



SAUCONY 10K @ THE TRIATHLON SHOW  
SANDOWN PARK RACE COURSE, PORTSMOUTH ROAD, ESHER, SURREY, KT10 9AJ  
SUNDAY 4<sup>TH</sup> MARCH 2012

DISTANCES & ENTRY TYPE - INDIVIDUAL  
UK ATHLETICS LICENCE NUMBER: TBC

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

**PERSONAL DETAILS**

NAME: SURNAME:

DATE OF BIRTH: *(All entrants must be a minimum of 15yrs 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**

ARE YOU A MEMBER OF THE UK ATHLETICS YES / NO

ORGANISATION/CLUB: CLUB AFFILIATION NO.:

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 FEE INCLUDES A TICKET INTO THE EXPO FOR THE ENTIRE WEEKEND

- ☐ ENTRY £15.00 UKA AFFILIATED  
☐ ENTRY £17.00 NON UKA AFFILIATED

**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

IF YOU ARE GOING TO RACE FOR CANCER RESEARCH UK THEY WOULD LIKE TO SEND YOU A T-SHIRT, PLEASE STATE SIZE:

- ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ X-LARGE

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 UK Athletics 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:  
SAUCONY 10K, 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)

