

GRIM DUATHLON ENTRY FORM

SATURDAY 20TH OCTOBER 2012

LONG VALLEY ALDERSHOT - 10.30AM

5k Run / 20k Bike / 5k Run

PLEASE COMPLETE AND SEND ALL ENTRIES TO:

INMOTION SPORT LTD, PO Box 286, Hampton, Middlesex, TW12 9AD

Entry Fee £35. Please make all cheques payable to 'INMOTION SPORT LTD' and remember to write your name, address on the back. Encashment of cheque confirms entry. All entries must include an **A4 stamped-addressed (Large Stamp)** envelope. All entries must be received by **Friday 12th October 2012**. There will be no entries on the day.

No Turning Back Now!

PERSONAL DETAILS

Please use bold capitals and please make sure you sign the declaration at the bottom of the form.

Surname _____ First Name _____

E-mail Address _____

Daytime Telephone No. _____

Address _____

County _____ Post Code _____

Date of Birth _____ Age on day of race _____ Male Female

TEAM CHALLENGE

Please complete if you are part of a team. Teams of 3 ONLY. Please enclose entry forms for all team members if possible.

Team category (Please only tick category) Women only Men only Mixed Team

Team Name _____ Name of Company/Org/Club _____

Name of Team Contact _____ Team Contact Telephone No. _____

How did you find out about this event? _____

RACE DECLARATION

The organisers would like to remind you that you have entered this race at your own risk and that they will in no way be liable for any injury before, during or after the event. I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to any race sponsors, race directors, or any persons involved in the organisation of the event for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. I declare that I am healthy and have no KNOWN medical conditions and in a suitable physical condition to undertake the necessary training for and participate in the event and I agree to seek expert medical advice if I have any health concerns prior to the race. I am 17 years of age or over on the day of the race. I have read and agree to the race declaration and the terms and conditions of the race entry as stated on the event website www.grimchallenge.co.uk

Signature _____

Date _____

GRIM DUATHLON DECLARATION

We, the organisers, promise to make you cold, extremely wet, very tired and particularly GRIM (the event might be fun and give you a sense of great achievement but we don't want to advertise that fact).

Visit our website www.grimchallenge.co.uk for more information and eventual results.

Photocopies of this entry form will be accepted

