

Important!!! One Day Licences Important!!!

For all non Triathlon Ireland members a one day licence will need to be purchased in order to take part within the event. These must be purchased directly from the T.I website this year. This is a requirement of the TI insurance which covers sanctioned events, and ensures participant safety. To purchase a one day licence please log on to www.triathlonireland.com and click on the 'competition' tab on the left hand side of your screen. Then click on the 'one day licence' tab to purchase your licence for the event

Acknowledgements and Co-sponsors

Lisburn City Council would like to thank the following groups & individuals who are assisting with the event:

Glenn Grant – Results Co-coordinator

All Marshals and Assistants

Lisburn Swimming Club

P.S.N.I

First Aid Personnel

Triathlon Ireland

Down Lisburn Trust

Lagan Valley Leisureplex

Medical Advice

If you are on medication or suffer any medical ailment consult your doctor prior to undertaking any training.

If you feel unwell while training, stop and visit your doctor.

For further information contact:

Brendan Shannon

Asst. Sports Officer, Lisburn City Council

028 92 509461

Leisure.Placement@lisburn.gov.uk



City of Lisburn
Triathlon 2010

Lagan Valley
LeisurePlex

750m- Swim (30 lengths)

20km- Cycle

5km- Run

No measure on the amount of FUN you will have!!!

£750 worth of prize money to be won
& T-shirt for all entrants.

Sunday 1st August 2010

Leisureplex Lisburn: Starts 8:30am SHARP!!



City of Lisburn Triathlon 2010

please complete in **BLOCK CAPITALS**



Surname First Name
(in Full)

Address

Post Code D.O.B

Triathlon Ireland Mem No:

Contact Number
(please tick)

Male Female Age

Please Tick which category you are entering:

Individual Team
Team name if applicable

How long would it take for you to swim 750m (approx.)?

"I agree and acknowledge that participation in or observation of sport could constitute a risk of serious injury to myself, including permanent paralysis or death. I voluntarily and knowingly recognize, accept and assume this risk and warrants to Triathlon Ireland and its Associates that I am physically fit and able to compete in this event without risking serious injury, including permanent paralysis or death. Furthermore, I hereby release the Event Organizers, Triathlon Ireland, their Associates, their Sponsors, Event Sponsors, and Officials from any liability arising from my participation in this event. I agree that neither Triathlon Ireland nor its Associates shall be, nor be deemed to be, responsible or liable (whether in contract or in tort or under any statute whatsoever), for any injury, illness or other mishap to myself or my property, sustained in, or arising from or out of, or in any way directly or indirectly connected with this event."

Signature Date

Your race fee includes a free t-shirt and champion chip timing system.

Please tick size required:

XS S M L XL

Entry Fee Costs £18 or 18 Euro

NO LATE ENTRIES (closing date – July 16th @ 4pm)

Please return entry form and fee to

“Lisburn City Triathlon, Leisure Services,

Lisburn City Council, Island Civic Centre, Lisburn, BT27 4RL”

Cheques should be made payable to “Lisburn City Council”

Non-Triathlon Ireland members will be required to pay a one

day licence fee to compete in the event.

Race Information

- All entrants will be issued with a champion chip automatic timing mechanism, which must be worn on the participants shoe during the race. Anybody failing to finish with their chip attached will not be recorded or appear on the results listing and thus will not be eligible for any prizes. The chip must be returned at the end of the race to the designated chip collection container in the finishing area.
- Upon receipt of completed entry form and appropriate fee you will receive details of how and when to collect your pack which will include race number, route map, swimming cap, t-shirt and also champion chip timing device.
- Start and finish will both be at Lagan Valley LeisurePlex, Lisburn Leisure Park.
 - Km markers, water and first aid points will be located at regular intervals and marshals will be positioned at all junctions.
- There will be clear differences made for those competing as individuals or as a team so keep your eyes open for signs.
- No entries will be accepted on the morning. **Entries not in before the closing date will not be included.**
- Car parking is available in the City centre car parks and at Lagan Valley LeisurePlex. Strictly no parking at Lagan Valley Hospital.

•Results will be made available on Tuesday 3rd August (02892-509461)

•Team entries may consist of up to 3 participants completing one leg each.

•No MP3 players are to be worn at any time on the course

•“Sorry no refunds can be made”

Data Protection Act 1998

Lisburn City Council collects data on this form for the purpose of the course registration. The data collected May also be used for the purpose of notification of future events and courses run in conjunction with the council. If you do not wish your personal data to be used for this purpose please tick the box.