

COTSWOLD WOMEN ONLY TRIATHLON

**750m Swim ¥ 20km Bike ¥ 5km Run
or 400m Swim ¥ 20km Bike ¥ 2.5km Run
or 200m Swim ¥ 20km Bike ¥ 2.5km Run
Sun 7 June 2009 7.50am Start**

**Saturday 6 June - Registration, Trade Expo
Sunday 7 June - Registration, Trade Expo, Triathlons**

Venue

Keynes Country Park, The Cotswold Water Park, Nr Cirencester - two miles from A419 (between Swindon and Cirencester). A clear lake, set in a beautifully landscaped area which has a children's beach, play grounds, picnic areas, and beach cafe - A great weekend for all the family.

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 (Super Sprint and Novice event one lap run).

Entry

Cashing of cheque confirms entry to race. Withdrawals must inform us in writing - 70% refund given up to 18/5/2009. **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. Entry fee includes Free Park Entry/Parking - usual price £4 per person.

Sprint 750m - 20km - 5km

Open to any woman who can cover the distance (minimum age 17 as at 31/12/09). Please note wetsuits are compulsory for the 750m swim. Prizes in every five year age category.

Relay Event 750m - 20km - 5km

Three women per team - one completes the swim, one the bike and one the run (minimum age 17).

Super Sprint Event 400m - 20km - 2.5km

Open to any woman/female who can cover the distance. Wetsuits advised. (minimum age 15 as at 31/12/09).

Novice Event 200m - 20km - 2.5km

Open to any woman/female who can cover the distance. Wetsuits advised. (minimum age 15 as at 31/12/09).

Accommodation

There will be camping on-site with toilet and shower facilities for a small fee - full details on website 1st February.

Or phone Cotswold Tourism on 01285 654180 for local B&B's (Travelodge Cirencester 5 miles).

Cashing of cheque confirms entry to race so please check your bank statement.

Full details of venue, course, start times and maps will be on www.triferris.com two weeks prior to the event. If you require printed details you MUST enclose 1 x A5 SAE.

Full Name _____

Address _____

Post Code _____

Date Of Birth _____

Age On 31/12/2009 _____

Relay Team Name _____

Relay Team Members _____

please tick box where applicable

Non BTF Member incl. day license (750m-20k-5k) £38.00

BTF Member (750k-20k-5k) £33.00

Relay (750k-20k-5k) £50.00

Non BTF Super Sprint (400m-20k-2.5k) £33.00

BTF Member Super Sprint (400m-20k-2.5k) £28.00

Non BTF Member Novice (200m-20k-2.5k) £32.00

BTF Member Novice (200-20k-2.5k) £27.00

Fully Paid BTF Member YES/NO _____

If Yes TE, STA or WTA No _____

BTF Club (if any) _____

Email Address _____

Tel No. (day) _____

If you do NOT want to receive details of future Tri Ferris 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). 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: Women's Tri, 4 Lindisfarne, Woodshaw, Wootton Bassett, Wilts, SN4 8LQ.