



Kudu Bikes Ltd

mytricoach

www.kudubikes.co.uk

www.mytricoach.co.uk

Kudu Bikes Wensleydale Triathlon Full Cheese and ½ Cheese Events

(Based around Hawes, Yorkshire Dales)

Sunday 10th August 2008 – Start 10.00am

Start: Semer Water Run start cut off: 4pm Finish: Kudu Bikes, Hawes

Full Cheese Event

Swim: 1800m Semer Water
Bike: 42 of the toughest
Yorkshire miles
Run: 12 miles (6 up, 6 down)

New for 2008 ½ Cheese Event

Swim: 1000m Semer Water
Bike: 17 of the toughest
Yorkshire miles
Run: 6 miles (3 up, 3 down)

This race is for Teams of 3 as well as Individuals (Minimum age 18)

The swim is the only flat section of the course and once out of that you are straight up the first of four 1 in 4 climbs littering this course that has been described as the toughest (www.tentoughesttriathlons.co.uk) in British Triathlons. The run is equally arduous with an off road ascent off Great Shunner Fell (500m of climbing in 6 miles) finishing in the picturesque Dales market town of Hawes.

Course records: Male (2007) Richard Hunt 4.07.14,
Female (2007) Helen Macvicker 5.31.36, Team (2007) SMM 4.13.15

There will also be transport available for you and your bike from Kudu Bikes in Hawes to the start of the swim in Semer Water.

Entry fee: £30 BTA members (none BTA £35)

Teams £40 (none BTA £45)

Cheques payable to "Kudu Bikes Ltd".

Post your entry slip with cheque to:

Kudu Bikes, 1 Raynes Court, Upper Wensleydale Business Park
HAWES, North Yorkshire, DL8 3UW

For more information contact Kudu Bikes on:

Tel: 01969 666088 or Email: info@kudubikes.co.uk

SOLO ENTRY

Please PRINT DETAILS

Tick which event you wish to enter

| | | | |
|-------------|--|-------------|--|
| Full Cheese | | Half Cheese | |
|-------------|--|-------------|--|

| | |
|-----------|--|
| Name | |
| Age | |
| Sex | |
| Address | |
| | |
| | |
| | |
| Telephone | |
| Email | |
| BTA No. | |

NEXT OF KIN TO BE CONTACTED IN THE EVENT OF AN ACCIDENT

| | |
|-----------|--|
| Name | |
| Telephone | |

I declare that I am medically fit to participate in this event and I understand that the organisers of this race will not be held responsible for personal injury, illness, loss or damage incurred before, during or after the race and I enter at my own risk.

Signed Date

TEAM ENTRY

| | | | |
|-------------------|--|-------------------|--|
| Full Cheese Event | | Half Cheese Event | |
|-------------------|--|-------------------|--|

SWIM

| | |
|-----------|--|
| Name | |
| Age | |
| Sex | |
| Address | |
| | |
| | |
| Telephone | |
| Email | |
| BTA No. | |

NEXT OF KIN TO BE CONTACTED IN THE EVENT OF AN ACCIDENT

| | |
|-----------|--|
| Name | |
| Telephone | |

I declare that I am medically fit to participate in this event and I understand that the organisers of this race will not be held responsible for personal injury, illness, loss or damage incurred before, during or after the race and I enter at my own risk.

Signed Date

BIKE

| | |
|-----------|--|
| Name | |
| Age | |
| Sex | |
| Address | |
| | |
| | |
| Telephone | |
| Email | |
| BTA No. | |

NEXT OF KIN TO BE CONTACTED IN THE EVENT OF AN ACCIDENT

| | |
|-----------|--|
| Name | |
| Telephone | |

I declare that I am medically fit to participate in this event and I understand that the organisers of this race will not be held responsible for personal injury, illness, loss or damage incurred before, during or after the race and I enter at my own risk.

Signed Date

RUN

| | |
|-----------|--|
| Name | |
| Age | |
| Sex | |
| Address | |
| | |
| | |
| Telephone | |
| Email | |
| BTA No. | |

NEXT OF KIN TO BE CONTACTED IN THE EVENT OF AN ACCIDENT

| | |
|-----------|--|
| Name | |
| Telephone | |

I declare that I am medically fit to participate in this event and I understand that the organisers of this race will not be held responsible for personal injury, illness, loss or damage incurred before, during or after the race and I enter at my own risk.

Signed Date

MAIN CONTACT FOR THE TEAM:

TEAM NAME: