

# Aquathlon (Swim/Run) Races Exe Valley Triathlon



**Personal details (PLEASE PRINT)**

First name: ..... Last name: .....

Address: .....

County: ..... Postcode: .....

Tel (evening): ..... (day): .....

Email: .....(please print clearly)

Date of birth: \_\_\_/\_\_\_/\_\_\_ Age:..... Male:  Female:

Age is calculated as per British Triathlon rules, whatever your age will be on 31<sup>st</sup> December 2009.

British Triathlon Number: ..... Non member:

British Triathlon Club: ..... (If applicable)

**Category** (please tick only one category)

Category :	Senior (19 - 39)	Novice Race	Exeter TriStar (age 8)	Exeter TriStar1 (9-10)	Exeter TriStar2 (11-12)	Exeter TriStar3 (13-14)	Youth (15 - 16)	Jun (17 - 19)	Vet (40 - 49)	Vet (50 - 59)	Vet (60+)
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Declaration**

I declare that I will abide by the regulations governed by the organiser Exeter Triathlon Club and accept that the event organisers and their associates are not liable for any loss, damage, claim or expense which may arise as a consequence of my participation in this event/these events. I agree to abide by British Triathlon rules, copies of which are available at <http://www.britishtriathlon.org> . I am of good health and compete at my own risk.

Triathlon only: I further agree that the above person's cycle is in a roadworthy condition.

Signed: ..... Date: \_\_\_/\_\_\_/\_\_\_

Print name: .....  
(parent or guardian if under 18)

I enclose full payment of £ .....

Cheques should be made payable to Exeter Triathlon Club and posted with the entry form to:

Exeter Triathlon Club  
PO Box 663, South Street, Exeter, EX1 9LD

Online Entry is available at [www.exetertri.co.uk](http://www.exetertri.co.uk)

**Important Information**

All entrants (first and surname only) will be listed by event on [www.exetertri.co.uk](http://www.exetertri.co.uk) .  
Results will be on [www.exetertri.co.uk](http://www.exetertri.co.uk) within 1 day of the race, (and most probably by 6.00p.m. the night of the race).

# The Events

Please tick each event(s) you wish to enter:

Event	Please tick	Race type	Cost per race	Entry deadline	Max entrants
<b>Aquathlon Series</b>					
Dawlish Aquathlon 22nd <sup>n</sup> February 2009	<input type="checkbox"/>	Swim - Run	£12 (£2 refund on presentation of Race Licence)	13th February	120
Exmouth Aquathlon 15th March 2009	<input type="checkbox"/>	Swim - Run	£12 (£2 refund on presentation of Race Licence)	6th March	120
Sidmouth Aquathlon 5 <sup>th</sup> April 2009	<input type="checkbox"/>	Swim - Run	£12 (£2 refund on presentation of Race Licence)	26th March	120
Exeter Middlemoor Aquathlon 26 <sup>th</sup> April 2009	<input type="checkbox"/>	Swim - Run	£12 (£2 refund on presentation of Race Licence)	19 <sup>th</sup> April	120
Aquathlon Novice Races (any of the above races)	<input type="checkbox"/>		£10 (£2 refund on presentation of race licence)		30
<b>Exeter Middlemoor Childrens Races</b>	<input type="checkbox"/>		£6 (£1 refund on presentation of race licence)		30
<b>Triathlon</b>					
Exe Valley Triathlon - Sprint Event 10th May 2009	<input type="checkbox"/>	Swim - Bike - Run	£26 (£2 refund on presentation of Race Licence)	3 <sup>rd</sup> May	300
Exe Valley Triathlon - Novice Event 10 <sup>th</sup> May 2009	<input type="checkbox"/>	Swim - Bike - Run	£23 (£2 refund on presentation of Race Licence)	3 <sup>rd</sup> May	

## Aquathlons only

Estimated 600m swim time: \_\_ : \_\_ 300m \_\_ : \_\_

Tick this box if you intend competing as a two person relay  
(note: relay competitors will not be eligible for prizes

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**Triathlon only** – A Novice is someone who has not entered a triathlon before or has a swim time of more than 7 minutes for 200 metres.

Estimated 400m swim time: \_\_ : \_\_ (Triathlon Sprint)

Estimated 200m swim time: \_\_ : \_\_ (Triathlon Novice)

(Example 12:30 is 12 minutes 30 seconds)

(Please note front crawl or breast stroke only allowed).

Competitors start times are derived from their estimated swim times so please be as accurate as you can.

