

The Oamaru Mail Presents
McKenzie Craik Ltd

Chartered Accountants/Business Advisors

Making Life Easier

Corporate/Individual Triathlon/Duathlon Series 09/10

Schedule & Training Programme for your
team

TRIATHLON: 300m sea swim / 12.5km Bike and 2.5km Run

DUATHLON: 2km Run / 12.5km Bike and 2.5km Run

EVENT ONE: Wednesday 25th November @ 6pm

EVENT TWO: Wednesday 27th January @ 6pm

EVENT THREE: Wednesday 24th February @ 6pm

OAMARU STAMINA EVENT: Sunday 7th March @ 10am

} STUDENTS FREE ☺

Please note that all events start, transition and finish at the Oamaru Harbour.



EVENTS AVAILABLE

Wednesday Nov 25th @ 6pm
Wednesday Jan 27th @ 6pm
Wednesday Feb 24th @ 6pm

Venue: Oamaru Harbour

*Note that the start, transitions, and finish are all at the harbour

*Race briefings will be held at the harbour 5:45 pm

Final Event will be the Oamaru Stamina Event on Sunday March 7th.

(all details on their website: www.oamarumultisport.org.nz)

Prize Giving will be held at Portside after the Wednesday evening events and at Oamaru Rowing Club after the Sunday event:

There will be prizes for –

- Wackiest outfits
- The most hard luck team
- Anything else we can think of
- And of course for 1st, 2nd & 3rd

For further information please contact:

Hayden or Adair, McKenzie Craik Ltd

120 Thames Street, Oamaru

Ph: 434 7944 , Fax: 434 8055

Adair : 021 309 439

Hayden: 027 203 3331

Email: hayden@taxrefunds.co.nz

OFFICAL ENTRY FORM

Event: Nov 25th Duathlon
Entry Fee - \$35 per team /individual

Jan 27th Triathlon

Jan 27th Duathlon
Entry Fee - \$35 per team /individual

Feb 24th Triathlon

Feb 24th Duathlon
Entry Fee - \$35 per team /individual

Please Note: Students are free

TEAM/INDIVIDUAL:

Team Name:.....

Contact Person:.....

Address:

Phone:.....

Email:.....

Names:

Swimmer:.....

Cyclist:.....

Runner:.....

Oamaru Stamina Event

Separate entry form is required please see

www.oamarumultisport.org.nz

RULES OF ENTRY

All competitors enter solely at their OWN RISK. The ORGANISERS WILL NOT BE LIABLE for any loss or damage to competitor’s equipment.

Events may consist of individuals or teams. Teams in the Duathlon must consist of 2 individuals, and in the Triathlon, 2 or 3 individuals.

Competitors who WITHDRAW from any event must NOTIFY THE RACE DIRECTOR as soon as possible.

Race Marshals reserve the right to withdraw a competitor if they believe the competitor’s health is at risk.

Equipment must meet safety standards and be in good working order. Penny farthings permitted. Underwear MUST be worn under kilts, no holes in underwear (safety restriction).

Running shoes must be worn on the run.

Swim section – no baggy shorts (safety restriction) Tops optional.

All roads are open to the public. The road traffic rules apply to all competitors through out the event.

WAIVER:

I, my next of kin, or any other representative, hereby release and discharge the event organisers, their agents, directors, volunteers, employees, sponsors and any other party associated with the event of any liability, financial or otherwise, which may arise, whether by negligence, from any direct or indirect loss, injury, or death which may be sustained by me, or any other party associated with me, for my intended or actual participation in the event or its related activities.

Signed:

Signed:

Signed: