

# COTSWOLD SUPER SPRINT TRIATHLON

**400m Swim • 20km Bike • 5km Run**  
**also 200m • 20km • 2.5km**  
**Sun 9 May 2010 8am Start**

**Saturday 8 May 10 - Registration, Trade Expo**  
**Sunday 09 May 10 - Registration, Trade Expo, Triathlons**

## Venue

Keynes Country Park, The Cotswold Water Park, Nr Cirencester - two miles from A419 (between Swindon and Cirencester). A clear water lake, set in a beautifully landscaped area which has a children's beach, picnic areas, climbing area and beach cafe.

## Course

A one-lap lake swim, followed by a fairly flat, one lap ride on quiet country roads. Then depart for a two lap, traffic free run on paths around the lake (Short/Youth event one lap run). Please note wetsuits are compulsory for the 400m swim.

## Entry

**Cashing of cheque confirms entry into race. Withdrawals must inform us in writing - 70% refund given up to 24/4/2010. No refunds after that date.** Email:triferris@btinternet.com.

Tel 01793 853933. BTF members must produce a current Tri Eng, STA or WTA Race License at Registration. All entrants to BTF registered events are required to be members of the BTF, therefore the additional fee for Non-BTF members shown below, includes BTF Day Membership.

## Open Super Sprint 400m - 20km - 5km

Open to anyone who can cover the distance (minimum age 17 as at 31/12/10). Prizes in every five year age category. Wetsuits compulsory as water can be cold early season.

## Relay Event 400m - 20km - 5km

Three people per team (male, female or mixed) - one person completes the swim, one the bike and one the run.

## Short/Youth Event 200m - 20km - 2.5km

Open to anyone who can cover the distance and ideal for your first time open water swim (minimum age 15 as at 31/12/10). Prizes for first senior and first youth male and female. Wetsuits compulsory as water can be cold early season.

## Accommodation

There will be camping on-site with toilet and shower facilities for a small fee - visit:www.ukwatersports.co.uk/triathlon.html. Phone Cotswold Tourism on 01285 654180 for local B&B's and Hotels (Travelodge Cirencester 5 miles).

**Chip Timing , Secure transition,  
Free Parking and Entry to Park  
Memento to all starters.**

**Full details of venue, course, start times and maps will be on [www.triferris.com](http://www.triferris.com) two weeks prior to the event.**

**Cashing of Cheque confirms entry to race  
You will only receive printed details  
if you enclose 1 x A5 SAE.**

Full Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Date Of Birth \_\_\_\_\_

Age On 31/12/2010 \_\_\_\_\_

Relay Team Name \_\_\_\_\_

Relay Team Members \_\_\_\_\_

\_\_\_\_\_

**please tick box where applicable**

Sex Male  Female

Non BTF Super Sprint (400m-20km-5km) £36.00

BTF Member Super Sprint (400m-20km-5km) £31.00

Relay (400m-20k-5k) Per Team £49.00

Non BTF Novice/Youth Event (200m-20k-2.5k) £33.00

BTF Member Novice/Youth Event (200m-20k-2.5k) £28.00

Fully Paid BTF Member YES/NO \_\_\_\_\_

If Yes ET,WTF,STA No \_\_\_\_\_

BTF Club (if any) \_\_\_\_\_

Email Address \_\_\_\_\_

Tel No. (day) \_\_\_\_\_

If you do NOT want to receive details of future events, please tick this box

## disclaimer

I declare that I will abide by the Rules of the British Triathlon Federation (details of which are published on [www.britishtriathlon.org](http://www.britishtriathlon.org)). I accept that taking part in this event is by its nature hazardous and contains certain inherent risks. I agree that I participate entirely at my own risk and accept that the BTF, its agents, the event organisers and their associates are not liable for any loss, damage, claim, expense, injury or accidents which may arise as a consequence of my negligence at this event. I will swim/cycle/run with care and attention, abiding by the normal rules of the Highway Code and remain responsible for my own property. I am in good health and have done sufficient training to safely complete the course.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Cheques payable to: Tri Ferris Promotions. The cashing of your cheque confirms entry into the race.**

**Return to: Super Sprint, 4 Lindisfarne, Woodshaw, Wootton Bassett, Wilts, SN4 8LQ.**