

Tyne and Wear Fire and Rescue Service Triathlon 2008

Sunday 3 August 2008 at Hebburn Swimming Baths

This triathlon consists of a 400m pool swim, a 20kms cycle ride on a flat course around the Jarrow and Hebburn area and a flat 5kms run in Hebburn. The race is open to individuals or teams consisting of three persons, each participating in one discipline. Cycles must be roadworthy and an approved cycle helmet must be worn during the cycle section. After the race is completed there will be a complimentary buffet and refreshments together with the medal presentation.

FEES:- BTA members £20 (a photocopy of your race licence must be sent with your entry form. A signature is required otherwise your entry will not be accepted). Non-BTA triathletes £23. Teams £25. Please state size and quantity of T-shirts required. Please make all cheques payable to:- TWFRS Sports and Social Club. For further information contact <http://www.twfire.gov.uk>

Send all entries to:- Sam Nicholson, Tyne and Wear Fire Service, Barmston Mere Training Centre, Nissan Way, Sunderland, SR5 3QY or contact Ed Cooper (event organiser) at 07834355299

All competitors must enclose a large SAE for race information (2 SAE if race results are required.)
Please note that this event was over-subscribed last year and the closing date for entries is 20 July 2008 or earlier if the race limit has been reached

| | | | | |
|----------------------------|-------------------------|---------------------------|---------------------------|-----|
| Surname | Forename | DOB | Age | Sex |
| Address | | | | |
| Address | | | | |
| E-mail | Club | Telephone | Mobile | |
| Brigade (if applicable) | | Club | | |
| Realistic 400m Swim Time - | T-shirt required Y / N. | Size (please ring) M L XL | No of T-shirts required - | |
| TEAM ENTRY | | | | |
| Team name - | Swimmer - | Cyclist - | Runner - | |

Prizes:- 1st / 2nd / 3rd Firefighter 1st / 2nd / 3rd Firefighter O40 1st / 2nd / 3rd Female Firefighter
1st / 2nd / 3rd District No 1 Firefighter 1st District No 1 Firefighter Vet 1st Firefighter Tyne and Wear

1st Male Junior 1st Female Junior 1st / 2nd / 3rd Female 1st Female Senior
1st / 2nd / 3rd Male Senior 1st Male Vet 1st Male Vet O50 1st / 2nd / 3rd Team

I fully accept that Tyne and Wear Fire and Rescue Service cannot be held responsible for any loss or damage or injury I may sustain whilst competing in the Tyne and Wear Fire and Rescue Service Triathlon 2008 and I agree to abide by the rules of the BTA and the referees decision.

Signed Date Total amount enclosed

**TYNE AND WEAR FIRE AND RESCUE SERVICE TRIATHLON 2008
MEDICAL FORM**

Name:

Competitor Number:

Start Time:

Sex: M/F

Age:

Do you suffer from any medical conditions, or have you in the last six months been to your Doctors/Hospital for treatment:

Are you currently taken any medication that we should be aware of:

This form is for use of our medical team whilst you are competing in the Triathlon, the information on here will not be passed on and the form will be destroyed once the event is over.

I declare that to the best of my knowledge, the information I have provided above is true.

Signature:

Date: