



EAST LONDON TRIATHLETES

The Dragon Slayer

On Sunday 19th April 2009

At Redbridge Cycling Centre, Forest Road, Hainault, Essex. IG6 3HP

Run 7K, Bike 40K, Run 5K.

Cost £23 (Non-BTA £28)

Limited Car parking. Showers and changing facilities available. Please note, some of the run will be off-road.

Entry Form.

FEMALE MALE

Full Name: _____

Address: _____

Postcode: _____

Tel. no: _____

Email : _____

Club (if any): _____

BTA No: _____

Age on 31/12/2009: _____

Date of Birth: _____

Would you like to receive the Race Pack by **email / post** Please delete as applicable

I accept that taking part in this event is by its nature hazardous and contains certain inherent risks. These risks include, but are not limited to the risk that I will suffer injury and damage arising out of a crash or collision while racing during the cycle section and there is the risk that due to the actions of other competitors or spectators I will suffer injury. There are many other foreseeable risks to which I consent.

I accept that I owe a significant duty of care to all the other competitors and all the spectators of the event. I will exercise all reasonable care to avoid causing death, injury or loss to any such persons and will indemnify East London Triathletes the event organisers and the British Triathlon Association Limited from and against any liability found against them arising out of my negligent or reckless acts.

Racing in a duathlon event requires fitness and skill. I confirm that I have done sufficient training to ensure that I am fit enough to cope with the demands of this event and that my technical skills are adequate for the diverse requirements of a 'run, bike, run' competition. I acknowledge that the event organiser has relied on this statement (in its entirety) in accepting my entry to the event and that if I was unable or unwilling to agree to all of the matters set out above in this statement of responsibility the event organiser would not allow me to compete. All statements of fact are true.

Signed: _____

Date: _____

Return to: The Dragon Slayer, 58 West Grove, Woodford Green, Essex, IG8 7NR

Please make cheques payable to East London Triathletes (include a 9"x4" stamped addressed envelope if you would like to receive the Race Pack by post). Otherwise all detail will be sent by email.

Contact Martin Bay at dragonslayerelt@yahoo.co.uk for any queries.

See our website: www.eastlondontriathletes.co.uk for more details.