

Cockerham Sprint Triathlon 2010



(In Aid of Cockerham Recreation Scheme & CancerCare)

Sunday 29th August 2010

Race Starts 2pm

Cockerham Quarry, nr Lancaster

350m Lake Swim 15km Bike 5k Run

Set in around the picturesque village of Cockerham, the race takes in some of the areas most beautiful & historic scenery including Cocker Sands Abbey, Morecambe Bay and views out to the Bowland Fells.

The race is open to individual competitors and relay team of three persons.
All abilities welcome, Mountain Bikes recommended. Helmets compulsory, Wetsuits optional.
Mementos to all finishers

Individual Entries/Relay Team Captain

Full Name		Male/Female
Address		
		Postcode
Tel		DOB / / (min 16 years race day)
Email		
BTA No & Club		
Estimated Swim Time	(mandatory Field - 8 mins being average)	T-Shirt Size (pre-registered only)

If applicable

Team Name		
Name Team Member 2		DOB / / (min 16 years race day)
Name Team Member 3		DOB / / (min 16 years race day)
T-Shirt Size (pre-registered only)	Team Member 2 =	Team Member 3 =

Race Declaration to be signed by all competitors & respective parents if under 18yrs.

I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to the event organisers and persons involved in the running of the event including the land owners for injury, accidents, loss or damage suffered by me however such may be caused. I declare myself fit and healthy to participate in this event. I have read and understood the above.

Signed:

Date:

Entry Fee: Individual Competitors - £23 BTA members (none BTA £25) Relay Teams £40.

Closing date for entries 23/08/10. Due to the demand on places and health and safety, this year We wish to encourage everyone to pre register for the event. However, entries **MAY** be possible on the day subject to numbers, but an **additional £7 per individual and £10 per team late Entry Fee** will be charged. **All Fees are non returnable**

You can also register online at www.cockerhamtri.org.uk

Enter by post with SAE to: Cockerham Village Triathlon, Fundraising, CancerCare, Slynedales, Slyne Road, Lancaster LA2 6ST.

Cheques made payable to "Cockerham Recreation Scheme"

