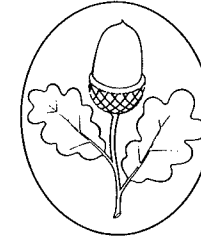
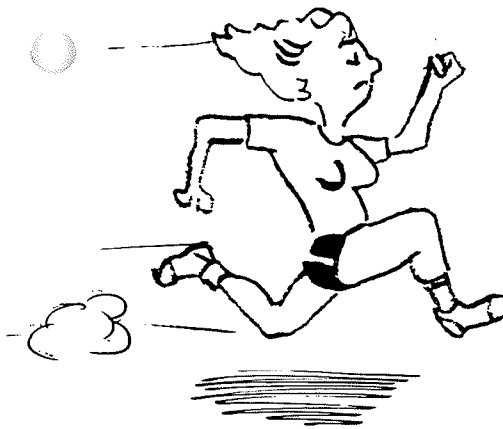


SEVENOAKS SWIMMING CENTRE



TRIATHLONS 1988



SEVENOAKS DISTRICT COUNCIL

The three events will take place in and around The Sevenoaks Swimming Centre, who will be the organisers of these events, and we would like to stress that throughout the events safety **must** come first.

The Sevenoaks Swimming Centre
Buckhurst Lane
Sevenoaks
Kent TN13 1LW

Tel: Sevenoaks 741712 Ext. 414

THE THREE EVENTS

FAMILY TRIATHLON

24th April 1988

This event is aimed towards sporting families and will be run as a fun event consisting of three entrants from each family, either a parent plus two children under 18 years of the same family, or two parents plus one child under 18 years of age. In both cases a parent will have to do the cycling section, this is for safety reasons. The swimming distance will be 10 lengths, followed by a 6½ mile cycle and a 3 mile run.

JUNIOR BIATHLON

10th July 1988

This event will be open to all persons under the age of 18 years on the date of the event and will consist of a 16 lengths swim followed by a 3 mile run. There will be 8 categories which are as follows:-

Boys – 10 & 11; 12 & 13; 14 & 15; 16 & 17 years.

Girls – 10 & 11; 12 & 13; 14 & 15; 16 & 17 years.

TRIATHLON

18th September 1988

The event will be similar to other Triathlons which have been held in Sevenoaks over the past few years, and will be open to persons over the age of 18 years and will consist of a 400 metres swim followed by a 19½ mile cycle and finishing with a 5 mile run. This event is not only aimed at the competent Triathlete but also to an all round sports person living locally, willing to have a go. There will be 5 sections in this event which will consist of the following:-

Male – under 40 years

Female – under 40 years

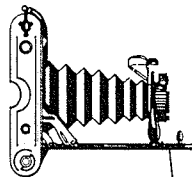
Male – over 40 years

Female – over 40 years

Veterans

Team Event – To consist of 3 competitors of either sex or age group.

As you can appreciate, organising an event of this size requires many helpers. If you feel you can help on the day with Marshalling, on the run or cycle routes, then we would be more than pleased to hear from you.



ERNEST FIELDER PHOTOGRAPHIC
TELEPHONE (0732) 453335
121 ST JOHNS HILL SEVENOAKS KENT

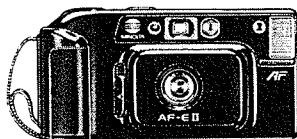
**"BUY THE NEW MINOLTA
KR 8000 E AF VIDEO
8mm CAMCORDER
SUPER COMPACT
FROM ERNEST
FIELDER..."**

**COMPLETE KIT
£1099.00**

- ☐ Autofocus 6x F1.2
- ☐ Zoom Lens
- ☐ Low Light — High Definition & Colour Quality
- ☐ FE Head for Noise-Free Editing & Playback
- ☐ Weight Only 1.65 KG Inc Batteries
- ☐ The Kit Includes Battery, AC Adaptor, Charger Base, Audio Unit, Carry Handle, Strap & Case.



**...AND GET THE MINOLTA
AF-E II AUTOFOCUS FREE****



- ☐ Auto Load
- ☐ Auto Wind-on
- ☐ Auto Re-wind
- ☐ Sharp 35mm F4.5 Lens.

James Outram

Specialist in all Sports Equipment
and Clothing including Leisurewear
and Country Wear
Saddlery and Riding Wear

Also
Travel Goods, Gloves and
Small Leather Goods

63-65 HIGH STREET · SEVENOAKS
Phone 453568

MAKING SURE YOU ARE READY

SWIMMING

Swimming is extremely beneficial for health reasons and also a sport that the whole family can participate in at a very reasonable cost. Unless you have been swimming on a regular basis it might be of help to use the following guidelines:—

1. You should never swim directly after a meal.
2. It will probably be better to swim little and often rather than trying to swim a large distance infrequently.
3. Try to allow yourself at least two months training time prior to the event and then try to swim at least three times per week.
4. Rather than trying to swim a few lengths very fast, try to pace yourself and keep the same speed over 20 lengths for example.
5. It often helps if you can do your swimming training with a friend as it can act as an encouragement.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

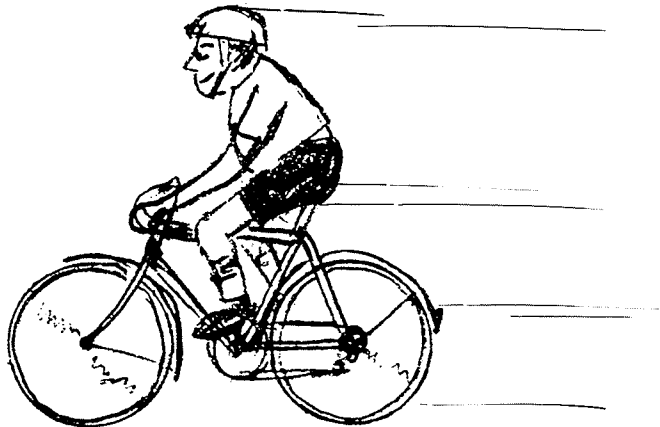
CYCLING

It is important, for your own safety, that your cycle is in good road-worthy condition. The following guidelines have been formed with the intention of helping:—

1. You should check for fraying of the brake cables. This can be achieved by applying the brake and looking into the handle mechanism and also where the cable attaches to the wheel mechanism. If there is any sign of fraying a new cable should be fitted and lightly greased.
2. When brakes are applied they should not be too stiff.
3. The Brake Lever, Handle Bars, Handle Bar Stem and Saddle must be firmly fitted so there is no movement, either up or down or side-ways.
4. There are several places on a cycle that contain bearings. These should be kept clean and free running with no undue play.
5. The chain must not foul whilst gears are being changed and the rear changer must not interfere with the spokes in the back wheel.

