

# Taw Triple 2010



## including the Taw Biathlon



**Saturday 24th April**

**Taw Triple: 400m Swim 3.5km Run 3.5km Ski Paddle**  
**Taw Biathlon: 400m Swim 5km Run**

**Registration at North Devon Leisure Centre 13.30**

**Briefing at 14.30**

**Taw Biathlon Start: 14.55**

**Taw Triple wave 1: 15.10**

**Wave 2: 15.20**



**INDIVIDUALS AND TEAM ENTRIES £10**

**Cheques payable to W.S.L.S.C**

Tick Category **Taw Triple individual:** Youth (12—16) [ ] Open (17+) [ ] Master (30+) [ ]

**Taw Triple Team** [ ] (2 or 3 people)  
Name(Run ).....

Name(Swim).....  
Name(Ski).....

**Taw Biathlon individual:** Youth (12-16) [ ] Open (17+) [ ] Master (30+) [ ]

(Age as of 31st December 2010)

I declare that I am competent and able to complete the course.

Name..... D.O.B.....

Estimated 400m swim time.....

Signature (Parents to sign if under 18).....

Return to Carolyn Devine,  
8 Shorelands Rd, Barnstaple, Devon, EX31 3AA