



**S**  
**Stena Line**  
 Making good time™

# Triathlon 2012

**Sunday 2nd September**  
**Valley Leisure Centre**

**Part of the**  
**Ulster Sprint calendar**

**Prizes to first, second and third male**  
**and female in each category**

**Distances**

**30 length swim**

**20km cycle**

**5km run**

**Age Categories**

**Junior 16-19**

**Senior 20-39**

**Vets 40+**

**closing date for entries:**

**FRIDAY 24TH AUGUST 2012**

**No applications will be accepted after this date.**

**Hardshell helmets must be worn during the cycle section**  
**All competitors to hold an event licence.**

**(Race licence is obtained from [www.triathlonireland.com](http://www.triathlonireland.com)**  
**and is an essential purchase before race day)**

  
**Newtownabbey**  
 BOROUGH COUNCIL

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**For further information please contact:**

Administration Leisure Services,  
Newtownabbey Borough Council,  
Mossley Mill,  
Newtownabbey  
BT36 5QA



**02890 340138 or  
02890 340042**

**ENTRY FEE £30** (no late entries will be accepted)

Please provide the following information in block capitals:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone No. \_\_\_\_\_

Date of birth \_\_\_\_\_ Age \_\_\_\_\_

Email address \_\_\_\_\_

Please indicate whether you are:

- A recreational competitor     An elite competitor     A club competitor

If you are a club competitor, please indicate which club.

\_\_\_\_\_

Have you competed in a Newtownabbey Borough Council Triathlon before

- Yes     No

Swim (30 lengths) \_\_\_\_\_ minutes

Cycle (20km) \_\_\_\_\_ minutes

Run (5km) \_\_\_\_\_ minutes

Est. finish time \_\_\_\_\_ minutes

Please indicate the size of T- shirt you wear:

Small     Medium  
 Large     Extra large

Please indicate which age category you fall into:

16-19     20-39     40+

*I declare that I am entering the Stena Line Triathlon of my own choosing and no liability will be placed on the organisers of any injury sustained or any property lost whilst participating in the event.  
I confirm that I have no medical disabilities which would endanger myself or others taking part.*

**I enclose my entry fee of £**

(cheques and postal orders made payable to: Newtownabbey Borough Council and crossed account payee)

**Signature:**

**Date:**

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