6. Wheel rims should not be buckled, distorted, squared or rusty. The spokes should be clean, not loose, with none missing. The wheel hubs should be kept clean as they can shatter if dirty, which could result in an accident. When the wheels are rotated the rims should not touch the brakes.
7. The cycle frame should be sound and true. Front forks are the most common parts to bend on a cycle.
8. Tyres should not be unduly worn or perished and must have the appropriate tyre pressure. If tubular tyres are used they should be fitted and glued/taped correctly.
9. All accessories, such as water bottle cages, mudguards etc., must be fitted securely.
10. No components should be loose or damaged, such as cranks and pedals.
11. The cyclists in each event must provide themselves with a recognised Crash Hat (safety helmet).

Your cycle will be checked on the day of entry and the list above will be the points they will be looking at. REMEMBER SAFETY FIRST.



GENERAL TRAINING TIPS

If you have any doubt about your health, or if you have not participated in any physical exercise for more years than you care to remember, please check with your doctor before you start training.

If you have not been training for some time, do not do too much too soon and remember that the interval between training periods can be as important as the training itself. Why not try training every 2nd or 3rd day to begin with, e.g. run on Monday, swim on Wednesday and cycle on Friday. As your fitness improves you will be able to train for longer and harder periods.

Try to maintain a set time of distance for about 2 weeks, working on your weakest discipline, or your particular discipline if you only wish to train for one of the three sports. If at the end of 2 weeks you feel capable of increasing your training, then do so, but if you do not feel happy then leave it at the same level, or decrease it, until such time as you feel like doing more.

You will get more out of your training if you enjoy it. Why not train with a friend or someone in your family. If you cannot find someone to train with, get in touch with us, at the Sevenoaks Swimming Centre, and we will try to match you up with someone of the same standard, from your area.

If you require more advanced training details for Triathlons, or for either running, swimming or cycling, let us know and we will send you a training sheet.

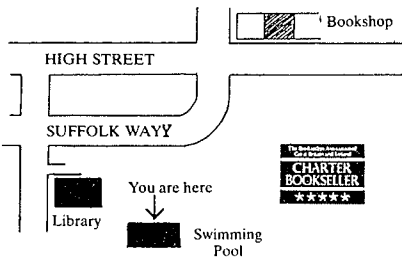
It is recommended that each competitor completes each of the sections, at least once before the event, so as to become familiar with the route.

REMEMBER WE WANT TO HELP.

SEVENOAKS BOOKSHOP



147 High Street



TOBACCONISTS

CONFECTIONERS

"NYES"

Newsagents

2 BANK ST
SEVENOAKS

MAPS

TOYS

SEVENOAKS 61744

NEIL'S
Hair Stylist

Open 5 Days
Closed Tuesday

34 HIGH STREET
SEAL, KENT

SEVENOAKS
DISTRICT COUNCIL

Play outdoor tennis
all year at
Hollybush Recreation
Ground, Sevenoaks.

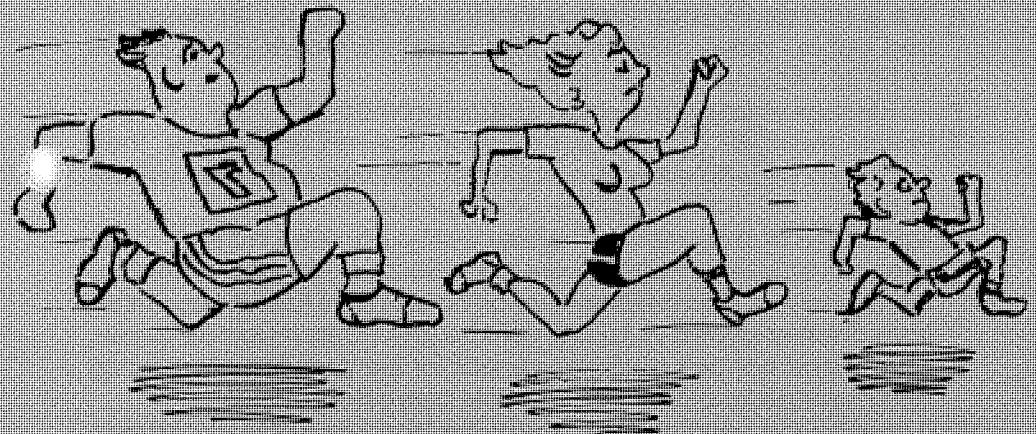
Charge £1.50 per hour per court

Pay at machine

Family

Triathlon

24th April 1988



DO'S AND DONT'S FOR THE DAY

1. A Family Triathlon will consist of three in a team from the same immediate family. One member will complete the swimming section and then hand over to a parent who will do the cycling. The parent will then hand over to the third member of the team who will complete the event by doing the run.
2. All competitors participating in the cycling section must provide themselves with a safety helmet. Under no circumstances will any competitor be allowed to compete without wearing one. As you will appreciate this is for your own safety.
3. Registration will open at 7am at the Sevenoaks Swimming Centre and it is suggested that competitors arrive at least 1 hour before their start time. At the registration each competitor will receive their race numbers, changeover band etc. Swimmers' numbers will be marked on their shoulders.
4. All bikes must be inspected as soon as competitors have registered. If in the opinion of the examiner (whose decision will be final) the cycle does not meet the standards required the competitor will be asked to make the necessary adjustments prior to submitting the machine for re-examination before being allowed to start.
5. Standard sportswear (no fancy dress) is to be worn AT ALL TIMES. Race numbers must also be displayed AT ALL TIMES.
6. We would remind competitors that the cycle section is being carried out on public highways and therefore the HIGHWAY CODE MUST BE OBSERVED AT ALL TIMES.
7. All turnings will be sign posted and/or marshalled.
8. Police, marshals and medics must be obeyed at all times. Their decisions as to whether a competitor can carry on or not will be final.
9. No fairings or streamlining devices will be allowed. No individual support vehicles or bicycles are permitted except as provided by the organisers. Competitors must on no account take pace, either from another cyclist or from a vehicle. The riders must ride alone, singly, and not two abreast (except for the purpose of passing) and must ride no closer than 5 metres from a rider in front.
10. It must be the swimmer who hands the band on to the cyclist and in turn the cyclist must pass the band to the runner at the completion of the cycle section.
11. Anyone deviating from the DO'S AND DONT'S will be disqualified.

