



Tri - Anglia

www.tri-anglia.co.uk



Norwich Triathlon 2008

SUNDAY 6TH JULY, WHITLINGHAM COUNTRY PARK NORWICH

Standard distance:
1500m swim, 39km bike, 10k run
Start time 1st wave 0800

Sprint distance:
750m swim, 18k bike, 5k run
Start time 1st wave 1000

Both events include an open water swim in the Great Broad at Whitlingham Country Park. The water quality is fantastic and the water temperature is likely to be between 18 and 22°C - wetsuits are compulsory. The cycle courses are on a mixture of single carriageway main roads and quiet country lanes, the run courses are a mixture of tarmac, woodland trail and footpaths. Timing will be managed by a chip timing system for both races. There will trophies for all age group winners in both races presented at the awards ceremony at 1200 noon.

Entry details:

First name:		Surname:	
Date of birth:		Age on 31/12/08:	
Address:		Gender:	Male / Female
		Post code:	
Contact telephone:		Contact email:	
Club name:		BTF member?	Yes / No
T-shirt size:	Small / Medium / Large	If yes, BTF number:	
Please tell us a bit about yourself:	Is this your first triathlon?		
	If not, how many triathlons have you done previously?		
	Do you have a disability?		
	What is your ethnic background?		
Please tell us which event you wish to enter:	Sprint distance - £29 (£24 BTF member)	<input type="checkbox"/>	Standard distance - (£34 BTF member)
			£39
			<input type="checkbox"/>

Please make cheques payable to Tri-Anglia. Please send your cheque & completed form to: Tri-Anglia, Hall Bungalow, Fenside, Catfield, Gt. Yarmouth, NR29 5DB. If you wish to receive race details by post please also enclose a stamped, addressed envelope, otherwise details will be sent by email. Your race number and timing chip will need to be collected at Registration on Sat 5th 1600 – 1800 or on Race Day 0530 – 0730. Refunds will be made up until 31st May 2008, less a £5 administration fee, no refunds will be made after this date. This event has been sanctioned by the British Triathlon Federation, for details of their third party insurance please go to www.britishtriathlon.org. The British Triathlon Federation does not cover you for personal accident or injury, or for personal loss such as theft or damage of your bike, and you are advised to seek advice from your own insurer prior to competing in this event.