



LAST MINUTE TRIATHLON  
SOUTHWELL LEISURE CENTRE, NOTTINGHAM, NG25 0LG  
SUNDAY 23<sup>RD</sup> SEPTEMBER 2012  
400M SWIM - 17.6KM 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**

APPROX. 400 METRE SWIM TIME:..... (MINS) ..... (SECS - REQUIRED TO ENABLE US TO SEED YOUR START TIME)

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 £35.00 BTF REGISTERED
- ☐ ENTRY £40.00 NON BTF REGISTERED
- ☐ ENTRY £45.00 TEAM + £5.00 EACH TO PAY ON THE DAY IF NON BTF REGISTERED

**FREE TRAINING DAY - PLEASE TICK**

- ☐ QUALIFIED TRIATHLON COACHES ARE PROVIDING A FREE TRAINING SESSION AT SOUTHWELL LEISURE CENTRE ON THE 02<sup>ND</sup> SEPTEMBER, THERE ARE ALSO GOING TO BE TRAINING SESSIONS AT YARBOROUGH ON THE 03/12/11, 07/01/12, 28/01/12 AND 25/02/12 IN THE MORNING.

**OFFICIAL EVENT CHARITY**

- ☐ **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

- ☐ 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 to Cancer Research UK as Gift Aid donations.

Your donation will support their life-saving work on finding new ways to prevent, diagnose and treat cancer. Cancer Research UK's work is entirely funded by the public, so every donation counts.

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 Cancer Research UK to enable them to claim Gift Aid on your donations.

Gift Aid details are available at [www.onestepbeyond.org.uk/gift-aid.php](http://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:  
LAST MINUTE, One Step Beyond Promotions Ltd,  
White House Farm, Maltkiln Road, Fenton, Lincs. LN1 2EW  
Tel: 01427 718 888      Email [Lastminute@onestepbeyond.org.uk](mailto:Lastminute@onestepbeyond.org.uk)