

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

Presents

The Midsummer Sunrise Aquathlon 2010

to be held on

Wednesday 30th June @ 05:30am

at

Herts Sports Village
Hatfield, Hertfordshire
AL10 9EU**Pool Swim: 400m Run: 5k****Race before work:** First swimmers off at 6.00 a.m

Prize giving @ approx. 7.30 a.m. Free bacon roll provided for all competitors.

Entries limited so enter early to avoid disappointment.

Entry Fee*: £16

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

Entries on the day: £18, 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**ENTRY DETAILS (BLOCK CAPITALS PLEASE) or enter @ www.entrycentral.com****Name****Email Address****Address****Postcode****Telephone****Sex**

M / F

D.O.B

/ /

Age @ 31/12/2010**Estimated Swim Time for 400m****Triathlon England Member**

YES / NO

Membership No.**Triathlon / Other Club****Medical Conditions**

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 Triathlon England, 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.***Signed**

(Signature of Parent or Guardian if under 18)

Date