

FFT SUMMER SERIES 2004



Race 1 - Stonehaven Novice Triathlon ~ 10/06/04
400m swim; 8 mile cycle; 3 mile run

Race 2 - Stonehaven Novice Triathlon ~ 24/06/04
400m swim; 8 mile cycle; 3 mile run

Race 3 - Stonehaven Sprint Ranking Triathlon
750m swim; 20k cycle; 5k run ~ 01/07/04

www.fleet-feet.com

The Fleet Feet Triathletes Summer Series is open to all athletes of all fitness levels and abilities. Novice athletes who wish to try out the sport for the first time are particularly welcome. Please indicate on the form below if you would appreciate some advice / assistance from a 'Novice Buddy'. The swims will be held in Stonehavens 50m outdoor pool and take place before the cycle and run stages. Helmets must be worn during the cycle stage and your cycle must be in a road worthy condition, otherwise you will be barred from competing. Race maps and other details are on the FFT Web site. Registration at Stonehaven Leisure Centre at 6:00pm onwards for each race. Briefing at 6:45pm. All races start at 7:00pm.

Entry Fees Normal Entry closes the Saturday midnight prior to each race.

	Junior (16-19 yrs inclusive)	Senior STA / BTA Member	Senior Non Member
Race 1 Only	£4	£9	£11
Race 2 Only	£4	£9	£11
Race 3 Only	£4	£9	£11
All 3 races on 1 entry form	£10	£21	£23

There will be a surcharge of £3 for entries received after each Saturday night.

Entries to: Gary Gutteridge, 46 Bernham Avenue, Stonehaven, Scotland, AB39 2WD
E-Mail: ggutteridge@oceanering.com Telephone: (W) 01224 797207 (H) 01569 765234

Race maps, details & results will be posted on www.fleet-feet.com and emailed to everyone providing an email address. Check website for late breaking news. Cheques Payable to 'FFT'.

Entry Form

Events (please tick as appropriate and add £ fee enclosed)

					1st Triathlon?
RACE 1	RACE 2	RACE 3	All 3 RACES	Fee Paid £	Novice Buddy Assistance?

Please complete all boxes as accurately as possible. (minutes & seconds)

Swim time (400m)	Cycle time (8 miles)	Run time (3 miles)
Swim time (750m)	Cycle time (20k)	Run time (5k / 3 miles)

CATEGORY – PLEASE TICK BOX Note Category is based on age at 31/12/04

MALE	FEMALE	JUNIOR 16-19yrs	Senior 20-39yrs	Veteran 40-49yrs	Supervet 50-59yrs	Vintage 60+yrs
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Name: _____ Date of Birth: _____

E Mail Address: .. _____
(PLEASE PRINT VERY VERY CLEARLY IN CAPITALS)

Club: _____ STA / BTA No _____

Address: _____

Post Code: _____

Day Tel No: _____ Eve Tel No: _____ Mob No _____

DECLARATION: I am medically fit to participate in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objection to the information contained on this application being entered on a computer for the purpose of race administration only.

Signed: _____