



Go Tri Ponteland 2015 Events Entry Form

Date	Event	Entries close	Cost – non club members	Cost – club members	Entry Y/N
17 th May	Transition coaching 17:00hrs		£3*	Free	
20 th May	Triathlon – 200m swim, 9K bike, 3K run	16 th May	£5	£3	
3 rd June	Aquathlon – 300m swim, 3K run	30 th May	£5	£3	
19 th July	Transition coaching 17:00hrs		£3*	Free	
22 nd July	Triathlon – 300m swim, 9K bike, 3K run	18 th July	£5	£3	
26 th August	Aquabike – 300m swim, 9K bike	22 nd August	£5	£3	
Total cost					

* free if you are entering the event

Name: _____

Age: _____ D.O.B: _____

Male Female

Address: _____

Postcode: _____

Telephone: _____

Club (if applicable) _____

Email (please print) _____

Emergency contact

Name: _____

Telephone: _____

I take part in this event at my own risk and do not hold the organisers responsible for any loss, injury or sickness that may arise as a result of this event.

Signed:(Parent or Guardian of those aged under 18)

Participants need to be aged 14+ on the day of the event. The places available for each event are limited to 50 and therefore, pre-entry is required to avoid disappointment. Entry is available on the day unless sold out before hand. To enter send the completed form to: Sue Heppell, GoTri Ponteland, 5 Eastern Way, Ponteland, NE20 9PE , cheques made payable to Ponteland Runners, no cash please. For further information about any of the events contact gotri@pontelandtri.org.uk.