



ST IVES SURF LIFESAVING CLUB BIATHLON ENTRY FORM

11th July 2009

- OPEN / VET RACES - Run to Carbis Bay & swim back - from 7.30pm
- NOVICE RACE - Run to Porthminster Beach & swim back - Starts 7.00pm
- JUNIOR RACE - Run to Porthminster Beach & swim back - Starts 6.30pm

ENTRY FEES; prices held from 2008

- OPEN RACE £12.50 or £15.00 on the day
- NOVICE RACE £7.50 or £10.00 on the day
- JUNIOR RACE £7.50 or £10.00 on the day

Registration will be at the fisherman's lodge on Wharf Road, from 4.00pm and will close 30 mins before the start of the race.

There will be an express register for those who book in advance.

****YOU MUST REGISTER BEFORE YOU RACE****

To view the course log on to www.mapmyrun.co.uk/view-my-run-121875

NAM E _____ MALE / FEMALE

ADDRESS _____

POSTCODE _____

EMAIL _____

DATE OF BIRTH _____

CATEGORY: JUNIOR OPEN VET NOVICE LOCAL

T-SHIRT SIZE: SMALL MEDIUM LARGE X-LARGE (Advance bookings only)

ENTRY FEE ENCLOSED: £_____ Cheques made payable to S.I.S.L.S.C.

DISCLAIMER: I confirm that I have read & will comply with the rules of the event (see additional page) and that I am fit in all aspects to compete in the St Ives Biathlon 2009.

SIGNED: _____ (Parent / Guardian must sign if under 18)

Please send to: **S.I.S.L.S.C. c/o Anna Elwood,**
4 Alexandra Terrace, St.Ives, Cornwall. TR26 1EW.

All queries e-mail: information@stivesslsc.co.uk or
anna@elwoodsprings.fsnet.co.uk



St.Ives Biathlon Rules 2009

The St.Ives Biathlon is organised by St.Ives Surf Life Saving Club as a registered charity. After expenses all monies raised will go to the club to be used as agreed by the executive committee.

By entering the event you agree to abide to the following;

1. There is a strict age on the day limitation;
 - a. All **JUNIOR** entrants **must** be a minimum of 12 years old on the day and no older than 17 years. Forms must be signed by parent or legal guardian.
 - b. All open entrants **must** be a minimum of 17 years on the day, with no upper age limit. If under 18, forms must be signed by parent or legal guardian.
 - c. Veteran race is open to anyone 40 years on the day or older. The organisers may introduce other veteran age categories and these will again be defined by age on the day.
2. Prizes are as advertised, but may be altered if sponsors change. This will be at the discretion of the organisers.
 - a. Junior race;
 - i. first Boy/ Girl
 - ii. first local boy / girl
 - iii. first age group boy / girl
 - iv. **Please note that there will only be one prize per entrant.** i.e., if first boy / girl is 16 years there will then not be a prize for that age category.
 - b. Open race;
 - i. First male / female
 - ii. First local male / female
 - iii. 2nd male / female
 - iv. 3rd male / female
 - v. The Tom Greenaway memorial cup is only open to Penwith Lifeguards.
 - c. Veteran race;
 - i. First vet male / female
 - d. Novice race;
 - i. There are no prizes. But an awful lot of satisfaction!!!
3. To be eligible to entre as a **local** you must;
 - a. Be a member of SISLSC **OR**

- b. Have a TR26 (home) post code, working in the town does not constitute as being local.
4. The organiser's aim for this to be an inclusive event. However, entrants must be able to run / swim the required distance. If individuals require additional support this needs to be organised by the individual but they need to inform the organiser's of the event so that safety cover is informed.
5. A risk assessment will be undertaken prior to the event taking place by Senior Lifeguard and Harbour Master. If they are concerned about safety due to sea conditions they have the right to cancel the event. Their decision is final. Entry fees will be reimbursed.
6. Water cover have the right to pull individual's from the swim if they are concerned about theirs or others safety. Entry fees **will not** be reimbursed
7. No more than 200 competitors will be allowed in the water for any one event. The organisers reserve the right to run both races together.
8. Pre- entries for all races will be charged a reduced rate, as advertised. Entries received after the pre-entry closing date (1 week prior to the event) will be entered on the night and entrants will be charged the additional amount as advertised.
9. T shirts are only guaranteed for pre entries, we will endeavour to have them for all but this will be on a first come first served basis & sizes cannot be guaranteed. There are NO children sizes.
10. Be kind to yourself & the officials!!!!