

TRIATHLON RELAYS CHAMPIONSHIP

Saturday August 26th 2017

National Water Sports Centre, Adbolton Lane, Nottingham NG12 2LU

Dear Fellow NTC Triathletes

The time has come again when we need to complete our entries for the 'organised chaos' that is the National Team Relay Championships. This year the relays are on Saturday only, with morning and afternoon categories as shown below. Further details of the event can be viewed at <https://resultsbase.net/event/3661>

Format	Distance	Cost	Session	Categories
Relay x4	500m swim, 15k bike, 5km run	£164 per team	08:45am	Male/Female and Open teams
Relay x4	500m swim, 15k bike, 5km run	£164 per team	13:45am	Mixed and Open teams

With a one day only format this year, available places are likely to fill up quickly, so get your entries in early!

For this, we will need

- 1) confirmation that you wish to take part (by filling in your entry form!),
- 2) confirmation of whether you have a valid Tri England, Tri-Scotland or Welsh Triathlon license
- 3) any preference as to whether you prefer to be in a gender only or mixed team (we will not be able to guarantee this as it will depend on the number and mix of entries)
- 4) payment of the appropriate entry fee.

To secure your place, please complete the entry form below (electronically or by hand) and return to Debra Suffolk or Gareth Parker or to the membership desk on a Saturday morning along with your payment (which can be by cash or bank transfer, details below) not later than **Sunday 2nd July 2017**.

An email copy of the form will be accepted and should be sent to clubchamp@nuneatontriathlonclub.co.uk

Any entry form received without payment by the 2nd July 2017 will unfortunately not be accepted and any requests received after this date will be subject to availability.

Race Format

Each member of the team individually swims 500 metres before tagging their team mate, and so on, and so on, until all four people have completed the swim. Moving onto the 15km bike, each athlete individually completes the 15km bike, until the last team member then tags the first team member to start the 5km run section.

In the **morning**, the men's and women's categories will be racing in various categories for **National Championship Awards** - junior, senior, vet 40 and vet 50. T

In the **afternoon**, the mixed category will give the chance for the men's and women's teams to combine and race for more **National Championship Awards**.

Please note that:

- a junior team must all be under 20 and not less than 15 on 31/12/2017
- a senior team must all be not less than 15 on 31/12/2017
- a Vet 40 team must all be over 40 but at least one must be under 50 on 31/12/2017
- a Vet 50 team must all be over 50 on 31/12/2017
- a mixed team must have a 2:2 ratio of male to female
- **a team with mixed clubs, non-BTF members or unattached BTF members will be classed as Open and not eligible for National Championship Awards**

Cost

£30/person (plus £5 BTF day license fee payable on the day if not a BTF member)

Let's do it!!

Debra Suffolk and Gareth Parker

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Entry Form

Personal Information	
Name	Click here to enter name.
Date of Birth	Click here to enter DoB.
BTF Member No (or N/A)	Click here to enter your BTF number or state N/A.
Email address	Click here to enter your email address.
Medical Condition? (Y/N and brief description)	Click here to enter details of any medical condition.
T-Shirt Size	Click here to enter preferred T-Shirt size.

Preferred Event Entry			
Male Team (£30)	<input type="checkbox"/>	Mixed Team (£30)	<input type="checkbox"/>
Female Team (£30)	<input type="checkbox"/>	No preference (£30)	<input type="checkbox"/>
Additionally, please denote here if you wish to compete in both the morning and afternoon events (the fee will be £60)			<input type="checkbox"/>
<i>We will do our utmost to meet everyone's requests, but, as you will appreciate, a team must consist of 4 members and therefore we may not be able to accommodate everyone's first choice so please be as flexible as you can.</i>			
I have enclosed the fees noted above as cash (Y/N)		Select Yes or No.	
I have paid the fees noted into NTC bank account		Select Yes or No.	

Predicted times (No sandbagging, the captains will adjust if necessary!)	
500m Open water swim	Click here to enter time, e.g. 9 minutes 30 seconds.
15km Bike	Click here to enter time, e.g. 26 minutes 30 seconds.
5km Run	Click here to enter time, e.g. 22 minutes 15 seconds.

NTC Bank Account Details for electronic payments

Bank: Santander
Sort Code: 09-01-28
Account Number: 20212192

Please quote your first initial and surname followed by 'RELAY' as the payment reference, e.g. DSUFFOLK RELAY Please hand this completed form to Debra Suffolk, Gareth Parker or the membership desk at the club on a Saturday morning, or email to clubchamp@nuneatontriathlonclub.co.uk