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**FFT Deeside Triathlon / Duathlon – SUNDAY 7<sup>TH</sup> MAY 2006**  
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Circle Event & Complete estimated times for each section (in minutes):

Triathlon :	Bike:	Run:	Canoe:
Triathlon TEAM :	Bike:	Run:	Canoe:
Duathlon:	Bike:	Run:	Bike:
Duathlon TEAM:	Bike:	Run:	Bike:

Name (Captain for Team) : .....

Address : .....

..... Telephone : .....

Date of Birth : ..... ts/BTA/BQA No. : .....

Email Address : .....

Signature : ..... Club : .....

Please note: results will be posted on [www.fleet-feet.com](http://www.fleet-feet.com) and emailed to everyone providing an email address. Should require a paper copy, please include an additional Self Addressed Envelope marked "Results".

CATEGORY – PLEASE TICK BOX (category definition is age at 31/12/06)						
MALE	FEMALE	JUNIOR 16-19yrs	Senior 20-39yrs	Veteran 40-49yrs	Supervet 50-59yrs	Vintage 60+ yrs

FOOD REQUIRED - PLEASE TICK BOX (to aid catering)	
COMPETITOR (paid for within entry fee)	SUPPORT CREW (if more than one person, please write number in box) Please note a small charge will be levied for food for support crews.

DECLARATION: I am medically fit to run 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.