HOW TO ENTER

1. Remember, each family must consist of three entrants, all from the same family.
2. Fill in your application form and return it to the Sevenoaks Swimming Centre by the closing date of 31st March 1988.
3. The entry fee of £6.00 covers the cost of the whole family entering.
4. On receiving your application form and monies we will then send you a receipt and the start time of your swim. This will be sent after the closing date.



WHAT WILL HAPPEN ON THE DAY

Remember, this event is continuous and run as a relay. The stop watch will be started when the swimming Marshal starts the swimming member of your family and will continue running until the last leg of the relay has been completed.

The first competitor will start their swim at 8.30am.

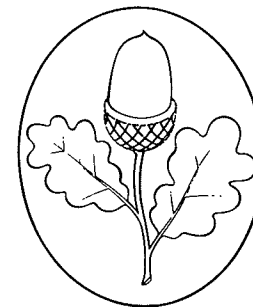
Let's look at the Smith Family:-

They will wake up in the morning and give the cycle its final check over. They will make sure they have their swimming costume or trunks and their running clothes and shoes. They will then make their way towards the Sevenoaks Swimming Centre so as to arrive one hour before their given start time.

On arrival at the Sevenoaks Swimming Centre they will register at the desk just inside the Swimming Centre entrance, at which time they will be given their run and cycle numbers, their changeover relay band and the swimmer will have their number written on their shoulder so as they can be identified in the water.

Mr or Mrs Smith, whoever has decided to do the cycle section, will go to the cycle check where the cycle will be checked for faults. The swimming Smith will go and change and report to the Marshal on the poolside, so as not to miss the start time, making sure the relay band is on their wrist. One minute before the start time the Marshal will call the swimmer to the side of the pool to commence the swim. It is important that the swimmer does not start until the starter has told them to. After completing 10 lengths of the pool the swimmer will leave through the learner pool exit and hand over their band, at the cyclists start point, to a parent, who will start the cycling section of the Triathlon. Mr or Mrs Smith will remember to follow the Highway Code at all times whilst completing the cycling section. On returning to the Swimming Centre the parent Smith will hand the changeover band to the remaining Smith who will start the last leg, which is the run through Knole Park. The event will end when this Smith passes the finishing post outside the Swimming Centre. The band will be collected by one of the Marshals and the Family Smith will be awarded their medals. After the last family has finished the prize giving will take place.

Your certificate will be sent to you shortly after the event.



SEVENOAKS CENTRES

Why not come along to the Sevenoaks Swimming Centre where you can enjoy a relaxing swim in pleasant surroundings.

If you feel slightly more energetic you may care to try our fitness room with a comprehensive range of weight training equipment.

or

At the Wildernesse Sports Centre we can offer squash, badminton, table tennis, 5 a-side football etc.

For further details on opening times telephone the Sevenoaks Swimming Centre on Sevenoaks 741712 or the Wildernesse Sports Centre on Sevenoaks 451437.

SEVENOAKS FAMILY TRIATHLON

SUNDAY 24th APRIL 1988

This Application is for the Sevenoaks Family Triathlon only

Swim – 10 Lengths

Cycle – 6½ Miles

Run – 3 Miles

Entries are now open to this event.

The start and finish point of the race will be at the Sevenoaks Swimming Centre, Buckhurst Lane, Sevenoaks. Enter early to avoid disappointment. Medals and Certificates to all finishers and prizes for 1st, 2nd and 3rd.

The first competitor will start at 8.30 a.m. and others following at one minute intervals. The swim will be held in the Sevenoaks Pool, the Cycle will consist of one lap around Knole Park (map provided) and the run will take place within the grounds of Knole Park.

All Competitors must equip themselves with a safety hat for the Cycle Section.

Please return to:-
The Triathlon Secretary
Sevenoaks Swimming Centre
Buckhurst Lane
Sevenoaks TN13 1LW

Closing date for entries: 31st March 1988

Please print all details

Family surname(s)

