the event and that wearing of an approved cycle helmet is mandatory.

I agree to abide by the rules of the BRITISH TRIATHLON FEDERATION

Signed.....Parent / Guardian / Carer

Date.....

**NB** Confirmed entry for your child, race information, directions etc will be on the website - [www.tfn.org.uk](http://www.tfn.org.uk) and issued by email shortly before the race.

If you require a hard copy of the race information please enclose an A5 stamped addressed envelope.