



Goole Triathlon

Swim700m Cycle 9 mile Run2.2mile

JUNIOR DUATHLON (Run1½ Cycle1½ Run800m (All off Road on Grass))

Sunday August 16th 2009

REGISTER: 9:00am to 10:30am Westfield Banks Sports Complex. Start: Loftsme Bridge 11am Finish: Westfield Banks Sports Complex

Goody Bag to all Competitors, Category Prizes To Be Won, T-Shirt to all Finishers, Cold drinks.

Bouncy Castle, Outdoor Events, Raffle, BAR and BBQ

Entry Forms from: www.goolemounaineeringclub.co.uk, Butterfly Dance Studios, Arthur Read Jewellers, Goole Rugby Club, Goole Viking Striders, First and Last Pub. (We are Looking for sponsors From Businesses/Companies For Name on T-Shirt)

Or Ring Tanya Davies 07860134348 Julian Read 01405 763556 Dave Roffey 07974435968 Ric Collins 07966507243

Please Circle; Novice /Intermediate/ Experienced, TRIATHLON or DUATHLON, T-Shirt: S M L XL

Name:M.....F..... Under 16, DUATHLON; Register 830am Start: 900am, T-Shirt: child S M L XL

Age..... Date of Birth:.....

Address:..... Parent/Guardian Consent; for under 16 Name..... Signature.....

CHARITY: Epilepsy Bereaved in Memory of Leighton Earl

Tel:..... Email Address:..... Cheque Payable to; Goole Triathlon Club, Entry Fee: £20 Adults,

£5 Juniors, Closing Date For Entries Saturday 8th August,

Return Form to; Tanya Davies, 18 Sir Len Hutton Drive,, Goole, E Yorkshire, DN14 6FB

