

COASTATHLON BOOKING FORM

Event	St Agnes Coastathlon Sunday 10 July 2016
Junior or Senior Individual/Team Entry	
Team Name	
Method of payment (cheque or bacs)	

Fill in for each team member (use a separate sheet if necessary)

Full Name				
DoB				
Gender				
400m Pool Swim Time (if known)				
Full address				
Email address				
Height				
Build				
Relevant medical history if any				
Emergency Contact details				

Please post to us as soon as possible, along with a cheque for £29 per person entering over 18 (£20 16 - 18 yrs) to EBO Adventure Training (UK) Ltd.

WRITE YOUR TEAM NAME ON THE BACK OF THE CHEQUE!

Please send cheques and entrant details to:

EBO Coastathlon 2016
EBO Adventure Head Office
Studio F1, Old Bakery Studios
Blewett's Wharf
Malpas Rd, Truro
Cornwall
TR1 1QH

Once the event is full a reserve list will be opened.

Upon receipt of these unique entrant numbers along with full confirmation will be issued by email.

Event entry formally closes 12pm Wednesday 1 June 2016, so get your application in early to guarantee a place!

If you would prefer to pay by bank transfer, please write your team name as the reference:

BANK DETAILS:

LLOYDS TSB: EBO ADVENTURE TRAINING (UK) LTD
SORT CODE: 30 94 07
ACCOUNT NO: 00922177
PLEASE USE YOUR NAME OR INVOICE NUMBER AS A REFERENCE.

WELCOME TO THE EBO COASTATHLON™ 2016!

This is a challenging COMPLETION event comprising: Your swim and run will be timed.

500M WILD SWIM
1700M KAYAK
1000M COASTEER
7000M TRAIL RUN

Date: Sunday 10 July 2016

Venue: Trevaunance Cove, St Agnes. Proceeds will be donated to St Agnes Surf Lifesaving Club

Registration time: 0830

100 competitors, minimum age 16yrs

Safety cover / Kayaks/Helmets/Buoyancy Aids Provided

Category prizes & event T-Shirt and silicone swim cap to be issued on arrival

Teams will be set off in waves

Event organisers will provide:

Swim Hat – Kayak – Helmet & Buoyancy Aid + Instructors and Safety cover

Competitors must provide:

Wetsuit (Advise full length surf suit NOT Tri- suit)

Wetsuit boots/Trainers

Running kit & trainers

We suggest swimming in wetsuit boots or trainers as the swim/kayak/coasteer transitions will be at sea!

Post event Beer & BBQ - Supported by local businesses & sponsors, please invite all your friends to come along to support this worthy cause!

Cancellation The organisers have the right to cancel elements of the event due to dangerous sea or weather conditions on the day and all proceeds will go to the chosen charity.

Any questions please don't hesitate to get in touch!