

**Portobello Sprint Triathlon****Sunday 20<sup>th</sup> July 2003****Registration:** 7:30 – 8:45am **Race Briefing:** 8:45am**Race Start :** 9:00 am

The Portobello Open Water Sprint Triathlon be held in the quiet and scenic district of Portobello which forms the north east sea front of Edinburgh. The event will start on a beautiful sandy beach, where the water meets the highest of EEC standards and will comprise

Swim : 750m (Open Water). The water temperature is likely to be around 12°C.

Cycle: 20Km: A 3 lap course on quiet roads in and around Portobello.

Run: 5Km, A flat there and back along the sea front.

For further information contact :-

[www.edinburghracingcoop.co.uk/](http://www.edinburghracingcoop.co.uk/)

email :

[stuart\\_young@beeb.net](mailto:stuart_young@beeb.net)

or Phone:- 0131 657 4716

**Entry Form**

Name (Please print)	
Address	
Postcode:	
Telephone No:	
Date of Birth	Age (on 21.12.03)
Male/Female	
Email (required for results)	
STA No	
Club	
Entry Fee	
STA/BTA Member	: £14 <input type="checkbox"/>
Non STA/BTA Member:	£16 <input type="checkbox"/>
If you would like to make a contribution to our designated charity which is RNLI please add here.	
Charity Donation	£ _____
I enclose a cheque payable to	
“Edinburgh Racing Co-op” £ _____	

(Closing Date for applications 14<sup>th</sup> July 2003)

Entries to:- **Portobello Triathlon**  
**Edinburgh Racing Co-op**  
**29 Adelphi Place,**  
**Edinburgh EH15 1BG**

**Disclaimer**

Please do not enter this event without first carefully reading and considering the following:

I accept that this event is conducted under STA rules and conditions and I agree to acquaint myself with and abide by those rules and any organisers' instructions.

I am aware that my cycle must be in a roadworthy condition and am prepared to submit my cycle for official scrutiny immediately prior to the event.

I understand that it is the competitor's responsibility to safeguard such clothing and equipment I may use.

I know of no physical or medical impediment that would render my participation in this event undesirable.

I acknowledge that these events are an extreme test of a person's physical and mental fitness and has with it the potential of death or serious injury or property loss. The risks of participation include, but are not restricted to, weather conditions, road traffic, behaviour of other participants, volunteer helpers, officials and spectators in and out of the event, dehydration, hypothermia and the behaviour of animals.

I hereby, aware of these, assume the risks of participating in these events and on my own behalf and on the behalf of my executors, administrators, heirs, next of kin and representatives whomsoever:

- agree to waive any claim and to release and discharge from any claim which I or they may have in respect of death, disability, injury, property loss or damage as a result of or while I am participating in this event, the event organiser, directors, sponsors, officials, administrators or volunteer helpers.
- agree to indemnify the persons mentioned immediately above for any or all liabilities or claims made against them as a result of my behaviour in this event. Said waiver, release, discharge and indemnify to extend to liability for negligence under common or statute law.

**Please sign below.**

**NO HELMET - NO RACE**

I have read, understood and agree with the disclaimer (see above).

I accept that personal details will be held on computer.

Signed \_\_\_\_\_

Signed \_\_\_\_\_

(Competitor)(Parent/Guardian if under 18 years)

**Please include 2 SAE's for race details & results or  
 1 SAE for details and results will be emailed**