Christian Name Date of Birth Male/Female

Christian Name Date of Birth Male/Female

Christian Name Date of Birth Male/Female

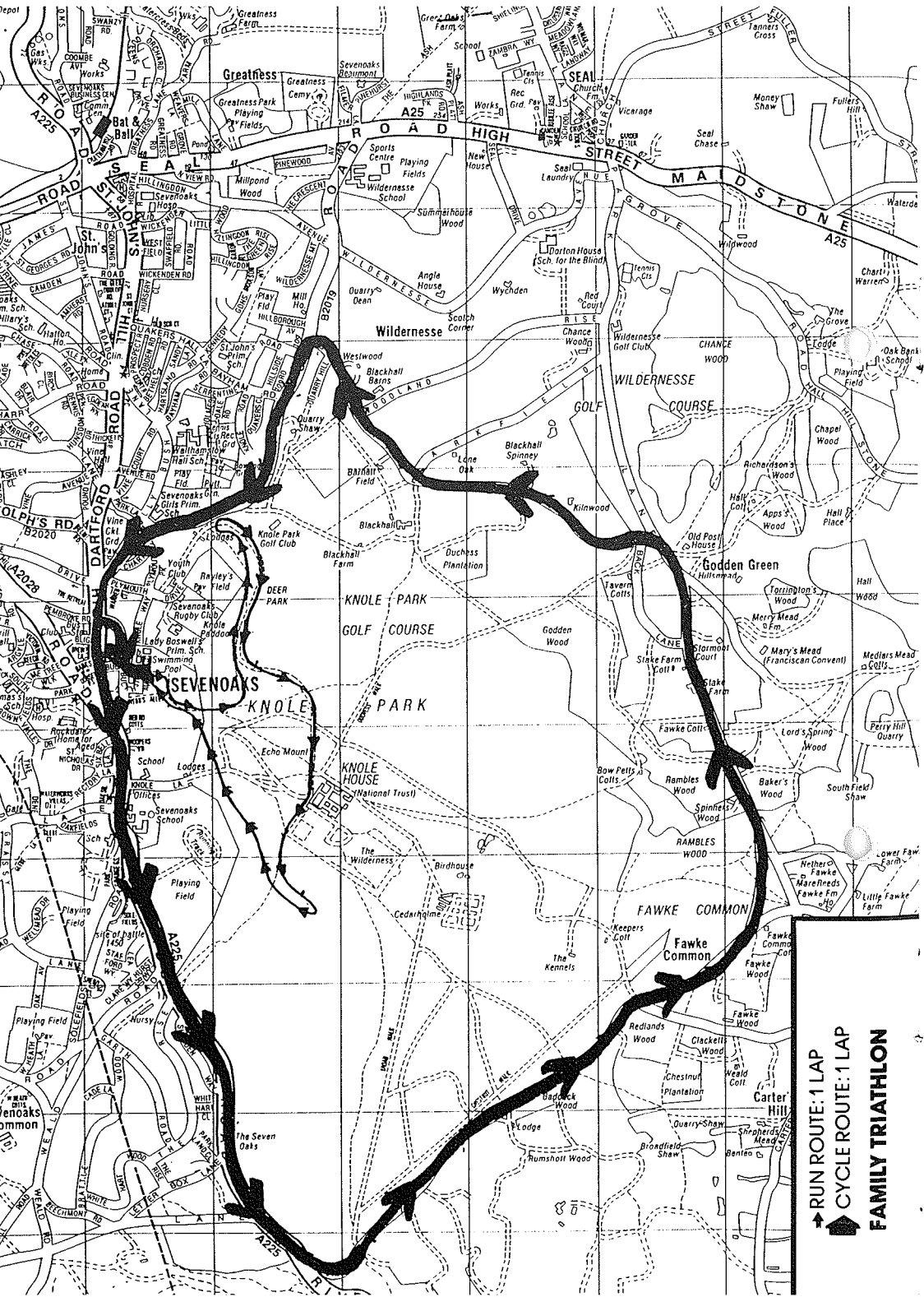
Address

Telephone No. (Home) (Work)

Declaration: I, (Parent/Guardian)

- (a) Enclose entry fee of £6.00 (cheques payable to SEVENOAKS DISTRICT COUNCIL)
- (b) Enclose TWO stamped self-addressed envelopes.
- (c) Agree to provide myself with a cycle in road worthy condition.
- (d) Agree to provide myself with a safety hat for the cycle section.
- (e) Agree to abide by the rules of the event.
- (f) Indemnify the promoters and sponsors against a claim for any accident, loss or damage as a consequence of my families participation.

Signed Date
(To be signed by Parent/Guardian)

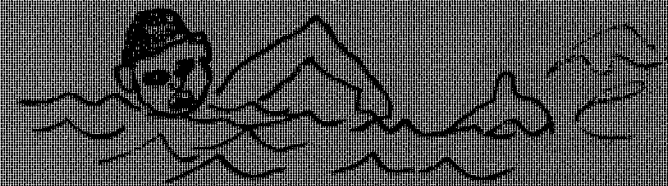
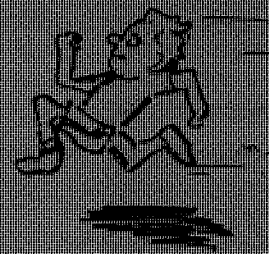


→ RUN ROUTE: 1 LAP
→ CYCLE ROUTE: 1 LAP
FAMILY TRIATHLON

Junior

Biathlon

10th July 1988



HOW TO ENTER

1. Remember, all competitors' ages will be taken as at the date of the event.
2. Fill in your application form and return it to the Sevenoaks Swimming Centre by the closing date of 31st May 1988.
3. The entry fee for this event will be £5.00 and should be sent with application form.
4. On receiving your application form and monies we will then send you a receipt and the start time of your swim. This will be sent after the closing date.

★ ★ ★ ★ ★ ★ ★ ★

We are pleased to announce that there will be several pupils from Dorton House School participating in the Sevenoaks Junior Biathlon.

*In need of new shoes and clothing for the big event?
Then sprint to . . .*

**ARTHUR HULL
SPORTS SHOP
151 High Street
Sevenoaks
Tel: 454551**

For all your swimming,
athletic and sporting goods

Stockists of:
SPEEDO, ARENA, NIKE,
REEBOK, HITEC, RON HILL

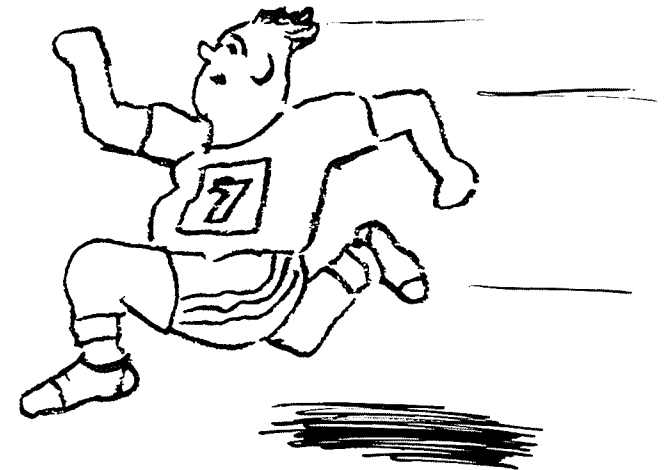
ZODIAC CARDS

Cards for all
occasions
Gifts

**63 London Road
Sevenoaks**

RULES OF THE EVENT

1. All competitors must be under the age of 18 years on the date of the event.
2. There will be EIGHT categories which are as follows:
BOYS – 10 & 11; 12 & 13; 14 & 15; 16 & 17 years.
GIRLS – 10 & 11; 12 & 13; 14 & 15; 16 & 17 years.
3. The event will commence at 8.00 a.m. on the 10th July 1988 and registration will start from 7.00 a.m. at the Sevenoaks Swimming Centre.
4. Standard sportswear (no fancy dress) is to be worn AT ALL TIMES. Race numbers must also be displayed AT ALL TIMES.
5. All turnings will be sign posted and/or marshalled.
6. On the run section one drink station will be available. All cups MUST be left at the drink station – this is to avoid injury to the deer herds of Knole Park which are prone to swallowing litter of any form.
7. At one of the check points of the run (as yet to be designated) each competitor will be given an elastic band. This should be handed in at the finish to verify completion of the course.
8. Marshals and medics must be obeyed at all times. Their decision as to whether a competitor can carry on or not will be final.

