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Allerthorpe Sprint Triathlon

Sunday 21st June 2009
Allerthorpe Lakeland Park
Near York. Postcode YO42 4RL
Start Time 10am

Swim 750 metres – Cycle 20Km – Run 5Km

Competitors Details

First Name _____ Surname _____

Address _____

Town _____ Postcode _____

Phone _____ E-mail _____

Gender:- Male Female (please tick) Date of Birth _____

British Triathlon Licence No _____

Club _____

Swim Time (750 metres) _____ (mins) _____ (secs)

T-Shirt:- Small Medium Large Extra Large (please tick)

Where did you hear about the event? _____

Do you have any Medical Issues? Yes No (please tick)

If so, please give details _____

Emergency Contact Name on race day _____

Emergency Contact Phone on race day _____

Entry Fees (please tick) Make Cheques payable to: **Freebird Events Ltd**

£30 British Triathlon Licence Holder

£35 Non British Triathlon Licence Holder (includes day licence)

Post entries to:- Allerthorpe Sprint Triathlon, 49 Jute Road, Acomb, York. YO26 5ES

If no e-mail address please enclose a S.A.E. for Race Information

For further details check out the website www.freebirdevents.co.uk

Declaration (must be signed) Signature _____ (Parent / Guardian if under 18)

I accept this event is run under British Triathlon rules and conditions and I agree to acquaint myself with and abide by those rules and any organisers instructions.

I understand that it is the competitors responsibility to navigate the course and that it is my own sole responsibility to safeguard such clothing and equipment as I may use.

I know of no physical or medical impediment that would render my participation in this event undesirable.

I understand and agree that I participate in this event at my own risk and that no liability whatsoever shall attach to Freebird Events Ltd, White Rose Triathletes, the race referees or any person involved in the event organisation, for any injury, accidents, fatality, illness, loss or damage suffered by me in, or by reason of the event, however such may be caused.

I understand that it is my own sole responsibility to obey the Highway Code at all times during the course of the event.