

Emily Prosser



Sprint Triathlon

9th September 2007

Help support



Registered charity
1026049

Distances

Swim 400m

Bike 20K

Run 5K

Pellterau

Nofio 400m

Beic 20K

Rhedeg 5k

Venue: Fairwater Leisure Centre, Cardiff
Lleoliad: Canolfan Hamdden y Tyllgoed, Caerdydd

ALL profit from this event helps fund alternative therapy cerebral palsy care for Emily.

Age Categories/Oedran grwp: SM/SF, MJ/FJ, MV/FV, MSV/FSV, Team, Corporate Team
Prizes awarded in all categories. (Corporate enquires call/Holiadau galwch: 07789 116656)

Entry fee/Tâl mynediad: Individual £28, Relay team £75, Corporate Relay team £100

Name/Enw:	
Address/Cyferiad:	
Postcode/Cod bost:	Tel No./Rhif ffon:
D.O.B./D.G:	Age at 31.12.07/Oed:
e-mail/e-bost:	
WTA-BTA No./Rhif:	Male/Female Gwrywaidd/Benywaidd
Club/Clwb:	
Would you like information via e-mail? If 'YES' no SAE needed: Hoffech chi gwybodaeth gan e-bost? Os "HOFFWN" does dim angen amlen:	Yes / No Hoffwn / Na hoffwn
Estimated Swim Time 400m Amcangyfrif Amser Nofio 400m	Mins/Mun: Secs/Eiliad:

Closing date for entries 1st September 2007 / Dyddiad cau 1 Medi 2007

Disclaimer: I accept that the organisers can in no way be held responsible for any injury or loss however caused and that I am fully aware of the risks involved and the degree of fitness required. I agree to abide by the rules of the British Triathlon Association./ **Diarddel:** Rwy'n derbyn na fydd Clwb Triathlon Caerdydd yn cael ei ddal yn gyfrifol am unrhyw niwed neu golled sut bynnag ei achosir ac fy mod yn ymwybodol o'r peryg a'r lefel o ffitrwyd sydd ei angen i gymeryd rhan. Rwy'n cytuno cymeryd rhan yn ol rheolau y Cymdeithas Triathlon Prydain.

Signed/Arwyddwyd: _____ **Date/Dyddiad:** _____

Cheques payable to/Sicciau'n daladwy i: **"Emily Prosser Sprint Triathlon"**

Return (with SAE?) to: Emily Prosser Sprint Triathlon, 29 Ty Mawr Road, Llandaff North, Cardiff, CF14 2FN/ 29 Heol Ty Mawr, Ystum Taf, Caerdydd, CF14 2FN

Or enter online at/neu mynediad arlein: www.triandbike.co.uk

Race information available at/Gwybodaeth am y räs ar gael yma: www.cardifftri.net