

**Tri-Force****Website**<http://www.tri-force.org/>**Email**[Aquathlon@jdmoffatt.clara.co.uk](mailto:Aquathlon@jdmoffatt.clara.co.uk)

Presents

**The Midsummer Sunrise Aquathlon 2009**

to be held on

**Wednesday 17<sup>th</sup> June 2009 @ 05:30am**

at

Westminster Lodge  
St. Albans, Hertfordshire  
AL1 2DL

**Pool Swim: 500m Run: 5k**

**Race before work:** First swimmers off at 5.30 a.m  
Prize giving finished by 7.30 a.m. Free breakfast for all competitors.  
Entries limited so enter early to avoid disappointment.

**Entry Fee\*: £15**

BTA Members: £2 refund on race day upon production of card

**Entries on the day:** £17, places NOT guaranteed

\*£1 per entry will be donated to **ASPIRE** (Charity no. 1075317), a charity working with people with spinal cord injury to create opportunity, choice and independence.

[www.aspire.org.uk](http://www.aspire.org.uk)**ENTRY DETAILS (BLOCK CAPITALS PLEASE)**

<b>Name</b>					
<b>Email Address</b>					
<b>Address</b>					
<b>Postcode</b>					
<b>Telephone</b>					
<b>Sex</b>	M / F	<b>D.O.B</b>	/ /	<b>Age @ 31/12/2009</b>	

<b>Estimated Swim Time for 500m</b>				
<b>BTA Member</b>	YES / NO	<b>BTA Member No.</b>		
<b>Triathlon / Other Club</b>				
<b>Medical Conditions</b>				

Please make cheques payable to 'Tri-Force (Herts)' and send with completed entry form to:

**Tri-Force Sunrise Aquathlon, 245 The Ridgeway,  
St Albans, Herts, AL4 9XG**

All communications i.e. Race Pack & Results will be via E-mail.

Race numbers to be collected at registration.

**Race Waiver**

*I accept that this event is 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 this event, 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 my property as a result of my participation.*

<b>Signed</b> <small>(Signature of Parent or Guardian if under 18)</small>		<b>Date</b>	
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