

## Tristar and Youth Summer Triathlon Series 2005

### What?

The 2005 London Region Tristar and Youth Summer Triathlon Series will be the biggest and best ever! EVERY competitor will receive a goody bag, a Series T-shirt, a medal and TRYstar certificate just for entering! PLUS, you receive free entry into the Series Prize Draw to win £100 worth of tri gear! And if that wasn't enough, you ALSO get free entry into the London Region Kids and Adult fun day! All this for only a £5 entry fee! What are you waiting for?

### So what is a triathlon? SWIM-BIKE-RUN

Triathlon is a sport that you can do very easily. You do not have to be super fit like an Olympic Athlete; you can just be yourself and do it at your own pace. Most kids swim in a pool or at the beach, ride their bikes with family or friends, or run around for sport or play. Triathlon allows you to do all of these activities at the one time. You get to swim, bike and run all in one go!

- Where?**
- 7 events (see entry form), with the best 3 results counting towards an individual Series position.
  - Events are both within and outside London, increasing opportunities to attend races.
- Why?**
- Aim of the series is to encourage all kids to have FUN in triathlon!
  - Events are held in fun and safe club environments to ensure you have a great time!
  - Represent TEAM LONDON; top 2 boys & girls in Tristars 2 & 3, and the top 3 Youths will be selected for TEAM LONDON at the National Inter Regional Triathlon Championships (IRC) on Saturday 3rd September 2005 in Liverpool.
- How?**
- Open to those aged between 9 and 16 years.
  - Check entry form for eligibility.
  - Fill out the entry form! It's that easy!
  - There is NO requirement to be a British Triathlon member to enter the Series.
  - However, you must be a British Triathlon member to be considered for the London IRC team.
- Results?**
- Downloadable from: [www.triathlonlondon.org](http://www.triathlonlondon.org).
  - If you would like a hard copy of the final standings, please enclose a stamped addressed envelope with your entry.
- Scoring?**
- Based on performance versus the winning athlete in your category.
  - Each race winner will receive 1000 points. Other series athletes will score points based on  $1000 * (T1 / T2)$ , where T1 = first finishers time, and T2 = competitors time. For example, if winner finishes in 20 minutes, and you finish in 21 minutes, you will score  $1000 * 20/21 = 952$ .
  - In the event of a tie in overall series results, position will be determined by an athletes 4th best result.
- Prizes?**
- Series awards (trophies AND prizes!) will be awarded to the first 3 finishers (male and female) in each category.
  - Awards as well as your goody bag, medal and TRYstar certificate will be presented at the London Region fun day (check website for more info).
- Entry?**
- All money raised from entry fees will be ring fenced & invested solely in kids triathlon within London.
- Info?**
- Check out [www.triathlonlondon.org](http://www.triathlonlondon.org) for more information.

### Series Contacts

Head Co-ordinator	Tim Weeks	<a href="mailto:timweeks@britishtriathlon.org">timweeks@britishtriathlon.org</a> (07739 526558)
Results & Scoring	John Levison	<a href="mailto:john.levison@barclaysgt.com">john.levison@barclaysgt.com</a>
Series Entries	Dawn Hunter	<a href="mailto:dawnhunteruk@yahoo.co.uk">dawnhunteruk@yahoo.co.uk</a>
IRC Selection	Wayne Owide	<a href="mailto:wayne@drclean.co.uk">wayne@drclean.co.uk</a>
	Linda Clemens	<a href="mailto:clemens122@blueyonder.co.uk">clemens122@blueyonder.co.uk</a>



## Tristar and Youth Summer Triathlon Series Entry Form 2005

Fill out the entry form below, enclose your £5 entry fee, a stamped addressed envelope (for results), and return to the address at the bottom. Cashing of your cheque confirms your entry into the race series.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Post Code: \_\_\_\_\_ Male / Female: \_\_\_\_\_  
 Tel: Day: \_\_\_\_\_ Eve: \_\_\_\_\_ Mobile: \_\_\_\_\_  
 Age on 31/12/2005: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 BTA N° (if applicable): \_\_\_\_\_ Club (if applicable): \_\_\_\_\_

Entry to events should be made direct to individual race organisers with the appropriate payment. Details are available via the web links provided.

**Note: BEST 3 RACES COUNT TOWARDS SERIES RESULTS**

### Series Races 2005 (Please tick proposed races)

Tristar: Ages 9-10, 11-12, 13-14	Youth: Aged 15-16	Web address	Entry
1. Hillingdon Duathlon (1/5/05)	1. Hillingdon Duathlon (1/5/05)	<a href="http://www.hillingdontristars.co.uk">www.hillingdontristars.co.uk</a>	
2. Hatch End-Harrow Tri (15/5/05)	2. Hatch End-Harrow Tri (15/5/05)	<a href="http://www.hatchend.org">www.hatchend.org</a>	
3. Dover Kids Triathlon (28/5/05)	3. Dover Quick Change Tri (29/5/05)	<a href="http://www.dealtri.co.uk">www.dealtri.co.uk</a>	
4. Rayleigh Childrens Tri (4/6/05)	4. Rayleigh Childrens Tri (4/6/05)	<a href="http://www.east-essex-triclub.co.uk">www.east-essex-triclub.co.uk</a>	
5. Upminster Tri (16/7/05)	5. Upminster Tri (16/7/05)	<a href="http://www.trisportpepping.co.uk">www.trisportpepping.co.uk</a>	
6. Kings Langley Tri (17/7/05)	6. Kings Langley Tri (17/7/05)	<a href="http://www.shirestriers.co.uk">www.shirestriers.co.uk</a>	
7. White Oaks Tri (31/7/05)	7. White Oaks Tri (31/7/05)	<a href="http://www.whiteoaktri.co.uk">www.whiteoaktri.co.uk</a>	

Age Category:	Category	Year of Birth	Your category (please tick)
Note - Category is based upon age as at 31 Dec 2005	Tristar 1 (9-10 years)	1995, 1996	
	Tristar 2 (11-12 years)	1993, 1994	
	Tristar 3 (13-14 years)	1991, 1992	
	Youths (15-16 years)	1989, 1990	

Eligibility:	Do you...	Tick	Details
	1. Live in a London Borough		
	2. Go to school in a London Borough		
	3. Belong to a BTA club in the London region		

**Note:** Cheques for £5 made payable to 'British Triathlon London Region' plus a stamped addressed envelope (9x6) must accompany entry form. Tick box if you DO NOT WANT to receive details on future London Region news and events . The above details will be stored on computer for future mailings.

I agree that I participate in all events entirely at my own risk and that no responsibility whatsoever shall attach to any event sponsors, race directors, or any person involved in the organisation of the event(s) for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. All athletes must obey the Highway Code. I am HEALTHY and HAVE NO KNOWN medical condition. I have read and understood the above.

Signature (Parent or Guardian): \_\_\_\_\_ Date: \_\_\_\_\_

**CLOSING DATE FOR RECEIPT OF SERIES APPLICATION: SATURDAY 4TH JUNE 2005**

Please forward completed entry form with payment and SAE to:  
 Dawn Hunter, 17 Fairview Gardens, Woodford Green, Essex IG8 7DT