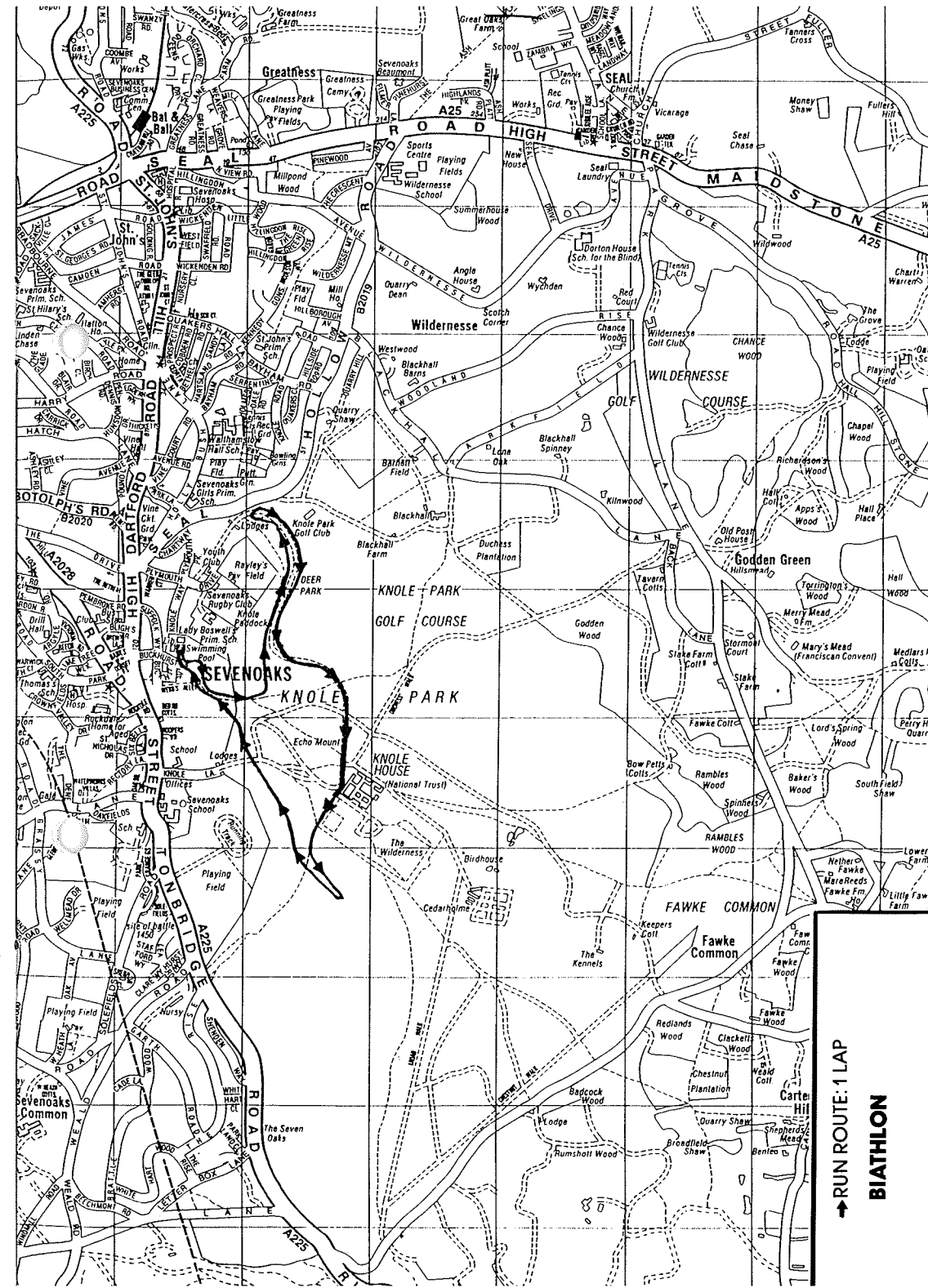


WHAT YOU WILL DO ON THE DAY

Remember, the event is continuous. By that we mean the stop watch will start from when the swimming marshal starts you on the swim. After your swim you will go straight into the run and the stop watch will still be running and will not be stopped until you have completed the running section.

1. Arrive at the Sevenoaks Swimming Centre 1 hour before your start time.
2. You will then have to report to registration where you will be given a numbered swimming cap and running number.
3. As the event is continuous you may not want to go back into the changing room after your swim as this may waste valuable seconds. You may therefore leave your running gear in the learner pool, for a quick change, before reporting to the swimming marshal on the poolside.
4. The swimming marshal will be starting swimmers off at 1 minute intervals and it is very important that you are ready to start your swim when he calls out your number.
5. We will have people counting your lengths but you should also count them yourself.
6. After you have completed your 16 lengths you will leave the pool and change into running attire.
7. You will leave the building through the learner pool and start your run through the Park.
8. On completion of the run you will be awarded your medal.
9. After the last competitor has finished, prizegiving will take place.

Your certificate will be sent to you shortly after the event.

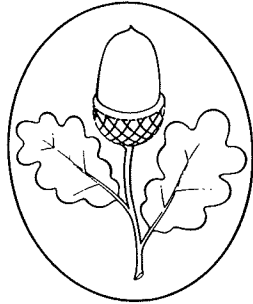


→ RUN ROUTE: 1 LAP

BIATHLON

SEVENOAKS JUNIOR BIATHLON

SUNDAY 10th JULY 1988



SQUASH

Whether you're a proficient squash player
or a beginner why not come and join
our friendly Squash Club.

We play on the three squash courts at the
Wilderness Sports Centre and can arrange
coaching if you so require.

The Centre is open for squash
Monday to Friday 6.00 p.m. to 11.00 p.m.;
Saturday 1.00 p.m. to 11.00 p.m.
and Sunday 10.00 a.m. to 11.00 p.m.

☆ ☆ ☆

If you should require further information
then telephone the Sports Centre on Sevenoaks 451437
or John Kennedy on Sevenoaks 62047.

This Application Form is for the Sevenoaks Biathlon only

Swim – 16 Lengths

Run – 3 Miles

Entries are now open for this event.

The start and finish point of the race will be at the Sevenoaks Swimming Centre, Buckhurst Lane, Sevenoaks. Enter early to avoid disappointment. Medals and Certificates to all finishers and 1st, 2nd and 3rd prizes for each section. The race will be run on a time trial basis with the 1st competitor starting at 8.00 a.m., the others following at one minute intervals. The swim will be held in the Sevenoaks Swimming Centre and the run will take place in the grounds of Knole Park.

