

## Race Details

### Registration:

Friday 18<sup>th</sup> June 12 noon – 5pm  
Saturday 19<sup>th</sup> June 7:30am – 8:30am

**Closing date for entries** 11<sup>th</sup> June      **Max number of entries** 500

### Location:

Both the sprint triathlon and duathlon will take place on closed roads in the scenic Holyrood park, with the swim of the triathlon being held in the Royal Commonwealth pool. The transition area will be situated in the car park at the Royal Commonwealth Pool. Competitors will be required to park in the overflow car park at the pool or the car park at Holyrood palace. Registration will take place in the Commonwealth pool foyer. Toilet and shower facilities are also situated in the pool building.

### Duathlon

**Race Briefing** 8:45am

**Elite Start** 9:00am      **Age-group Start** 9:30am

#### **Race Format :**

The duathlon will be separated into two races. The Scottish Duathlon Championships and the Scottish Duathlon Elite Championships.

The duathlon championships will take the same format (5k run, 20k cycle, 5k run) as previous duathlon championships. However the Elite race will be slightly modified (5k run, 20k cycle, 2.5k run) with the cycle leg being a DRAFT LEGAL race to follow ITU elite race guidelines.

### Triathlon

**Race Briefing** 9:45am

**Adult Start** 10:00am      **Schools Start** 10:30am

#### **Race Format :**

The adult triathlon will incorporate the British Nurses Triathlon Championships and will be a sprint distances event (750m swim/20k cycle/5k run). The swim will be conducted over the continuous wave format that was successfully piloted in the 2003 race.

Tear off and return this half

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



Name

Address:

Post Code:

Age (on 31/12/2004):

STA/BTA No.

Tel. Home:

## Entry Form

Male/Female

D:O:B

Club

Email

**Event details:-** Please select which race you are entering

<b>Adult Triathlon</b>	<b>STA</b>	<b>Non-STA</b>	
Sprint Triathlon* † (750m/20k/5k)	£21.00	£24.00	<input type="checkbox"/>
<b>Schools Triathlon Championships</b>	<b>STA</b>	<b>Non-STA</b>	
Youth 1 Age 8 years* (50m/5k/1.5k)	£10.00	£12.00	<input type="checkbox"/>
Youth 2 Age 9/10* (150m/5k/1.5k)	£10.00	£12.00	<input type="checkbox"/>
Youth 3 Age 11/12* (150m/5k/1.5k)	£10.00	£12.00	<input type="checkbox"/>
Junior 1 Age 13/14* (250m/10k/2.5k)	£10.00	£12.00	<input type="checkbox"/>
Junior 2 Age 15/16* (350m/10k/2.5k)	£10.00	£12.00	<input type="checkbox"/>
Junior 3 Age 17/18* (350m/10k/2.5k)	£10.00	£12.00	<input type="checkbox"/>
<b>Scottish Duathlon Championships</b>	<b>STA</b>	<b>Non-STA</b>	
Age Group Duathlon (5k/20k/5k)	£14.00	£21.00	<input type="checkbox"/>
Elite Duathlon (5k/20k/2.5k)	£14.00	£21.00	<input type="checkbox"/>

\* For those entering the triathlon please enter an accurate estimate of your swim time as the swim order will be decided by these estimates. swim time:  mins  secs

† If entering the Nurses Championships please supply your NMC No.

If you would like to make a contribution to our designated charity which is Marie Curie please add here.

**Charity Donation** £



I enclose a cheque payable to

**Edinburgh Racing Co-op** £

## 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 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 indemnity to extend to liability for negligence under common or statute law.

Please sign below:

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

and I accept that personal details will be held on computer.

Signed \_\_\_\_\_  
(Parent/Guardian if under 18 years)

Signed \_\_\_\_\_  
(Competitor)

Online entry is available at [www.Entrycentral.net](http://www.Entrycentral.net)

OR

Send completed entry forms with entry fee and 2 SAE's (results and race information) to:-

Edinburgh Racing Coop  
29 Adelphi Place  
Edinburgh  
EH15-1BG

Contacts for race info – [info@edinburghracingcoop.co.uk](mailto:info@edinburghracingcoop.co.uk)

Duathlon: Martin Gore : -0131-442-1363, [mpgore@hotmail.com](mailto:mpgore@hotmail.com)

Triathlon:-Bruce Kidd :- 0131-657-4716

**Please enter early to guarantee your place**

Tear off and return this half

Please include 2 SAE's for race details & results or

1 SAE for details and results will be emailed

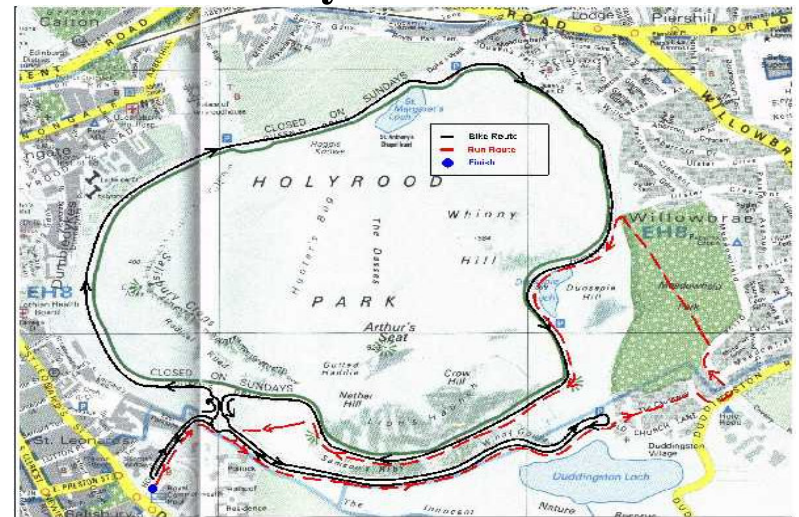


# The EDINBURGH

## TRIATHLON & DUATHLON

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### Holyrood Park



**Saturday 19th June 2004**

including

**Scottish Duathlon,  
Scottish Schools Triathlon & British Nurses  
Triathlon Championships**

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