



The Afan Forest Park Off Road Triathlon

Sat 4th July 2009



Full Tri

600M Swim 20k Cycle 6k Run

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 at 31st December 2008

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 terrain is suitable for all abilities with no Technical Mountain Bike sections. Maximum entries 300 on a first come first served basis.

Deadline for entries Saturday 20th June

Strictly no entries on the day

Tristars will receive a goody bag, Quality T Shirt to all other entrants.

Please complete entry form below or enter **online at www.triandenter.com**

Forename		Surname		DOB	
Address					
Postcode		Tel No		Male/Female	
Estimated Swim time		E-Mail			
T Shirt Size		Club			
Payment Cheque made payable to: Neath Port Talbot CBC					
BTA No. If RQ					

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

Email 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	£28 BTA £30 Non
Relay Team	£40
300m,15k,4K	£26 BTA £28 Non
Relay Team	£38
Tri-Star's & Youth	£10 BTA £12 Non