

Matlock Area Recreation and Sports Group

presents the

(MARS & DDDC logos)

# **7<sup>th</sup> MARS Triathlon**

**31<sup>st</sup> August 2009**

**Entry form**

## **MARS Triathlon 2009.**

It's summer again, Matlock Lido has a new roof and triathlon time again. This year's event will, as usual, be on the Bank Holiday Monday morning, 31st August.

It is organised under the banner of the Matlock Area Recreation and Sports Group by combining the efforts of Matlock's swimming, cycling and athletic clubs to bring together a truly enjoyable race open to everyone from the fiercest elite competitor to the novice who fancies having a go. In fact, the previous events have attracted fields which comprise of around one-third who are complete novices and for whom there is a special prize category.

A brief overview of the event is as follows. The swim of 400m (12 lengths) is at Matlock swimming pool, the cycle section is 10 road miles to Cromford, Lea Bridge, Lea, Tansley and back to Hall Leys Park in Matlock from where the run sets off along the river and up through the High Tor Grounds and back. The finish is on the park. Start times will be at 1 minute intervals from 7.00am to 9.30am. These will be allocated and published 1 to 2 weeks before the event.

The MARS Group was set up to work towards providing better sports facilities for the area and all proceeds will be for that cause. To that end, a lot of progress has been made since last year. It is a friendly event where everyone can enjoy themselves for an entry fee of just £7.50 (a bargain in the triathlon world!).

There will be an entry limit of 150. Assuming that is reached, there will be no entries on the day. It was almost full to capacity last year.

Best wishes.

Karl Webster.

Organiser.

[karl@kandc.plus.com](mailto:karl@kandc.plus.com)

**MARS Triathlon 2009.**

**Entry form.**

**closing date 24<sup>th</sup> August**

Name ..... Date of birth .....

Address .....  
.....  
.....

Estimated 400m swim time.....

Tel. no. .... E-mail address.....

Novice - YES / NO (someone who has never done a triathlon)

I accept responsibility for my own health in connection with the MARS Triathlon 2009 and the roadworthiness on my bicycle.

Signed ..... Date .....

Acknowledgement of receipt of entry and further correspondence will be by e-mail wherever possible. If you do not have e-mail, please enclose an SAE so that you receive your race instructions and start time before the event.

Entry fee of £7.50 with cheques made payable to MARS Group.

Return to : MARS Tri, 17 Carlton Avenue, Darley Dale, Derbyshire. DE4 2HW.