



Tempus
Making time for leisure



HELSTON MINI TRIATHLON FOR CHILDREN

SATURDAY 19th OCTOBER 2013

At

HELSTON SPORTS CENTRE

Age (as at 31/12/13)	Swim (Indoor Pool)	Cycle (Grass – Traffic Free)	Run (Grass/Tarmac – Traffic Free)
Age 8	50m (2 lengths)	800m (1 lap)	600m (1 lap)
Age 9/10	100m (4 lengths)	1500m (2 laps)	1100m (2 laps)
Age 11/12	150m (6 lengths)	2200m (3 laps)	1600m (3 laps)

REGISTRATION WILL BE FROM 10.00am. THE EVENT WILL START AT 11.30am.

Trophies for 1st, 2nd and 3rd girl and boy in each age group and a medal for every competitor

CLOSING DATE FOR ENTRIES – 11TH October 2013 (or before if it is full)

ENTRY LIMIT IS 150 COMPETITORS

(No Entries on the Day)

Please ensure children are able to swim the full distance for their age group confidently before entering

PLEASE USE BLOCK CAPITALS

CHILD'S NAME D.O.B. / / SEX: M / F (Please circle)

ADDRESS

..... POST CODE CLUB

CONTACT TEL. NUMBER..... EMAIL

(All pre-race information will be sent by email where possible)

Parental Consent & Declaration

I declare that the above named person is fit to take part in this event. I understand that they participate entirely at their own risk and relieve the race referee and the race organisers/personnel of any responsibility for injury, loss or damage to either their person or property as a result of participation howsoever caused. I also declare that the above named person's bike is in roadworthy condition and that they are 8 years or over and under 13 on December 31st 2013. I agree that the above named person will abide by the rules of British Triathlon.

I **agree/do not agree** to photos of the above named person being used for publicity purposes. (Please delete as appropriate)

SIGNED (Parent/Guardian)..... DATE

THE EVENT FEE IS **£12.00** – cheques made payable to "TEMPUS LEISURE"

PLEASE RETURN COMPLETED FORM AND ENTRY FEE TO:-
HELSTON MINI TRIATHLON, TEMPUS LEISURE, OLD COWLINS MILL,
PENHALICK, CARN BREA, REDRUTH, TR15 3YR

FOR INFORMATION - E-mail: charvey@tempusleisure.org.uk Tel: 01209 614348