Please return to:-

The Triathlon Secretary
Sevenoaks Swimming Centre
Buckhurst Lane
Sevenoaks TN13 1LW

Closing date for entries: 31st May 1988

Please print all details

Surname(s) Christian Name(s)

Age Date of Birth Male/Female

Address

Telephone No.

I (name of entrant)

- (a) Enclose entry fee of £5.00 (cheques payable to SEVENOAKS DISTRICT COUNCIL)
- (b) Enclose TWO A4 stamped self-addressed envelopes.
- (c) Agree to abide by the rules of the event.

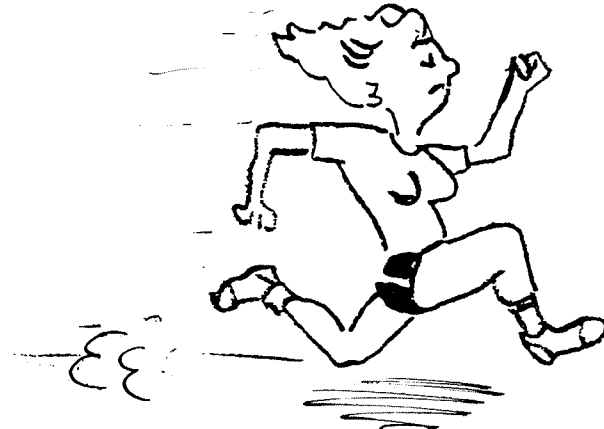
I, being the Parent/Guardian of the above named, indemnify the **Promoters and Sponsors** against a claim for any accident loss or damage as a consequence of the above named.

Signed Date

(Parent/Guardian)

Triathlon

18th September 1988



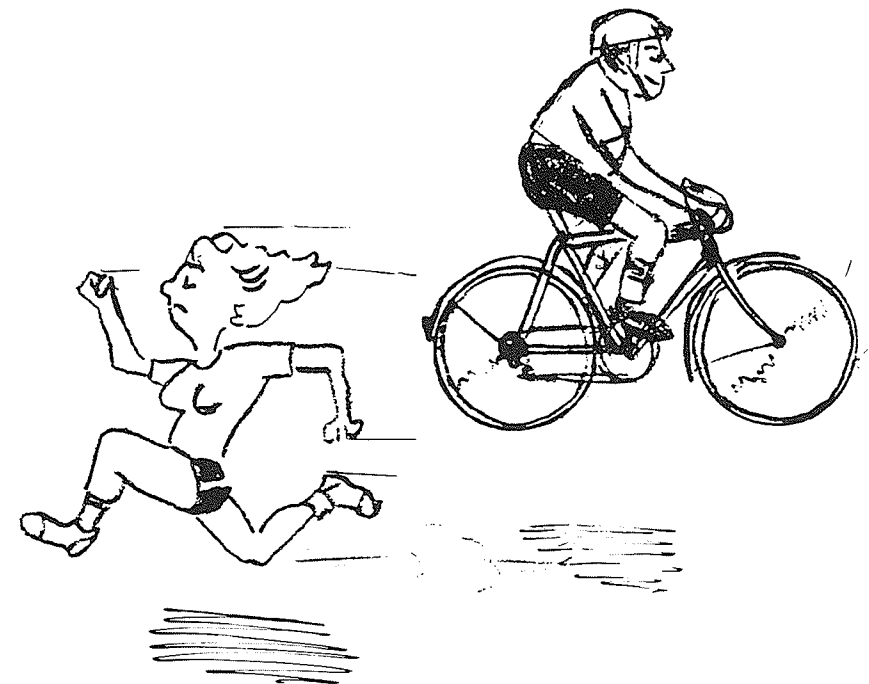
SEVENOAKS TRIATHLON 1988

RULES AND REGULATIONS

1. All competitors must provide themselves with safety helmet for the cycle section. Under no circumstances will any competitor be allowed to compete without wearing one.
2. Registration will open at 5.00am at the Sevenoaks Swimming Centre, Sunday 18th September and it is suggested that competitors arrive at least 1 hour before their start time. At the registration each competitor will receive their race numbers, swim caps etc.
3. All bikes must be inspected as soon as competitors have registered. If in the opinion of the examiner (whose decision will be final) the bicycle does not meet the standards required the competitor will be asked to make the necessary adjustments prior to submitting the machine for re-examination before being allowed to start. (If your cycle requires attention there will be a standard charge of £1 for any repairs or adjustments, parts extra.)
4. On the cycle route there will not be any drinking stations therefore we recommend that cyclists carry their own water bottles. (N.B. water bottles, safety helmets and any bike parts can be obtained from Randalls Cycles, 5 Sevenoaks Road, Otford. Tel. Otford 2517 at a discount to all competitors in the race.)
5. Standard sportswear (no fancy dress) is to be worn AT ALL TIMES. Race numbers must also be displayed AT ALL TIMES.
6. We would remind competitors that the cycle section is being carried out on public highway and therefore the HIGHWAY CODE MUST BE OBSERVED AT ALL TIMES.
7. All turnings will be sign posted and/or marshalled.
8. On the run section one drink station will be available. All cups MUST be left at the drink station – this is to avoid injury to the deer herds of Knole Park who are prone to swallowing litter of any form.
9. At one of the check points of the run (as yet to be designated) each competitor will be given an elastic band. This should be handed in at the finish to verify completion of the course.
10. Police, marshals and medics must be obeyed at all times. Their decisions as to whether a competitor can carry on or not will be final.
11. No fairings or streamlining devices will be allowed. No individual support vehicles or bicycles are permitted except as provided by the organisers. Competitors must on no account take pace either from another cyclist or from a vehicle. The riders must ride along, singly and not two abreast (except for the purpose of passing) and must ride no closer than 5 metres from a rider in front.

HOW TO ENTER

1. Remember all competitors must be over the age of 18 years on the date of the event.
2. Fill in your application form and return it to the Sevenoaks Swimming Centre by the closing date of the 1st July 1988.
3. The entry fee of this event will be £12.00 and should be sent with your application form.
4. On receiving your application form and monies we will then send you a receipt and your start time. This will be sent to you after the closing date of the 1st July 1988.
5. During this Triathlon we will also be holding, for the first time, a competition to find the Sevenoaks District Champions for both Male and Female of any age. To qualify for this event competitors must live within the Sevenoaks District Boundary. There will be an annual trophy awarded to both champions.





