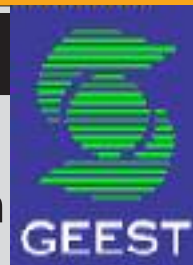


# GEEST SPALDING SPRINT TRIATHLON

Sunday 18th July 2004

400 Metre Swim: 12 Mile Cycle: 3 Mile Run



## YOUR DETAILS

PLEASE COMPLETE NEATLY IN BLOCK CAPITALS

NAME:.....

SURNAME:.....

ADDRESS:.....

.....

POSTCODE:.....

TELEPHONE:.....

EMAIL:.....

D.O.B.:.....SEX:.....

ORGANIZATION/CLUB:.....

ARE YOU A MEMBER OF THE BTA? YES / NO

IF YES. YOUR 2004 RACE LICENCE NO.:.....

## EVENT DETAILS:

APPROX. SWIM TIME 400 METRES:.....

T-SHIRT SIZE: MED / LARGE / EX-LARGE

HOW DID YOU FIND OUT ABOUT THIS EVENT?

.....

DO YOU HAVE OR ARE YOU AWARE OF ANY

MEDICAL CONDITIONS?.....

WILL THIS BE YOUR FIRST TRIATHLON?

YES / NO

WOULD YOU BE INTERESTED IN ATTENDING

ANY TRIATHLON TRAINING CAMPS? YES / NO

## ENTRY FEES - PLEASE TICK

☐ I AM NOT A MEMBER OF THE BTA &

REQUIRE A BTA DAY LICENCE - £29

☐ I AM A MEMBER OF THE BTA - £25

☐ I AM ENTERING WITHIN 14 DAYS OF THE

EVENT AND WILL INCLUDE £6 EXTRA

## FURTHER INFORMATION

FOR MORE INFORMATION ABOUT THIS OR ANY

OF OUR EVENTS PLEASE VISIT OR CONTACT US:

[www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

[info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk)

Tel / Fax : 0115 919 00 96

## DUNCAN ROLLEY 'SWIM CLINICS'

IMPROVE YOUR SWIMMING THROUGH

INDIVIDUAL STROKE CORRECTION & TECHNIQUE

EVALUATION. COURSES NUMBERS LIMITED TO

ENSURE EVERYONE RECEIVES PERSONAL

COACHING FROM THE UK'S BEST TRIATHLON

SWIMMING COACH. MORE INFO FROM WEBSITE.

## BEFORE RETURNING YOUR FORM

PLEASE ENSURE THAT YOU HAVE COMPLETED

THIS ENTER FORM FULLY NOT FORGETTING THE

DECLARATION BENEATH, INCLUDED A SIGNED

CHEQUE & 2 x SAE'S

Please return all entry forms to:

One Step Beyond (GSST), 33 Perivale Close,  
Nuthall, Nottingham. NG16 1QG.

Please include 2 x A5 SAE's to receive your race information.

Please make cheques payable to: "One Step Beyond"

The cashing for your cheque confirms your place in the event.

Race Information will be sent out to all competitors that included 2  
SAE's 10 days before the event.

The closing date is 15 days before the event, or when the race limit  
has been received, whichever is first. If entering less than 15 days  
before please add £6 to your entry fee.

The race limit for this event is 500 competitors.

Please check our Terms & Conditions before entering any of our  
events. These are available on our race website.

## RACE DECLARATION - MUST BE SIGNED

I declare that I will abide by the rules of the BTA & accept that the  
organisers, their friends & associates are no way liable for any loss,  
damage, expense or injury which may arise in consequence of my  
participation in this event, no matter how caused.

Tick box if you do not wish to receive details on future events &  
promotions relating to this event ☐

Signed.....Date.....

Official Use Only	SAE's	£	Signed	Notes
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# [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)