



# The Afan Forest Park Off Road Triathlon Cymer

04<sup>th</sup> August 2012



## Full Tri

600M Swim 20k Cycle 6k Run – Welsh off Road Championships

## Try-a-Tri

300M Swim 15k Cycle 3k Run

**Relay Team** entries welcome in both events all standards welcome.

## Children's Events

Various distances set in age groups

8 years, 9 &10, 11&12, 13 &14,

Youths 15 &16 complete the Try-a-Tri distance

Age on race day

*Set in the picturesque Afan Valley, famed throughout Britain for the quality of its mountain bike facilities. The event has a pool based swim followed by cycle and run sections on the forest tracks of the Afan Argoed Country Park. The novice race is suitable for all abilities with no technical mountain bike sections. Maximum entries 300 on a first come first served basis.*

**Deadline for entries 21/07/2012**

**Strictly no entries on the day**

Please complete entry form below or enter online at [www.triandenter.com](http://www.triandenter.com)

**Please print clearly in the boxes below**

Forename		Surname		DOB	
Address					
Postcode		Tel No		Male/Female	
Estimated Swim time		E-Mail			
T Shirt Size		Club			
Payment Cheque made payable to: <b>Neath Port Talbot CBC</b>					
Do you want to enter the Welsh Champs?	Yes/No				
If Yes – BTA Number	W				

Return to: **Tri & Enter Events Ltd,**  
23, Spion Kop, Ynystawe, Swansea  
W.Glam. SA6 5AN

Email [info@triandenter.com](mailto:info@triandenter.com) / Tel: 07854 239 632.

I declare I will abide by the event rules and accept that the event organisers, Neath Port Talbot CBC, 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. I am in good health and compete at my own risk.

Sign \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Please circle event entered	
Event	Fee
600m,20k,8k	£30
Relay Team	£40
300m,15k,4k	£28
Relay Team	£38
Tri-Star's & Youth	£12