## **EVENT INFORMATION**

**(Please retain this for your information)**

### **Aquathlon (Swim/Run) Races**

#### **Start Times**

The Aquathlons will have a number of wave starts, beginning at 9.00a.m. with the slower swimmers. You will be notified of the approximate start time of your wave on the Exeter Triathlon Club website 3 to 4 days before each event. Anyone who is allowed to enter on the day will be slotted into an available start time. Exeter Middlemoor will start at 8.30am for seniors and approx 11.30am for Children.

#### **Relay**

For those who either can't swim or run there is a chance this year to take part in the Aquathlon Races, providing you find a friend who will do the other discipline for you. Enter the event by ticking the relay box.

#### **Prizes**

Each of the individual Aquathlons will have prizes for the first male and female winner of each ten year Age Group (more if numbers allow this). The first three in each TriStart and TriStar age group will receive a prize. Age is calculated according to British Triathlon rules as your age on 31<sup>st</sup> December 2008.

#### **Results**

Provisional results will be posted at race HQ on the day, and 15 minutes before the prizegiving (to allow competitors the opportunity to check their result before the prize presentation). Full results will be available on the Exeter Triathlon Club Website ([www.exetertri.co.uk](http://www.exetertri.co.uk)) by 6.00p.m. on the day of the event

### **Exe Valley Sprint Triathlon**

#### **Race Information**

Race details, numbers, course maps and other information will be displayed on the website ([www.exetertri.co.uk](http://www.exetertri.co.uk)) seven days before the race. Entries coming in close to the entry deadline will also be added on the website as soon as possible.

#### **Start Times**

Competitors start in waves beginning at 8.00a.m. with the slower swimmers. Details of start times will be posted on the Exeter Triathlon Club website 3 to 4 days before the event.

#### **Novice Eligibility**

A novice is someone who has not entered a triathlon before, or has a swim time of more than 7 minutes for 200 metres

#### **Prizes**

Prizes will be awarded to the first three competitors in each male and female five year Age Group (provided numbers of competitors in each group justify this).

#### **Results**

Provisional results will be posted at race HQ on the day, and 15 minute before the prizegiving (to allow competitors to check their result before the prize presentation). Full results will be available on the Exeter Triathlon Club Website ([www.exetertri.co.uk](http://www.exetertri.co.uk)) by 8.00p.m. on the day of the event

## **RULES FOR ALL RACES**

- Entry fees are non-refundable (unless your entry is returned because the event is full).
- In the Triathlon the wearing of helmets when cycling is compulsory (and it must have a "CE" mark and must meet either BS EN1078 or BS 6863 standards or above).
- A British Triathlon day licence is mandatory for non British Triathlon members. The extra entry fee for non BT Members will cover this requirement which gives you third party insurance during the race.
- British triathlon members will receive the £2 refund on their entry on presentation of their current Race Licence at registration.
- Your details will be kept on a database maintained by the Exeter Triathlon Club and will not be passed to any other party
- All competitors must abide by British Triathlon Rules. A copy will be available at each event, or can be viewed at [www.britishtriathlon.org](http://www.britishtriathlon.org)
- The British Triathlon referee's decision is final. (There is an appeals procedure which can be viewed at [www.britishtriathlon.org](http://www.britishtriathlon.org))

# **Exeter Triathlon Club Races**

## **2009**

### **AQUATHLON**

**(Swim / Run )**

Dawlish – 22<sup>nd</sup> Feb

Exmouth – 15<sup>th</sup> March

Sidmouth - 5<sup>th</sup> April

Exeter Middlemoor – 26<sup>th</sup> April

All the Races will be run over a 600metre Pool Swim and approx 5KM Run  
A Novice Wave will be run at each event with a 300metreSwim /5km Run

### **Exeter Middlemoor will hold Childrens Races**

Tristart ( age 8) 50m swim / 600m run

TriStar 1 ( age 9-10) 100m swim / 1200m run

TriStar 2 (age 11-12) 200m swim / 1800m run

TriStar 3 (age 13-14) 300m swim / 2400m run

### **TRIATHLON**

**Exe Valley Sprint Triathlon**

**(400 metres swim/25K Bike/5K run)**

**Exe Valley Novice Triathlon**

**(200 metres swim/20K Bike/2.5K run)**

TIVERTON – 10th May

Prizes kindly donated by Ironbridge Runner and The BikeShed

South West Championship Event



For more information, please visit [www.exetertri.co.uk](http://www.exetertri.co.uk)

Or contact:

for Aquathlon: [c.eccles@residentialtrust.co.uk](mailto:c.eccles@residentialtrust.co.uk)

for Triathlon: [evnsandyevans@aol.com](mailto:evnsandyevans@aol.com)