BIATHLON TRURO
Fencing Coaching Available

Date: Thursday 7th August 2014
Location: Sir Ben Ainslie Sports Centre
Truro School

PENTATHLON GB
SOUTH WEST DEVELOPMENT

**Competition Format:**
1. Swim will be in detailed heats in order for athletes to gain a swim time.
2. Swim times will then be converted to points.
3. These points are converted to “running mins/secs”
4. Each race will start with the fastest swimmer, who therefore has most pts.
5. “X” many secs later the 2nd fastest swimmer will run in pursuit.
6. The first through the running finish line is the winner.
7. Prizes will be awarded at the end of each race.

**Fencing Coaching Available:**
* 90min sessions available for all abilities (Beginner, Intermediate & Advanced).
* Coaching by Truro Fencing Club
* Coaching start times will be issued via email on 2nd/3rd Aug.
* Limited spaces mean coaching will be on a first entered, first served basis.
* Coaching Fee £10
* VENUE: Gym, next to the swimming pool.

**Information:**
Closing Date for entries Wednesday 30th July
Confirmation of your entry will be emailed upon receipt of your form and entry fee
£5 per individual biathlon entry
Start times for your swim and run will be issued via email on 2nd/3rd Aug.
Entrants must be competent swimmers

**Entry Form:**
Georgina Geikie, Addiscott House, South Tawton, Okehampton, Devon EX20 2RE

<table>
<thead>
<tr>
<th>Name: ___________________________</th>
<th>Age: __________</th>
<th>D.O.B: __________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email: ___________________________</td>
<td>Telephone: __________</td>
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<table>
<thead>
<tr>
<th>Competition</th>
<th>What age are you this year?</th>
<th>Entry Fee</th>
<th>Please Tick</th>
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</thead>
<tbody>
<tr>
<td>Race 1: U13 (Youth D)</td>
<td>12 &amp; Under</td>
<td>£5</td>
<td></td>
</tr>
<tr>
<td>Race 2: U15 (Youth C)</td>
<td>13/14</td>
<td>£5</td>
<td></td>
</tr>
<tr>
<td>Race 3: U17 (Youth B)</td>
<td>15/16</td>
<td>£5</td>
<td></td>
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<td>Race 4: U19 (Youth A)</td>
<td>17/18</td>
<td>£5</td>
<td></td>
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<tr>
<td>Race 5: Open</td>
<td>19+</td>
<td>£5</td>
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**Fencing Experience:** Please circle:
1. Club Member? (Pony Club, Fencing Club, Scouts, Cadets…)
2. Club Name:
3. Compete in Pony Club tri/Tetrathlon?
4. I fence regularly?
5. Are you a MPAGB Member?
6. Please circle what most applies:

<table>
<thead>
<tr>
<th>Never Tried</th>
<th>Beginner</th>
<th>Novice</th>
<th>Intermediate</th>
<th>Advanced</th>
</tr>
</thead>
</table>

For more info: Email swpentathlonevents@gmail.com or ns@truroschool.com or Call 07900654627

Signed:
Closing Date for entries Wednesday 30th July
Cheques made payable to Okehampton MPC
Please complete and return with entry fee to:
Georgina Geikie, Addiscott House, South Tawton, Okehampton, Devon EX20 2RE

Thank you, we hope you enjoy your day!