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# Bolton Junior Duathlon

Sunday 13<sup>th</sup> April 2008, 1-4pm

Salt Ayre Leisure Centre, Lancaster, LA1 5JS

The above event, which comprises a run followed by a cycle and a shorter run, is open to all children who are between the **ages of 8-16 on 31/12/08**. The event also forms part of the British Triathlon Association's North West Winter series and will be run in accordance with their rules and regulations. Please select the event in which you wish to take part in. The short course events are noncompetitive and ideal for those who want to have a go at a duathlon. Events will be held between 1am and 4pm. Both the run elements will be on the running track and the cycle will be on the adjacent closed circuit tarmac track.

Event	Age (at 31/12/08)	Run	Bike	Run
Tristar Start	8	400m	1500m	200m
Short course 1	8 – 12	400m	1500m	200m
Short course 2	13 – 16	1000m	3000m	600m
Tristar 1	9 or 10	1200m	4000m	400m
Tristar 2	11 or 12	1600m	6000m	600m
Tristar 3	13 or 14	2000m	8000m	800m
Youth	15 or 16	2000m	8000m	800m

**ENTRY FEE £7 BTA members, £8 non-members**  
Goody bag / memento for all junior competitors.

Please print **clearly**:

Full name:			
Address:			
Postcode:	Tel:		
Age (at 31/12/08):	DOB:		
Club (if any):			
BTA number:	Male / Female:		
Race entered (tick one):	S1 <input type="checkbox"/>	S2 <input type="checkbox"/>	Tristar <input type="checkbox"/>
	Tristar 2 <input type="checkbox"/>	Tristar 3 <input type="checkbox"/>	Youth <input type="checkbox"/>
<b>Parental Consent</b> (must be completed for all competitors).			
I/WE DECLARE THAT THE ABOVE NAMED PERSON(S) IS/ARE FIT TO TAKE PART IN THIS EVENT. I/WE UNDERSTAND THAT THEY PARTICIPATE AT THEIR OWN RISK, AND RELIEVE THE RACE REFEREE, THE RACE ORGANISERS/PERSONNEL, OF ANY RESPONSIBILITY FOR INJURY, LOSS OR DAMAGE SUSTAINED TO EITHER PERSON OR PROPERTY AS A RESULT OF PARTICIPATION HOWSOEVER CAUSED. I/WE AGREE TO ABIDE BY THE RULES OF THE BTA AND THE EVENT ORGANISERS.			
Signed:	Parent/guardian	Date:	
e-mail address			

Cheques should be made payable to 'BOLTON METRO TRI CLUB'. Send with entry form to BMTC, 188 Bradford Road, Bolton, BL3 2HS. No refunds can be given after the closing date. Race information and results will be sent out by e-mail. If you do not have an e-mail address then please enclose a stamped addressed envelope.

**Enter early to avoid disappointment. Closing date 1/4/08**

**More Info and Results will be posted on our website at: [www.boltonmetrotriclub.com](http://www.boltonmetrotriclub.com)**

Please feel free to photocopy this form