

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

Sunday 13th April 2008, Framlingham College.
Saturday 10th May, Woodbridge School.
Sunday 22nd June 2008, Woodbridge School.
Sunday 20th 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 13th 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