



**CARLISLE TRI**

# Carlisle Duathlon 2010

**Sunday 12<sup>th</sup> September 2010**

**Kirkbampton Village Hall near Carlisle, Cumbria CA5 6HX**

**Start Time 9am**

**Run 4K – Cycle 25Km – Run 4Km**

**Entry Form**

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Town \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Gender:-  Male  Female (please tick) Date of Birth \_\_\_\_\_

British Triathlon Licence No \_\_\_\_\_

Club \_\_\_\_\_

T-Shirt:-  Small  Medium  Large  Extra Large (please tick)

Where did you hear about the event? \_\_\_\_\_

Do you have any Medical Issues?  Yes  No (please tick)

If so, please give details \_\_\_\_\_

Emergency Contact Name on race day \_\_\_\_\_

Emergency Contact Phone on race day \_\_\_\_\_

**Entry Fees** (please tick) Make Cheques payable to: Carlisle Tri Club

£20 British Triathlon Licence Holder

£23 Non British Triathlon Licence Holder (includes day licence)

**Post entries to: - Carlisle Duathlon, 10 Rudchester Close, Sandsfield Park, Carlisle, CA2 7XL**

**Race information will be published on [www.carlisle-tri.com](http://www.carlisle-tri.com)**

## **Declaration (must be signed)**

I accept this event is run under British Triathlon rules and conditions and I agree to acquaint myself with and abide by those rules and any organisers instructions.

I understand that it is the competitor's responsibility to navigate the course and that it is my own sole responsibility to safeguard such clothing and equipment as I may use.

I know of no physical or medical impediment that would render my participation in this event undesirable.

I understand and agree that I participate in this event at my own risk and that no liability whatsoever shall attach to the event organiser, the race referees or any person involved in the event organisation, for any injury, accidents, fatality, illness, loss or damage suffered by me in, or by reason of the event, however such may be caused.

I understand that it is my own sole responsibility to obey the Highway Code at all times during the course of the event.

I understand fully that taking part in events on the public highway is not without risk and the organisers, whilst taking reasonable steps to reduce risk, cannot guarantee my safety.

Signature \_\_\_\_\_ (Parent / Guardian if under 18 – minimum competitor age is 16)