



Hereford Triathlon 2009

Sunday 19th July, 9am
The Bishop of Hereford's Bluecoat School
400 yard Swim, 15km Bike, 5km Run

ENTRY FEE: £29.00

BTF refund of £2:00 on production of a valid licence.
Entry fee includes day membership of the BTF for those who aren't members.
Day membership provides you with civil liability and personal accident insurance cover during the event.

Please print in block capitals.

NAME:

TEL NO:

ADDRESS:

E-MAIL ADDRESS:

DATE OF BIRTH:

SEX: **M / F**

ESTIMATED SWIM TIME:

CLUB:

BTF NO:

DECLARATION: I hereby declare that I am aware that I enter the Hereford Triathlon at my own risk. I know of no medical reason why I should not race. I agree to abide by standard BTF race rules and the normal rules of the road during the cycle section.

SIGNED:

DATE:

Cheques should be made payable to: "Hereford Triathlon Club".

Entry forms should be sent with cheque to:

Nicola Goodwin
2 Poplar Cottages
Watery Lane
Hereford
HR2 6JN

Race details will be available at: www.herefordtriathlonclub.co.uk.

CLOSING DATE: 05/07/2009 or when the race is full.

We'd like to know more about you, please leave us some details on the back of this sheet. Is it your first triathlon? Are you racing with friends? Etc...

If you want to start alongside friends or team-mates please let us know on the back of the form. The start list and times will be displayed on the club website one week before the triathlon and cannot be changed!