White Oak Sports Centre

Hilda May Avenue, Swanley, Kent BR8 7BT

FOR SWIMMING and SPORTING ACTIVITIES

Three Swimming Pools • Sports Hall • Activity Hall

Squash Courts • Fitness Suite

Sauna & Solarium • Licensed Bar

Fun Sports • Creche • Birthday Parties

AMPLE FREE PARKING

OPEN ALL DAY – EVERY DAY

Your Friendly Family Centre

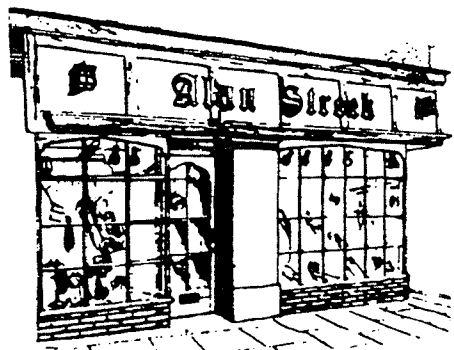
Telephone: Swanley 62188/63827



Alan Streek



The Shop For Fine Clothes



14 BANK STREET

SEVENOAKS

Telephone 454068

RACE PROCEDURES FOR THE DAY

1. The event will commence at 6.30am and registration will open at 5am. Please ensure that you register at least 1 hour before your start time.
2. Under no circumstances will any entries be accepted on the day or will any changes/substitutions or refunds be possible.
3. After registering proceed to the Cycle check. We would advise you to lay out your cycling and running gear next to your bike.
4. You should then proceed to the pool where Marshals will show you your waiting positions. Please take note of the Swimming Marshals instructions.
5. The swim consists of 16 lengths of the pool. Although there will be lane counters it will be your responsibility to count your own lengths.
6. After the swim is completed you will carry straight on with the cycle section of the race, which is shown on the map. When starting and finishing the cycle section, extreme caution should be taken as Buckhurst Lane is the entrance to a Public Car Park and as a result cannot be closed to vehicles.
7. When leaving the Swimming Centre you will travel up Buckhurst Lane for approximately a 100 metres and at the crossing should turn right into Suffolk Way. This will take you to the High Street whereupon you complete 3 laps of the course marked on the map.
8. At the end of the 3rd lap you will turn back down Suffolk Way and Buckhurst Lane and return your bike to the numbered rack.
9. Lap counters will be on duty around the course and anyone not completing the 3 laps of the course or failing to wear race numbers and safety hats will be disqualified.
10. On completion of the cycling you will carry straight on with the run section which is 1 lap of the course indicated on the map.
11. The run will finish back at the Swimming Centre area where you must hand in your elastic band, at which time you will receive your medal.
12. All competitors completing the course will receive a certificate which will be sent to them shortly after the event.

There will also be prizes for 1st, 2nd and 3rd in each category.

The prizegiving will follow immediately after the event.

C and C BUILDERS & DECORATORS

Extensions – Brickworks – Decorating

General Building Specialists

Estimates Free and Confidential

Tel: Otford 3727
Evenings



Hoad's

C. F. HOAD & SON LTD.

FOOTWEAR

SPORTS FOOTWEAR

Agents for
Adidas, Le Coq Sportif & Hi-Tec
107 High Street

CHILDREN'S FOOTWEAR DEPT. AT
53 London Road
SEVENOAKS
Telephone 454004 or 453816

SEVENOAKS TRIATHLON

SUNDAY 18th SEPTEMBER 1988

This Application Form is for the Sevenoaks Triathlon only

Swim – 400 Metres

Cycle – 19½ Miles

Run – 5 Miles

Entries are now open to this event.

The start and finish point of the race will be at the Sevenoaks Swimming Centre, Buckhurst Lane, Sevenoaks. Enter early to avoid disappointment. Medals and Certificates to all finishers and prizes for each age group. There will be five categories which will consist of: Male under 40 years; Female under 40 years; Male over 40 years; Female over 40 years and the Team Event.

The race will be run on a time trial basis with the first competitor starting at 6.30 a.m. and others following at one minute intervals. The swim will be held in the Sevenoaks Swimming Pool, the Cycle will consist of three laps around Knole Park and the run will take place within the grounds of Knole Park.

All Competitors must equip themselves with a safety hat for the Cycle Section.

Please return to:-
The Triathlon Secretary
Sevenoaks Swimming Centre
Buckhurst Lane
Sevenoaks TN13 1LW

Closing date for entries: 1st July 1988

.....
Please print all details

Surname(s) Christian Name(s)

Age Date of Birth Male/Female

Address

.....
Telephone No. (Home) (Work)

Approx. Times: Swim Cycle Run

B.T.A. No. and/or Name of Club

Declaration: I,

(This declaration must be signed by participant named above)

- (a) Enclose entry fee of £12.00 (cheques payable to SEVENOAKS DISTRICT COUNCIL)
- (b) Enclose TWO A4 stamped self-addressed envelopes.
- (c) Agree to provide myself with a bicycle in road worthy condition.
- (d) Agree to provide myself with a safety hat for the cycle section.
- (e) Agree to abide by the rules of the event which are laid out in the enclosed brochure.
- (f) Indemnify the promoters and sponsors against a claim for any accident, loss or damage as a consequence of my participation.

Signed Date

For a team entry please see separate application form – Entry to the team event is free

SEVENOAKS TRIATHLON

SUNDAY 18th SEPTEMBER 1988

This Application Form is for the Team Event of the Sevenoaks Triathlon only

Swim – 400 Metres

Cycle – 19½ Miles

Run – 5 Miles

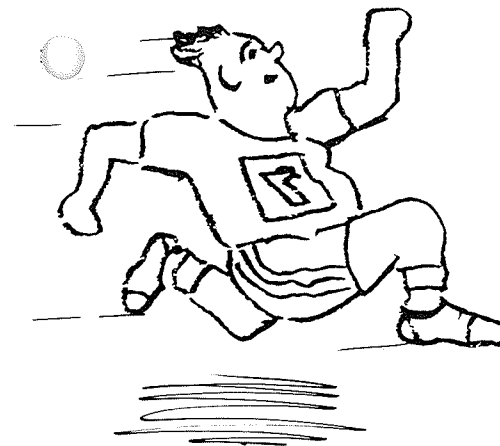
A team must consist of three persons and they must have entered individually to be eligible.

