



## THE LAST MINUTE SPRINT TRIATHLON 2009 - ENTRY FORM

INDIVIDUAL & TEAM EVENT  
SUNDAY 20<sup>TH</sup> SEPTEMBER 2009  
SOUTHWELL LEISURE CENTRE, NOTTINGHAM  
400 METRE POOL SWIM - 19.3KM CYCLE - 5KM RUN  
PLEASE COMPLETE THIS ENTRY FORM NEATLY IN BOLD CAPITALS

### EVENT DETAILS

NAME SURNAME  
DATE OF BIRTH AGE  
GENDER MALE FEMALE (PLEASE DELETE)  
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)  
WILL THIS BE YOUR FIRST TRIATHLON?  
ADDRESS  
POSTCODE  
EMAIL TELEPHONE  
APPROX. 400 METRE SWIM TIME:..... (MINS) ..... (SECS - REQUIRED TO ENABLE US TO SEED YOUR START TIME)  
HOW DID YOU HEAR ABOUT THIS EVENT?  
DO YOU HAVE ANY MEDICAL CONDITIONS OR DISABILITIES?  
EMERGENCY NAME & CONTACT DETAILS:  
WHAT IS YOUR PROFESSION? WHICH COMPANY DO YOU WORK FOR?

### ENTRY FEES - PLEASE TICK

- ☐ TEAM ENTRY = £40.00 PER TEAM + BRITISH TRIATHLON DAY LICENCES @ £5 PER NON BRITISH TRIATHLON MEMBER  
☐ I AM NOT A MEMBER OF BRITISH TRIATHLON & REQUIRE A BRITISH TRIATHLON DAY LICENCE = £35.00  
☐ I AM A MEMBER OF BRITISH TRIATHLON = £30.00  
☐ I AM ENTERING AFTER SEPTEMBER 10<sup>TH</sup> & HAVE ADDED £5.00 LATE ENTRY FEE

I (on behalf of the above team) declare that I/we will abide by the rules of BRITISH TRIATHLON and 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. All athletes must obey the Highway Code. I have read & agree to abide to the **Terms & Conditions of Entry**.

☐ (Please tick the box if you would prefer us not to share your details with our industry related product and service partners)

Signed:

Date:

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

Send completed entry form & cheque to:

The Esendex Last Minute Sprint Triathlon, One Step Beyond Promotions Ltd

White House Farm, Maltkiln Road, Fenton, Lincs. LN1 2EW

Tel/Fax . 01427 71 8888 Email [lastminute@onestepbeyond.org.uk](mailto:lastminute@onestepbeyond.org.uk)

\*NB. Only the first 600 complete entries received are guaranteed a place in the event

DATE RECEIVED	SAE'S	£	SIGNED	NOTES