



# Cerist Triathlon Club



## The Dyfi Dash 8/03/2015

Start: 09:00 / Registration: 07:30-08:45



### Personal details (PLEASE PRINT)

First name: ..... Last name: .....

Relay Team Partners Name .....

Address: .....

County: ..... Postcode: .....

Tel (evening): ..... (day): .....

Email: ..... (please print clearly)

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: .....

Male: ☐ Female: ☐

Age is calculated as per British Triathlon rules, whatever your age will be on 31<sup>st</sup> December 2015

British Triathlon Number: ..... Non member: ☐

British Triathlon Club: ..... (If applicable)

### Category (please tick only one category)

Category:	Junior (16 - 19)	Senior (20 - 39)	Veteran (40 - 49)	Supa Veteran (50 - 59)	Vintage Veteran (60+)
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# Cerist Triathlon Club



## Declaration

I declare that I will abide by the regulations governed by the organiser Cerist Tri Club and accept that the event organisers and their associates are not liable for any loss, damage, claim or expense which may arise as a consequence of my participation in this event. I agree to abide by British Triathlon rules, copies of which are available at <http://www.britishtriathlon.org>. I am of good health and compete at my own risk.

Signature(s): 1/..... Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

2/.....3/.....

(all signatures required for relay teams)

Print name: .....

(parent or guardian if under 18)

I enclose full payment of £ ..... (see next page for amounts)

Cheques should be made payable to Cerist Tri Club and posted with the entry form to:

The Dyfi Dash, 1 Glangwynedd, Ffriddgate, Machynlleth, Powys SY20 8QG.

## Important Information

**All entrants (first and surname along with age group only)** will be listed by event on <http://www.ceristtriathlon.org.uk>

We will have a photographer at this event with the view of posting the pictures on our web page. Please inform us at registration if you do not wish your photo to be posted on the web. We will do our utmost to prevent this.

Results will be on <http://www.ceristtriathlon.org.uk> within 2 days of the race.

☐ - If you know of anyone who may help out with marshaling at this event please tick the box here. – Thanks.

Membership of the home nations triathlon associations can be found at:

<http://www.britishtriathlon.org/>

<http://www.welshtriathlon.org/>





# Cerist Triathlon Club



## EVENT INFORMATION (Please retain this for your information)

<b>Dyfi Dash 8/3/2015</b> 400m Swim/20km Bike/5km Run	<b>Cost per race</b>	<b>Max entrants</b>
Individual	£35	120
Relay	£45	120

### Dyfi Dash 8/3/2015

#### Start Time

The pool swim start times will be on a first come first serve basis i.e. if you register first you will be in the water first. Only 2 swimmers per lane unless time or entries become an issue. When a free place becomes free in the pool the next entrant will be called up by the race starter. Check the Cerist website for Standard distance start time.

#### Swimming Strokes

Breast stroke or Front Crawl are the only strokes allowed.

#### Relay

For those who prefer not to swim or run there is a chance to take part in the race, providing you find a friend who will do the other discipline for you. Enter the event by ticking the relay box.

#### Race Day

Please register at least 40mins before start time (registration starts at 07:30) , please bring your BTF card with you as proof of membership as we will need to issue you with a day licence if not produced. Be on pool side 15mins before the race start time.

#### Race Brief

Will be given 15min before race start time.

#### Prizes

Each race will have prizes for the first male and female winner of each Age Group. Age is calculated according to British Triathlon rules as your age on 31<sup>st</sup> December 2015.

#### Results

Provisional results will be posted at race HQ on the day. Full results will be available on the Cerist Tri Club Website <http://www.ceristtriathlon.org.uk> within 2 days of the event.

**RETAIN THIS PAGE FOR YOUR OWN  
INFORMATION**

