



Tri Lakeland Cockermouth Duathlon

Sunday 17th July 2011

Cockermouth School, Cumbria, CA13 9HX
Registration: 9:30-10:30am - Start Time: 11am
Run 6Km – Cycle 20Km – Run 3.5Km

First Name _____ Surname _____

Address _____

Town _____ Postcode _____

Phone _____ E-mail _____

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

British Triathlon Licence No _____ Club _____

Where did you hear about the event? _____ Is this your first ever race? _____

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

If so, please give details _____

Emergency Contact Name **and** Phone on race day _____

Entry Fees (please tick) Make Cheques payable to: Tri Lakeland

£25 British Triathlon Licence Holder – you must produce your licence on the day or pay another £3 at registration

£28 Non British Triathlon Licence Holder (includes £3 for day licence from BTF)

Post entries to: - Tri Lakeland Cockermouth Duathlon, 28 Lowscapes Drive, Cockermouth, CA13 9DS

Final race information will be emailed and published within 1 week of the event on www.trilakeland.co.uk

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)