



The Lakeside Triathlon

THE LAKESIDE TRIATHLON IN PARTNERSHIP WITH DECATHLON
LAKESIDE SHOPPING CENTRE, WEST THURROCK WAY, WEST THURROCK, GRAYS, ESSEX, RM20 2ZP
SUNDAY 17TH JUNE 2012
750M SWIM - 20KM CYCLE - 5KM RUN
INDIVIDUAL & TEAM RELAY

PLEASE COMPLETE THIS ENTRY FORM NEATLY IN BOLD CAPITALS

PERSONAL DETAILS

NAME:

SURNAME:

DATE OF BIRTH:

(All entrants must be a minimum of 15yrs by the 31/12/12, if under 18yrs parental approval is required - the signature & T&C should be signed off by an appropriate adult)

GENDER:

MALE

FEMALE

ADDRESS:

POSTCODE:

EMAIL:

TELEPHONE:

HOW MANY DAYS PER WEEK DO YOU UNDERTAKE A TOTAL OF AT LEAST 30 MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY (an activity that leaves feeling warm and slightly out of breath) 0 1 2 3 4 5 6 7+ (Please tick)

EVENT DETAILS

ARE YOU A MEMBER OF THE BRITISH TRIATHLON? YES / NO.

IF YES BRITISH TRIATHLON NO.:

ORGANISATION/CLUB:

IF ENTERING A TEAM PLEASE COMPLETE TEAM NAME:

T-SHIRT SIZE:

SMALL

MEDIUM

LARGE

EXTRA LARGE

(PLEASE CIRCLE)

DO YOU HAVE ANY MEDICAL CONDITIONS OR DISABILITIES:

EMERGENCY NAME & CONTACT NUMBER:

HOW DID YOU HEAR ABOUT THIS EVENT:

PLEASE TELL US SOMETHING INTERESTING ABOUT YOURSELF (MAX 100 CHARACTERS):



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ENTRY FEES - PLEASE TICK

- ENTRY £50.00 BTF MEMBER
- ENTRY £55.00 NON BTF MEMBER
- ENTRY £55.00 TEAM + £5.00 EACH TO BE PAID ON THE DAY IF NON BTF MEMBER

OFFICIAL EVENT CHARITIES

- PLEASE TICK THIS BOX IF YOU WOULD YOU BE INTERESTED IN RECEIVING A FUNDRAISING PACK FROM OUR OFFICIAL CHARITY CANCER RESEARCH UK**
- CANCER RESEARCH UK WOULD LIKE TO KEEP IN CONTACT WITH YOU ABOUT UPCOMING NEWS, EVENTS AND FUNDRAISING ACTIVITIES USING THE CONTACT DETAILS YOU HAVE SUPPLIED ABOVE. PLEASE TICK HERE IF YOU WISH TO RECEIVE THIS INFORMATION

ARE YOU WILLING TO MAKE A DIRECT DONATION TO CANCER RESEARCH UK (PLEASE ADD TO ENTRY FEE):

= £5.00 = £10.00 = £20.00 = Other Amount

- PLEASE TICK THIS BOX IF YOU WOULD YOU BE INTERESTED IN RECEIVING A FUNDRAISING PACK FROM OUR OFFICIAL LITTLE HAVENS CHILDREN'S HOSPICE**

ARE YOU WILLING TO MAKE A DIRECT DONATION TO LITTLE HAVENS CHILDREN'S HOSPICE (PLEASE ADD TO ENTRY FEE):

= £5.00 = £10.00 = £20.00 = Other Amount

- I am a UK taxpayer, please treat all qualifying gifts of money that I have made today and in the past and all future gifts of money that I make as Gift Aid donations.

If you are a UK taxpayer, the value of your donation can increase by at least 25% under the Gift Aid scheme - at no additional cost to you! Please tick the box above to join the Gift Aid scheme and we will pass your details to our charities to enable them to claim Gift Aid on your donations.

Gift Aid details are available at www.onestepbeyond.org.uk/gift-aid.php

TERMS & CONDITIONS / SIGNATURE

I (on behalf of the above team) declare that I/we will abide by the rules of British Triathlon and that I/we are in suitable health to participate in the event. I/we accept that One Step Beyond Promotions and their friends and associates are not liable for any loss, damage claim or expense which may arise in consequence of my participation in the event, no matter how caused. I have read & agree to abide to the **Terms & Conditions of Entry**.

Signed:

Date:

Please make cheques payable to: **One Step Beyond Promotions Ltd**

Send completed entry form & cheque to:
LAKESIDE, One Step Beyond Promotions Ltd,
White House Farm, Maltkiln Road, Fenton, Lincs. LN1 2EW
Tel: 01427 718 888 Email lakeside@onestepbeyond.org.uk

