



IRONMAN 2018 SATURDAY 3RD MARCH

Application Form

Name: _____

Address: _____

_____ Post code _____

Tel/mobile: _____ Email.....

Age: _____ Male/Female (Delete as appropriate)

**Entry Fee £32.00 (Advanced & Intermediate) £25.00 (Novice)
Includes T-Shirt/Vest, Trophies for all categories & Buffet**

Categories (please tick below) :

	NOVICE	INTERMEDIATE	ADVANCED
(UNDER 40) OPEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(40 – 49) MASTERS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(50 +) VETERANS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Estimated finish time: _____

	T-SHIRT	VEST	SIZE
T-Shirt/Vest Required (See attached size guide)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Waiver (to be signed by all applicants)

I hereby agree that I am physically and mentally fit to take part in this event. I am fully aware of the nature of this competition and will not hold the venue responsible for any injury or loss whilst taking part. I understand that the entry fee is non-returnable and agree to abide by the rules of the venue at all times.

Signed: _____ Date: _____

**Bank Details for transfers: Sort Code 09-01-28 Account No. 67163262
*** (New Account Details) *****

COMPETITION RULES

1) Bike	Watt bike, no standing.	Any level.
2) Bench Press	Bar must touch the chest on the downward motion, with full arm extension on upward movement. Two taped markers will be placed 6 inches in from the collar of the Olympic bar and the hands must be placed inside the two markers.	
3) Alt Squat Thrusts	Feet must clear a 14" wide wooden board	
4) Sit Ups	Feet will be held on floor. The elbow must touch the judges hand which will be placed immediately above the kneecap. Upper back must touch mat on downwards motion and one arm to touch a foam pad which is placed on the mat.	
5) Bench Jumps	Both hands must be placed on the front of the bench, both feet must connect with the floor at the same time to complete repetition.	
6) Run	Incline will be set by the Judge. Only the judge can adjust the speed, 'any holding on' the Judge will stop machine and competitor will be disqualified.	
7) Box Steps	Feet must cross the marked line with body in the upright position on the upward movement. Every effort must be made to straighten the legs.	
8) Shoulder Press	Bar must be below chin on downward motion, full extension on upward motion. (Body Pump Bar). Competitors using the "short arm jab" or "flick" technique should understand that unless the judge can see the arms locking out, the repetitions will not be counted.	
9) Row	Machine will be pre set with the distance. Competitors to adjust the damper level (1-10) and tighten their own foot straps.	
10) Weight	One foot must cross the line at each end of the shuttle run. Dumbbells can be rested on the floor at either end without penalty. If they are put down anywhere between the two taped lines, a 10 second penalty is incurred.	

SIZE GUIDE FOR DRI-FIT T-SHIRTS & VESTS

JC007- Mens Dri-Fit Vest (NO EXTRA SMALL IN MEN'S)

Size Chest (to fit) S - 38", M - 40", L - 43", XL - 45", 2XL - 48"

JC001- Mens Dri-Fit T-Shirt

Size Chest (to fit) XS - 35", S - 38", M - 40", L - 43", XL - 45", 2XL - 48", 3XL - 50"

JC005-Ladies Dri-Fit T-Shirt

Size XS - 8, S - 10, M - 12, L - 14, XL - 16, 2XL - 18

JC015-Ladies Dri-Fit Vest

Size XS - 8, S - 10, M - 12, L - 14, XL - 16, 2XL - 18





IRONMAN/IRONWOMAN 2018

Course - NOVICE

NOVICE	MEN	WOMEN
Watt Bike	1.5K Any Level	1.5K Any Level
Bench Press	40 Reps @ 20Kg	40 Reps @ 15Kg
Alt Squat Thrusts	80 (40 each leg)	80 (40 each leg)
Sit Ups	40	40
Bench Jumps	60 (30 each side)	60 (30 each side)
Run	500 m @ 5%	500m @ 5%
Box Steps	50 @ 10Kg	50 @ 5Kg
Shoulder Press	40 Reps @ 15Kg	40 Reps @ 10Kg
Row	500m	500m
Weight Carry	6 x 15m shuttles 14K D/Bells	6 x 15m shuttles 10K D/Bells



IRONMAN/IRONWOMAN 2018

Course - INTERMEDIATE

INTERMEDIATE	MEN	WOMEN
Watt Bike	2.5K Any Level	2.5K Any Level
Bench Press	50 Reps @ 35Kg	50 Reps @ 20Kg
Alt Squat Thrusts	130 (65 each leg)	130 (65 each leg)
Sit Ups	65	65
Bench Jumps	100 (50 each side)	100 (50 each side)
Run	650m @ 10%	650m @ 10%
Box Steps	100 @ 10Kg	100 @ 8Kg
Shoulder Press	50 Reps @ 20Kg	50 Reps @ 15Kg
Row	650m	650m
Weight Carry	6 x 15m shuttles 20K D/Bells	6 x 15m shuttles 14K D/Bells



IRONMAN/IRONWOMAN 2018

Course - ADVANCED

ADVANCED	MEN	WOMEN
Watt Bike	3.5K Any Level	3.5K Any Level
Bench Press	50 Reps @ 50Kg	50 Reps @ 30Kg
Alt Squat Thrusts	100 each leg	100 each leg
Sit Ups	100	100
Bench Jumps	160 (80 each side)	160 (80 each side)
Run	1000m @ 10%	1000m @ 10%
Box Steps	100 @ 16Kg	100 @ 10Kg
Shoulder Press	50 Reps @ 30Kg	50 Reps @ 20Kg
Row	1000m	1000m
Weight Carry	6 x 15m shuttles 30K D/Bells	6 x 15m shuttles 20K D/Bells