

## MANSFIELD SPRINT TRIATHLON

INDIVIDUAL & TEAM EVENT

SUNDAY 12<sup>TH</sup> JUNE 2005

MEDAN VALE LEISURE CENTRE, MANSFIELD

400 METRE POOL SWIM – 10 MILE CYCLE – 3 MILE RUN

Originally started in 1985, this event was one of the first triathlons in the country. The event stopped during the 90's to be re-started in 2001 using the original venue. The 400 metre swim takes place in the Medan Vale Leisure Centre swimming pool. The 10 mile cycle is mostly flat with one steady climb of around a mile near the end. Using quiet roads around Sherwood Forest this is another event with beautiful scenery. The 3 mile run is an out & back course using quite country lanes and paths. An ideal event for those new to triathlon or a great event to keep you sharp during the season. Again enter early, this event filled before the closing date last year.

### FURTHER INFORMATION

The cashing of your cheque confirms your place in the event. Race Information will be sent out 10 days before the event to ALL competitors that have included an SAE. The closing date is 15 days before the event takes place – Saturday 28<sup>th</sup> May. After this date please add £5 to your entry fee. Please check our Terms & Conditions before entering any of our events. We will NOT refund any monies paid due to non participation. Any questions related to the event can be answered by telephoning One Step Beyond Promotions on 01427 71 8888 or emailing [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk).

### WHAT YOU WILL NEED

For many people this will also be their first triathlon and you do not need all of the kit. There are certain items that you will need: a swimming costume or swimming trunks. A road worthy bike, and an approved cycling helmet. A pair of shoes for the cycling & run section. All other extras such as elastic laces, specific triathlon clothing and handlebars are not a necessity but will help you on the day. For further advice please contact our official triathlon retailer Total Fitness on 0115 9222226 or [www.totalfitness-uk.com](http://www.totalfitness-uk.com)

### THE INDIVIDUAL EVENT

Open to anyone aged 16 and above on the day of the event. You will complete the whole course entirely on your own with no outside assistance. There are no time limits on any sections, and the individual start times are seeded so that the first competitors starting are expected to be on the course the longest.

### THE TEAM EVENT

Why not get together with a couple of friends, and enter a relay team. To compete in the team category, you will need 3 team members, one to swim, one to cycle and one to run. The tagging from swim to bike and bike to run, will take place in the Transition Area. It is possible for under 16 year olds to complete the swim or run for relay teams.

### THE NOTTINGHAMSHIRE TRIATHLON COUNTY CHAMPIONSHIPS

It is a great honour for the Mansfield Sprint Triathlon to be chosen as the first ever Nottinghamshire Triathlon Championships. If you are a resident of Nottingham, then you will automatically be entered into the County Championships. The winners will then be chosen to represent the county in the regional East Midlands Championships, which will take place at Clumber Park on 28<sup>th</sup> August 2005.

### HELPERS

This event cannot run smoothly without the help of many helpers. If you have friends or family that will be supporting you at the events, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event long sleeve shirt, food, drink plus the chance to win a £50 voucher. If you would like further information about becoming a race marshal please contact us on 01427 71 8888 or [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk). You do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day.

### HIGH QUALITY LONG SLEEVED EVENT SHIRTS

All competitors will receive a high quality event shirt. Your event shirt can be collected on the morning of the event at registration. Included with your event shirt, you will also find your race numbers and a frame number for your bike.

### PRIZES

There will be prizes in various categories for both male and female competitors, including the winners in each 5 year age band and various team categories.

### WEBSITE – [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

There will be weekly updates including competitor listings, race information, race maps and competitor offers direct from our sponsors. Please visit the website to be added to our emailing list.

## MANSFIELD SPRINT TRIATHLON 2005 - ENTRY FORM

**PLEASE COMPLETE THIS ENTRY FORMS NEATLY IN BOLD CAPITALS**

### **YOUR DETAILS**

NAME

SURNAME

ADDRESS

POSTCODE

TELEPHONE

D.O.B.

EMAIL

SEX - MALE / FEMALE (PLEASE DELETE)

ARE YOU A MEMBER OF THE BTA? YES / NO. IF YES BTA NO.:

ORGANIZATION/CLUB

IF ENTERING A TEAM PLEASE COMPLETE: TEAM NAME

### **EVENT DETAILS**

APPROX. 400 METRE SWIM TIME:

T-SHIRT SIZE: MEDIUM - LARGE - EXTRA LARGE (PLEASE CIRCLE)

HOW DID YOU HERE ABOUT THIS EVENT?

DO YOU HAVE ANY MEDICAL CONDITIONS?

WILL THIS BE YOUR FIRST TRIATHLON?

### **ENTRY FEES - PLEASE TICK**

☐ TEAM ENTRY = £36 PER TEAM + BTA DAY LICENCES @ £3 PER NON BTA MEMBER

☐ I AM NOT A MEMBER OF THE BTA & REQUIRE A BTA DAY LICENCE = £29

☐ I AM A MEMBER OF AFTER MAY 29<sup>TH</sup> & HAVE ADDED £5 LATE ENTRY FEE

I (on behalf of the above team) declare that I/we will abide by the rules of the British Triathlon Association and accept that One Step Beyond Promotions and their friends and associates are not liable for any loss, damage claim or expense which may arise in consequence of my participation in the event, no matter how caused. All athletes must obey the highway code. I have read & agree to abide to the Terms & Conditions of Entry. Tick box if you do not wish to receive details on future events & promotions relating to this event. ☐

Signed:

Date:

Please make cheques payable to: **One Step Beyond Promotions Ltd**

Please also include 1 x 8" x 6" stamped addressed envelopes for Race Information

Send completed entry form, cheque and stamped addressed envelope to:

Mansfield Sprint Triathlon

One Step Beyond Promotions Ltd

Melway, Maltkiln Road, Fenton, Lincs. LN1 2EW

**Tel/Fax** 01427 71 88 88 **Email** info@onestepbeyond.org.uk

☐ I wish to view Race Information on the website and have not included a SAE

\*NB. Only the first 500 complete entries received are guaranteed a place in the event

DATE RECEIVED	SAE'S	£	SIGNED	NOTES