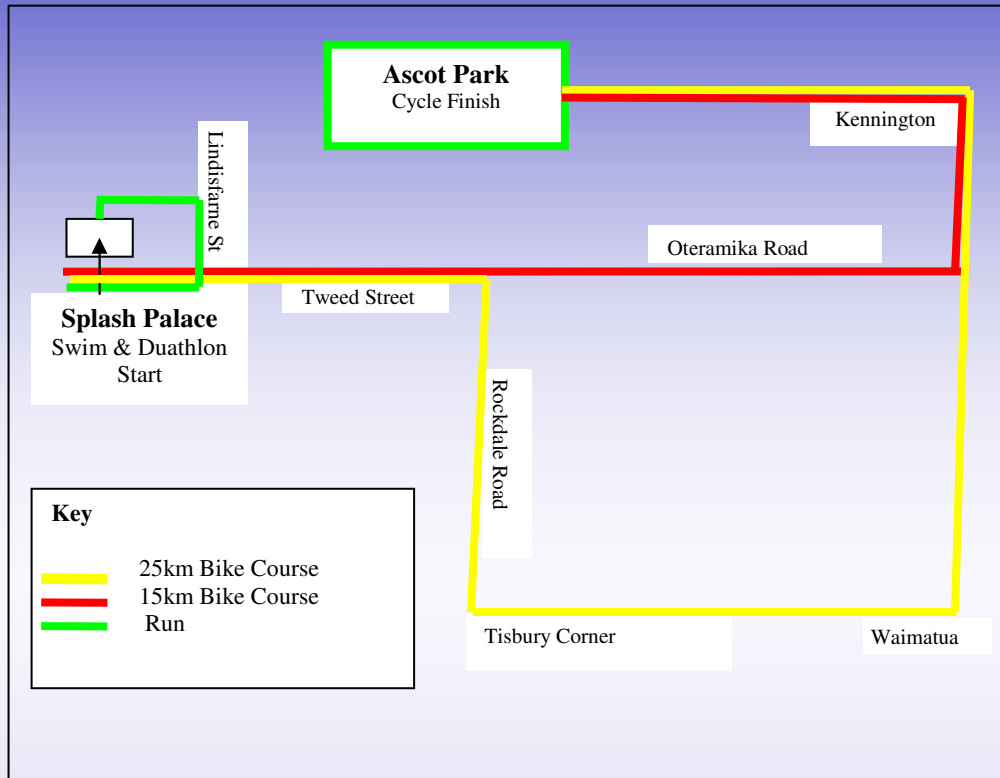


# Course Map



*ILT Ascot Park Hotel*



# Invercargill Triathlon & Duathlon

**Sunday 11 April - 10:00am start**

Registrations at Splash Palace from 8.45am  
Briefing 9.45am  
Start 10.00am

Enter Online

[www.southlandtriclub.co.nz](http://www.southlandtriclub.co.nz)

Lunch following event from 12.00pm  
Prize Giving 12.30pm



# Triathlon & Duathlon Entry Form

Please tick section and category

Triathlon     Triathlon Long Course     Duathlon

## Individual

Men     Women

**Teams** (each team member must fill in a form)

Men     Women     Mixed

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

## TERMS OF ENTRY

Entry not valid unless this entry form is signed by all entrants. Please read carefully before signing.

## Waiver and Release

- I will be 12 years of age or over on race day.
- I agree to attend the pre-race briefing.
- I understand that this activity covers a degree of risk and is potentially dangerous.
- I agree that I am participating in this activity entirely and knowingly at my own risk.
- I acknowledge that all public roads will be open to all traffic and be prepared to come across such traffic at any time.
- I will follow the designated course on the day and obey all marshals' instructions.
- I will wear a correctly adjusted NZ safety approved cycle helmet on the cycle leg and my cycle will be in suitable and safe roadworthy condition.
- I will come prepared for all the spectrum of weather conditions that might reasonably be expected for the duration of this event at this time of year.
- I hereby waive, release and discharge the event organisers, sponsors and volunteers from any kind of liability; from which my participation in the event may result.

SIGNED: \_\_\_\_\_ DATED: \_\_\_\_\_

## ENTRY FEES

Individual Triathlon \$25     Teams Triathlon \$60     Extra meal  
 Individual Duathlon \$20     Teams Duathlon \$40

*A small lunch will be provided to all competitors to order one for support crew please tick box and add \$10*

*\$10 late fee for entries after 7 April*

Entries can be made online at [www.southlandtriclub.co.nz](http://www.southlandtriclub.co.nz)

Or post entry form and cheque (made payable to Southland Tri Club) to Sport Southland, PO Box 224, Invercargill

# Course Description

## Triathlon

**Leg 1:** 300m Swim - 3 laps around pool

**Leg 2:** 15km Bike - Tweed St, Oteramika Rd, Kennington, Main Rd, Ascot Park

**Leg 3:** 3km Run, Jog or Walk - 3km circuit at Ascot Park

## Triathlon Long Course

**Leg 1:** 500m Swim - 5 laps around pool

**Leg 2:** 25km Bike - Tweed St, Rockdale Rd, Tisbury, Waimatua, Kennington, Main Rd, Ascot Park

**Leg 3:** 5km Run, Jog or Walk - 5km circuit at Ascot Park

## Duathlon

**Leg 1:** 2km Run, Jog or Walk - Tweed St, Lindasfarne St, Otepuni Walkway, Splash Palace

**Leg 2:** 15km Bike - Tweed St, Oteramika Rd, Kennington, Main Rd, Ascot Park

**Leg 3:** 3km Run, Jog or Walk - 3km circuit at Ascot Park

**For further information, please contact:  
Sport Southland: Ph 2112150**

**Race Director Ginge Burnett 0276424333  
Southland Triathlon & Multisport Club**