

**Award categories**

First three places in 12-15yrs, 16-19yrs  
20-24yrs 25-29yrs 30-34yrs 35-39yrs  
40-44yrs 45-49yrs 50-54yrs 55-59yrs  
50-55yrs 56-59yrs 60-64yrs 65+

First three teams in the following categories:

- 12-15 years
- 16-19 years
- Corporate team
- Family team\*
- Total age < 100 years
- Total age 100+ years
- Pot luck team

\* Any combination, no questions asked!

**Need somewhere to stay?**

The **Crowne Plaza Canberra** is offering a great accommodation package to interstate participants of \$149 including full buffet breakfast for two. Please call our reservations department on (02) 6247 8999.

For local specials on budget accommodation



**Proudly Sponsored by...**

- Canberra Cycles
- Crowne Plaza Canberra
- Canberra Tourism and Events Corporation
- Lane 4 Speedsuits
- Hammer and Cycle Runner's Shop
- Ondina
- Water Gems, Fresh Water Pearls
- Faith Gibson Massage
- Triathlon Australia

**Presented by...**



www.fit.web.c...



FIT is a non-profit community based organisation formed specifically to provide safe, supportive and non threatening entry level cycling, swimming and running for women.

The annual All Women's Triathlon Novice Training Program, provided by FIT, has attracted 90 participants. They are all pre-entered in this event.

*Join them in a celebration of women's willingness to 'Have a go'....*

Enter as an individual, get a team together or nominate as part of the popular '*pot luck*' concept. If you only want to do one or two of the disciplines, put your entry in and get a team-mate from a barrel draw. Do what you can and still be part of the fun!

"If you can dream it, why not tri it?"

*Refreshments available at the race site.*

*Free entertainment for the kids.*

\*\*\*\*\*

**Still not sure?**

For assistance in 'putting it all together' join our Skills Clinic at Yarralumla Bay. Let the experts show you how for only \$20 including refreshments.

*Skills Clinic - Saturday 2 February 2002, 9-11am.*

**Further Information..**

fit\_canberra@yahoo.com or call 02 6249 6436

# Canberra All Women's Triathlon

*Swim ~ Cycle ~ Run  
For Individuals, and Teams, or be part of a  
Pot Luck Team!*

## Sunday 10 February 2002 8 am start Yarralumla Bay

**400m Swim  
17km Cycle  
4km Run**

### *Have a go...*



**Course ...**

Swim... Yarralumla Bay, Alexandrina Dr.  
Cycle... Yarralumla Bay to Kings Ave  
Parkes Way to turn around and  
over Commonwealth Ave, return  
to Yarralumla Bay  
Run... Out and back on the bike path.

**'Pot luck' teams draw**

Saturday 9 February at race site at 4.45pm.  
It is **essential** that you are able to attend at this time.  
This will give you a chance to meet your team  
members before the event on Sunday morning.

**Registration...**

Saturday 9 February 5pm at race site  
or Sunday from 6.30 am at race site.

**Champagne Breakfast**

After the race breakfast for all participants will  
be generously provided by the **Crowne Plaza  
Canberra!!**

**DECLARATION:** In consideration of acceptance of my entry, I  
do hereby, for myself, my executors and assignees, release and  
forever discharge the organisers and their respective officers,  
agents, and representatives from all claims of damages, demands,  
actions whatsoever in any manner arising or growing out of my  
participation in this event. I attest and verify that I have full  
knowledge of the risks involved in participating and that I have  
no physical or mental condition which has the potential to put  
myself or any other person at risk and that I am sufficiently  
trained to participate in this event. I agree to abide by the rules  
and conditions and accept any decisions made under them. I  
hereby consent to receive any medical treatment that may be  
deemed advisable during the event. I hereby acknowledge that I  
have sole responsibility for my personal possessions and  
equipment during the event. I hereby consent to the publication,  
or use in any form of media whatsoever, of my name, image,  
statements or otherwise, in any context pertaining to the event or  
otherwise before, during or after the event whether for  
advertising, promotion or otherwise.

**If under 18, parent /guardian must countersign.**

**Entry Form - Photocopies acceptable.**

**I / we wish to enter in the All Women's Triathlon as follows:**

**Individual**  **Corporate**  12-15yrs  16-19yrs  **Family**  **Total <100yrs**  **Total 100+**

Details of Individual OR Team Swimmer

**Pot Luck** Preference: Swim\_\_\_\_ Cycle\_\_\_\_ Run\_\_\_\_

First Name:..... Surname:..... Sex:.....

Postal Address:..... Suburb:..... Postcode:.....

Phone - BH:..... Phone - AH:..... Mobile:.....

Email:..... DOB ...../...../..... Category .....

Age as at **10 Feb 2002**:..... TA Membership No:..... Triathlon Club:.....

**Team:**  Runner:..... Age .....  Cyclist:..... Age.....

TA Membership No: .....TA Membership No: .....

Triathlon Club:..... Triathlon Club:.....

Team name \_\_\_\_\_

Medical Conditions:.....

**DECLARATION: If under 18, parent /guardian must countersign.**

I / we have read and understand the Declaration and hereby agree to its terms.

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE:\_\_\_\_\_ SIGNATURE:\_\_\_\_\_ SIGNATURE:\_\_\_\_\_

\* All participants must pay \$5 for a one day race licence (insurance cover) if not a Triathlon Australia association member.

**Payment : \*\*\* Early Bird Rate \*\*\*** Before 1 February 2002 (Later rate in brackets)

**Individual \$30 (\$35)**  **Team \$45 (\$55)**  **Pot Luck per leg \$15 (\$30) :** \$ \_\_\_\_\_

Plus, for each non-member, up to 3 per team...  \_\_\_\_\_ **One Day Race Licences @ \$5,** \$ \_\_\_\_\_

**Total Paid** \$ \_\_\_\_\_

**Payment Details – Money Order / Cheque / Visa / Bankcard / Mastercard / Cash (do not post)**

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_

Name on Card: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

**Return to FIT (AWT) PO Box 40 Hughes 2605**

~~~~~ Entry fees include a donation to the **Breast Cancer Network of Australia** ~~~~~