



4th July 2010, 8.00 am start

Warrior Square Swimming Pool, Southend on Sea, Essex
400m swim, 20km bike, 5km run

Entry Form

Surname:
 First Name(s):.....
 Address:.....

 Post Code:..... **Sex: M / F**
 Date Of Birth:..... Age on 04/07/2010:.....
 E-mail address Telephone number.....
 Name of Club (if applicable)
 In case of emergency contact number.....

Race licence no (if applicable);.....(NOTE:-You will produce a valid licence on the day or purchase a day membership - £3)

If you are not a British Triathlon Federation Member, your entry fee will cover the cost of a day membership to take part in a sanctioned event. A day membership provides you with personal liability insurance cover during the event.

Estimated Times: Swim 400M Cycle 20K Run 5K..... Total (min:sec)
 Your start time will be based on the estimated total time.

T shirt size: S/M/L/XL.....If no selection we will presume Male (L) or Female (M)

Which race are you entering?

Individual Triathlon:	BTF Member	£33	<input type="checkbox"/>
	Non-member	£38	<input type="checkbox"/>
Team Relay:	BTF Members (per team of three)	£60	<input type="checkbox"/>
	Non-members (per team of three)	£70	<input type="checkbox"/>

Please make cheques payable to "Bosom Pals Appeal"

Each member completes one discipline.

Relay Team Name (if applicable).....

Each member of a relay team is required to complete an entry form, stating full name, address, date of birth and licence no (if applicable). If not a British Triathlon Home Nation member a day licence costing £3 each will be required. Your entry fee will cover the cost of a day membership to take part in a sanctioned event. A day membership provides you with personal liability insurance cover during the event.

"I, accept taking part in this event is by its nature hazardous and contains certain inherent risks. These risks include, but are not limited to, the risk I will suffer injury and damage arising out of a crash while racing during the cycle section, there are risks of drowning associated with the swim section and there is the risk due to the actions of other competitors or spectators I will suffer injury. There are many other foreseeable risks to which I consent. I accept I owe a significant duty of care to all the other competitors and all the spectators of the event. I will exercise all reasonable care to avoid causing death, injury or loss to any such persons and will indemnify Southend Hospital Charitable Foundation and British Triathlon from and against any liability found against them arising out of my negligent or reckless acts. Racing in a triathlon event requires fitness and skill. I confirm I have done sufficient training to ensure I am fit enough to cope with the demands of this event and my technical skills are adequate for the diverse requirements of a 'swim, bike, run' competition. I acknowledge the event organiser has relied on this statement (in its entirety) in accepting this entry to the event and if I was unable or unwilling to agree to all the matters set out above in this statement of responsibility the event organiser would not allow me to compete. All statements of fact are true."

Signature:.....**Date:**.....
Parent or guardian if under 16yrs.....

Race Information and Rules

The Southend Pier Charity Triathlon will commence from Warrior Square Swimming Pool in Southend. The race starts in the 33m long pool located in the centre of town. There is an enclosed transition area within the pool car park area. The 20km cycle course will take in the whole length of the coastal road from Shoebury Common to Chalkwell and back to the second transition area adjacent to Clifftown Parade. This is followed by a run up the steep climb to the Pier entrance and then out to the Pier head and returning to shore.

The pool swim and traffic free run course makes it an ideal race for novices and young competitors, minimum age 15yrs on race day. We also offer a relay option, where three athletes each complete one discipline.

This is the second year for the Southend Pier Charity Triathlon. Once the limit is reached we will keep a small waiting list to replace those who have to withdraw.

Entry Limit: 250 competitors

Distances

SWIM - 400 metre pool swim at the clean and modern leisure centre pool. There will be a maximum of two swimmers per lane, **seeded according to the estimated total triathlon time.**

CYCLE - A scenic coastal road course totalling 20km – please note roads will be open to traffic.

RUN - A 5km course including steep incline leading up to the Pier entrance followed by run out to the Pier Head and back.

The first transition area will be situated in the car park of Warrior Square swimming pool, shower and changing facilities will be available at the leisure centre itself. The first swim start will be at 8am.

Rules

This event will be held under the rules of the British Triathlon Federation and monitored by a BTF referee. Your bicycle must be in a mechanically safe condition.

An approved cycle helmet must be worn on the cycle section. **NO HELMET NO RACE.**

A referee will be present throughout the race.

Full rules can be found at www.britishtriathlon.org, or by writing to British Triathlon, P.O. Box 25, Loughborough, Leicestershire. LE11 3WX.

There will be trophies for the top placings in the categories, male, female, vet male, vet female and relay.

Race Instructions and Results

Will be found on www.southendhospital-fundraising.org. Racers without internet access can have a copy posted by prior arrangement with the organiser.

Withdrawal Policy

We acknowledge racers will on occasion need to withdraw an entry through injury or other reason. We will accept written notification of a withdrawal, received by the organiser prior to the closing date. A refund will be made less a £5 administration fee. After the closing date no refund or substitution will be accepted.

Data retention

Your details will be stored on a computer in connection with the running of this event. If you do not wish to receive further information about fundraising at Southend University Hospital, please tick the box.

Please return your completed form to:

**Department of Fundraising, The Lodge, Southend University Hospital, Prittlewell Chase,
Southend on Sea, Essex SS0 0RY 01702 385337 or email fundraising@southend.nhs.uk
Southend Hospital Charitable Foundation Registered Charity No. 1073031**