



The first Havering 90 Joggers

Aquathlon

Sunday 16th August 2009

9.30am

at

The Coopers' Company and Coborn School,
Upminster, Essex, RM14 4HS.

Swim: 400m Run: 5k

Entry fees: £14 (£12 if a BTA member)

Race limit: 100

Entries on the day (£16) will be accepted if limit is not reached

400m pool swim followed by a challenging 5k multi-terrain run

Ideal for novice or experienced competitors

Send entries to:

The race organiser, 72 Milligan St, London, E14 8AU
(Please enclose a SAE for the return of your race information)

NAME: ADDRESS:

..... POSTCODE: E MAIL:

TEL. NO: DATE OF BIRTH:

AGE ON RACE DAY..... (you must be over 17) MALE/FEMALE.....BTA MEMBER: YES/NO

BTA CLUB NAME..... BTA REGISTRATION NUMBER:.....

***ESTIMATED SWIM TIME:**.....

ENTRY FEE: Standard entry (£14) BTA Member (£12) Late entry (£16)
(Tick only one box)

PLEASE MAKE CHEQUES PAYABLE TO HAVERING 90 JOGGERS

I declare that I will be over 17 years of age on the day of the race and that I will abide by the rules of the race as stated by the organisers and the BTA. I agree that Havering 90 Joggers will not be held responsible for any injury or loss to my person or property as a result of my entering this event. I further declare that I will not compete unless I am in good health on the day of the race and that I do so at my own risk. I also confirm that I can swim 400m unaided.

Signed.....

**The swim will begin as a staggered start based on your estimated time. The more accurate you are the better swim you will have!
This race is only open to those aged 17 and over on race day
Please note that the race is subject to a BTA permit and risk assessment. 5k run is an approximate distance
Prizes will be allocated as male and female 1st, 2nd, and 3rd places. There will be no vet categories in this year's race.*