



# MUD N MADNESS ADVENTURE CHALLENGE

STUBBERS ADVENTURE CENTRE, OCKENDON ROAD, UPMINSTER, ESSEX, RM14 2TY

SATURDAY 4<sup>TH</sup> FEBRUARY 2012

ADVENTURE RACE WITH MUDDY CHALLENGES  
INDIVIDUAL & TEAM CHALLENGE

**PLEASE COMPLETE THIS ENTRY FORM NEATLY IN BOLD CAPITALS**

## PERSONAL DETAILS

NAME:

SURNAME:

DATE OF BIRTH:

*(All entrants must be a minimum of 16yrs on the day of the race, 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

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 £40.00 INDIVIDUAL

☐ ENTRY £100.00 TEAM OF 3

## PLEASE SELECT WHICH TIME SLOT YOU WOULD LIKE TO START IN - PLEASE CIRCLE

### START TIMES - INDIVIDUALS

09:00	10:00	11:00	12:00
09:06	10:06	11:06	12:06
09:12	10:12	11:12	12:12
09:18	10:18	11:18	12:18
09:24	10:24	11:24	12:24
09:30	10:30	11:30	12:30
09:36	10:36	11:36	12:36
09:42	10:42	11:42	12:42
09:48	10:48	11:48	12:48
09:54	10:54	11:54	12:54

### START TIMES - TEAMS

01:00	01:42	02:24
01:06	01:48	02:30
01:12	01:54	02:36
01:18	02:00	02:42
01:24	02:06	02:48
01:30	02:12	02:54
01:36	02:18	03:00



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## 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**

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

☐ 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

☐ **PLEASE TICK THIS BOX IF YOU WOULD YOU BE INTERESTED IN RECEIVING A FUNDRAISING PACK FROM OUR OFFICIAL CHARITY SAINT FRANCIS HOSPICE**

ARE YOU WILLING TO MAKE A DIRECT DONATION TO SAINT FRANCIS HOSPICE (PLEASE ADD TO ENTRY FEE):

☐ = £10.00      ☐ = £20.00      ☐ = £50.00      ..... = 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 your chosen charity 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:  
Mud n Madness, One Step Beyond Promotions Ltd,  
White House Farm, Maltkiln Road, Fenton, Lincs. LN1 2EW  
Tel: 01427 718 888      Email [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk)