

**ANGUS BRANCH OF THE PONY CLUB
OPEN TRIATHLON**



**SATURDAY 6 MARCH 2010
AT ARBROATH SPORTS CENTRE, KEPTIE ROAD, ARBROATH DD11 3EW**

CLASS	Ages of competitors will be from 1 January 2010	SHOOTS FROM	SWIMS FOR	RUNS FOR
1	OPEN BOYS - 15 years and over	10 metres, turning targets (1 handed)	4 minutes	2,000 metres
2	OPEN GIRLS – 15 years and over	10 metres, turning targets (1 handed)	3 minutes	1,500 metres
3	JUNIOR BOYS – 12 - 14 years	7 metres, turning targets (1 handed)	3 minutes	1,500 metres
4	JUNIOR GIRLS – 12 - 14 years	7 metres, turning targets (1 handed)	3 minutes	1,500 metres
5	MINI BOYS – 10 & 11 years	7 metres, static targets (1 or 2 hands)	2 minutes	1,000 metres
6	MINI GIRLS – 10 & 11 years	7 metres, static targets (1 or 2 hands)	2 minutes	1,000 metres
7	MINI-MINI BOYS – 8 & 9 years	7 metres, static targets (1 or 2 hands)	2 minutes	1,000 metres
8	MINI-MINI GIRLS – 8 & 9 years	7 metres, static targets (1 or 2 hands)	2 minutes	1,000 metres

SHOOTING:- 8.30AM ARBROATH SPORTS CENTRE, KEPTIE ROAD, ARBROATH DD11 3EW

RUNNING:- 9AM ARBROATH SPORTS CENTRE KEPTIE ROAD, ARBROATH DD11 3EW

SWIMMING:- 11.30AM ARBROATH SPORTS CENTRE, KEPTIE ROAD, ARBROATH (Refreshments will not be available at the centre) Please enter swimming distance on entry form as accurately as possible.

The competition will run under the current Pony Club Tetrathlon Rules. No person under 18 years of age may be in possession of or carry an air pistol in a public place, unless that person is under the supervision of someone over 21 years old. Angus Branch of the Pony Club does not accept liability for accidental damage or injury to spectators or any other person or property whatsoever. For insurance purposes competitors must be current valid members of the Pony Club.

Entry fee: - £12.00 Entry form with cheque made payable to "Angus Pony Club" should be sent to: - Mrs. Lindsey Hamilton 7 Forfar Road, Kirriemuir DD8 5BY by **Friday 26 February 2010**

Times will be available on **Thursday 4 March between 7pm and 9pm** by telephoning Lindsey on 01575 573257 or from the web site www.pcuk.org/angus look under "Times"

Detach

ENTRY FORM – TRIATHLON – 6 MARCH 2010

Class	Name	Age as at 1.1.10	BRANCH	Swim (metres)	Gun shared with whom?	X if left handed for shooting	Fee
						TOTAL FEE ENC.	£

Parents Name.....

Address.....

Telephone number.....Mobile number.....