

Dumpling Duathlon
ENTRY FORM

Delete as appropriate: **Team Entry / Individual Entry**

NAMES and AGES of ALL participants (necessary for Goody Bags) :

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Address :

Postcode : **MobileNo:**.....

Email (Required for Confirmation):.....

Terms and Conditions:

- I confirm that I am fit enough to do the chosen event and that I will inform the organisers of any pre-existing relevant health conditions.
- I accept that I take part in the event at my own risk and that the organisers cannot be held responsible or liable for any personal accident or injury or loss or damage to personal effects that may arise as a result of my entering and participating in the Dumpling Duathlon.
- Under UK Athletic/UK Cycling rules regarding age limits only children aged 12 years and above can enter the event as an individual member.
- Children under 12 years CAN participate but ONLY AS PART OF A TEAM and MUST be ACCOMPANIED and FULLY SUPERVISED AT ALL TIMES BY AN ADULT OVER 18 YEARS OF AGE.
- I accept full responsibility for my child/ren if under 16 years of age.

SIGNED: (INDIVIDUALLY or on BEHALF OF MY TEAM)

.....

DATE :

Dumpling Duathlon
EVENT INFORMATION

Saturday 18th September 10am START - Millennium Hall, Church Road, Gartocharn.

"Cycling Scotland" goody bag, Medal for all entrants.

Please enclose a Cheque/Postal Order to the value of £8.00 for Individuals or £12.00 for Team Entry made payable to: "Dumpling Duathlon"

Ensure your entry form is complete and return it to:

Dumpling Duathlon
"Oakburn"
School Road
Gartocharn
G83 8RT

Help line : 01389 830611

Please read the "FAQ Sheet" accompanying your Confirmation Email for additional, "ON - THE - DAY INFORMATION."

We look forward to seeing you on the 18th of September and wish you all the best in your training. Thank you for supporting our event.

Heather and Lynn x