

Ipswich Triathlon Club Presents  
**Junior Triathlon Training Days**  
For 8-16 year olds\*

Sunday 13<sup>th</sup> April 2008, Framlingham College.  
Saturday 10<sup>th</sup> May, Woodbridge School.  
Sunday 22<sup>nd</sup> June 2008, Woodbridge School.  
Sunday 20<sup>th</sup> July 2008, Woodbridge School.

Qualified coaches will help small groups of children take part in swimming, cycling, running & transition practice. Athlete welfare & child protection will be a priority. We provide a safe & fun environment.

Cost per event £5 Members, £10 Non Members  
Non Member will gain £5 discount towards membership.  
***If you wish to book all 4 events before 13<sup>th</sup> of April you can have 4 events for the price of 3 events.***

You will need: your bike, helmet (compulsory), swimming & running gear & trainers  
A tracksuit, sweatshirt, shorts & T-shirt and appropriate weather protection (sun cream, waterproofs)  
\*note minimum age 8 years old (on 31/12/08 ) Please apply early as numbers are strictly limited



Please tick the events you wish to enter.

Framlingham 13/4      Woodbridge 10/5      Woodbridge 22/6      Woodbridge 20/7

Name: \_\_\_\_\_ Tel No: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Please indicate swimming ability e.g. best times / distances from front crawl \_\_\_\_\_

Club or School: \_\_\_\_\_ Sex: Male / Female

(Please provide details of medical conditions or disability on rear of this form)

Contact number on day of event: \_\_\_\_\_ Contact name: \_\_\_\_\_

Email address: \_\_\_\_\_

Declaration

I declare that the above named person is fit to take part in this activity. I understand that they participate at their own risk and relieve the coaching personnel and club of any responsibility for injury, loss or damage to either person or property as a result of participation howsoever caused. I accept that participation in any physical activity carries an inherent risk. I declare that the above named person's cycle is in a serviceable condition. Participants agree to abide by the rules of the British Triathlon Federation. A reasonable standard of behaviour will be maintained by the above named to ensure the safety and smooth running of the event. I understand that failure to meet this requirement may result in suspension from the event. I accept that the head coach's decision will be final in these circumstances.

Signed: \_\_\_\_\_ (parent / guardian) Date: \_\_\_\_\_

Detailed information will be sent by email one week before the event.  
If you require a printed version please send SAE with this form  
Details will also appear on the club website at <http://www.ipswich-tri.org>  
Return this form & cheque payable to 'Ipswich Triathlon Club' to  
Adrian Green, 12 Farriers Close, Stradbroke, IP21 5JF  
For further info contact Adrian on 01379 388855 or at [juniors@ipswich-tri.org](mailto:juniors@ipswich-tri.org)