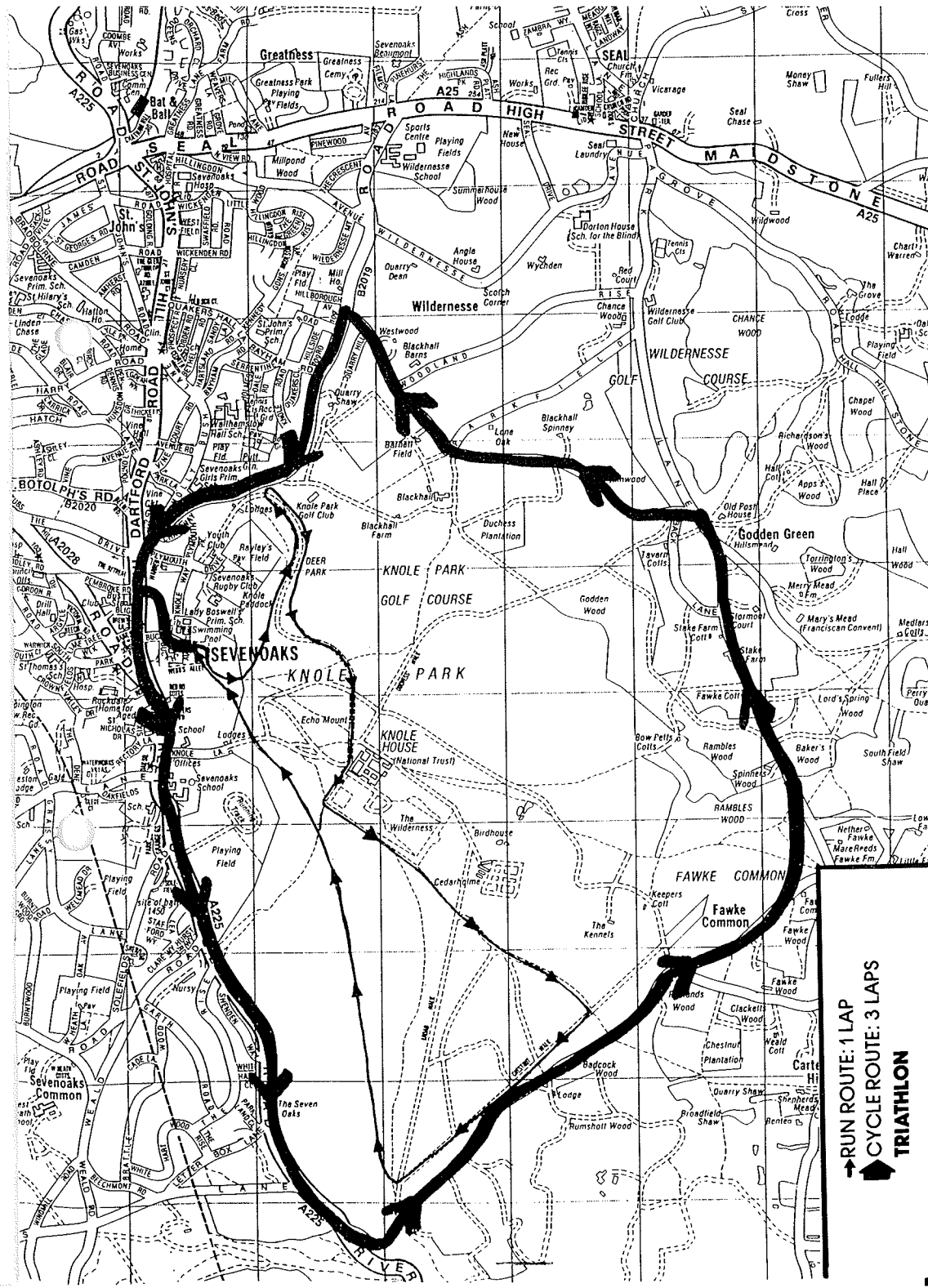
Name of Team

Surname Christian Name(s)

Surname Christian Name(s)

Surname Christian Name(s)





→ RUN ROUTE: 1 LAP
 → CYCLE ROUTE: 3 LAPS
TRIATHLON

NO 1
FOR SPORT
IN SEVENOAKS

BAT & BALL SPORTS

DUNLOP

PUMA

- ★ LADIES & MENS TRACKSUIT
- ★ SQUASH RACKETS
- ★ SPORTS SHOES
- ★ DANCEWEAR

YONEX

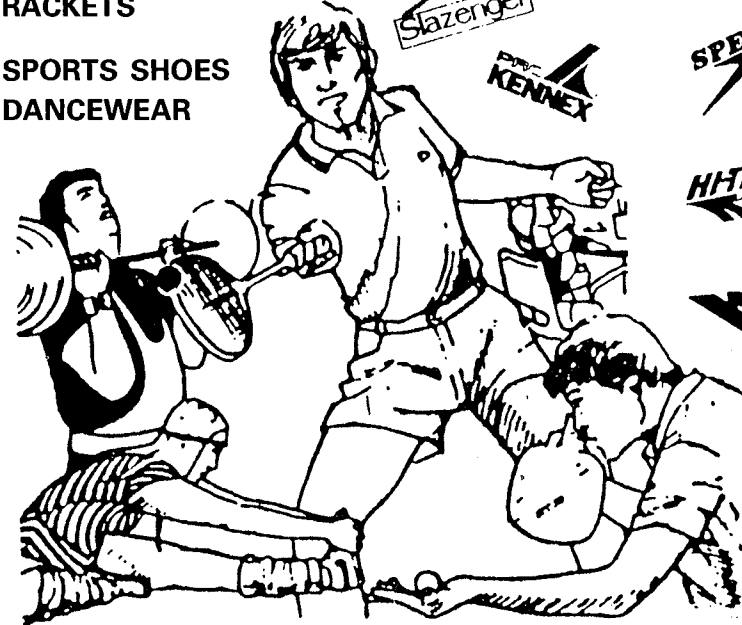
adidas

Slazenger

KENNEX

SPEEDO

HITEC



FREE PARKING AT REAR

125B St Johns Hill, Sevenoaks

Tel SEVENOAKS 450136