



The Cannons St Albans Triathlon

Sunday 28th June 2009

at

Cannons Health Club

Highfield Park Drive, St Albans, Herts AL1 1DX

Start Time: 7.00am, Bike racking and set-up from 5.30am

Swim: 300m (Pool) **Bike:** 20K (Road) **Run:** 5K

BTA Sanction applied for

Entries Limited to 250

(The race was typically fills some six weeks before, so enter early in order to avoid disappointment.)

Entry Fee*: £28 (BTA), £30 (non-BTA)

* £1 per entry will be donated to ASPIRE, a charity working with people with spinal cord injury to create opportunity, choice and independence for disabled people in society, www.aspire.org.uk, charity no 1075317
Please tick the box and deduct £1 if you do not wish to donate

Trophies for Fastest Overall Male and Female, BTA Age Groups, Fastest Male and Female Novices and Cannons members.

Refreshments will be available at health club.

We hope you will find the Cannons St Albans Triathlon one of the best triathlon experiences available, certainly the changing, showers and swim will be in one of the most modern and up to date available in the UK!

Acknowledgment of entry into the race will be the encashment of your cheque. Race details will be sent out closer to the date. We operate a reserves list, so any cancellations received by July 1st will receive a full refund, minus the ASPIRE contribution and you will be giving someone else the chance to race. Entries are NOT transferable; No one else may race using your registration.

More details and the race pack will be posted on the race web site:
http://www.tri-force.org/st_albans_triathlon.html



Please enter me for **The Cannons St Albans Triathlon 2009:**

Name (block letters please):

Address:

Post Code:

Phone:

Club:

BTA No:

Sex: M F

DoB:

Swim Time (300m):

e-mail:

Are you a Cannons member? Yes No

Is this your first Triathlon? Yes No

Known Medical Conditions:

The entry fee for non-BTA members is inclusive of the BTA Day Race License fee.

BTA Members MUST bring their 2009-2010 license to registration on race day or pay the £2 Day license and handling fee.

At the time of production of this entry form, Tri-Force had not been advised of the cost of Insurance by the British Triathlon Association. Should this be excessive, we reserve the right to apply a supplemental insurance premium for all participants.

Please make cheques or postal orders payable to: "Tri-Force (Herts)"

Tri-Force St Albans Triathlon
11 The Exchange, Queen Street, Hitchin, SG4 9TY

Race Waiver

To be signed by all competitors on entry

I accept that these events are conducted under the rules and conditions of the British Triathlon Association, and I agree to acquaint myself with, and abide by, those rules and any instructions issued by the organiser. I declare that I am fit to take part in these events, and understand that I take part entirely at my own risk and relieve the organisers of any responsibility for injury, loss or damage sustained to either my person or property as a result of my participation.

Signed

Date

(Parent or guardian if under 18)