



# Llanelli Waterside Triathlon

8:30 am - May 23<sup>rd</sup> 2010

Organised By - Human Being Active

## EVENT DETAILS

Electronic Chip Timing / Finishing Memento / Toilets / Refreshments / Free Car Park

## COURSE DETAILS

**Swim – 500m** - Open water swim in the tranquil North Dock. Suitable for first time open water swimmers.

**Cycle – 17miles** - The bike course is on open roads down to the medieval village of Kidwelly.

**Run – 5Km** - A two lap flat course along the Millennium Coastal Park

## TROPHY CATEGORIES for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female

### 1<sup>st</sup> Overall Male , 1<sup>st</sup> Overall Female

Seniors, Veterans (+40), SuperVets (+50), Vintage Vets (+60)

Youth and Junior , 1<sup>st</sup> Open Relay Team , 1<sup>st</sup> CCC Relay Team

1<sup>st</sup> Carmarthenshire Resident Champion

1<sup>st</sup> CCC Employee Champion.

## ONLINE ENTRY @ [www.humanbeingactive.org](http://www.humanbeingactive.org)

Forename : \_\_\_\_\_ Surname : \_\_\_\_\_ M / F : \_\_\_\_\_

Address : \_\_\_\_\_ Post Code : \_\_\_\_\_

D.O.B : \_\_\_\_\_ Age (on 31/12/2010 ) : \_\_\_\_\_ Mob : \_\_\_\_\_

Email : \_\_\_\_\_ Club : \_\_\_\_\_

Category ( please circle ) : Seniors ( - 40 ) / Vets (+40) / SVets (+50) / VVets ( +60 ) / Youth Juniors / Open Relay Team / CCC Relay Team / Carmarthenshire Resident CCC Employee

Relay Team Name : \_\_\_\_\_ Swimmer : \_\_\_\_\_

Cyclist : \_\_\_\_\_ Runner : \_\_\_\_\_

**Entry Fee please circle one** : Individual BTA Member : £32 Non BTA Member : £34 Relay Team : £45

**Cheques Payable to** : Human Being Active Return Entry to : **Human Being Active, 14 Ffordd Y Glowyr, Betws, Ammanford SA18 2FG. If you would like details posted out then include a 9"X6" SAE / Welsh Language EF available**

**Disclaimer** : I declare I will abide by the rules of the British Triathlon Association and accept that the BTA and its agents, 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 the event.. I will cycle with care and attention and abide by the Highway Code. I am in good health and compete at my own risk.

**Signed** : \_\_\_\_\_ **Date** : \_\_\_\_\_