



PLEASE RETURN COMPLETED FORM TO: **\*laura@danceaid.org\***

**PERSONAL DETAILS (PLEASE USE BLOCK CAPITALS)**

FIRST NAME:

SURNAME:  BTA NUMBER:

DATE OF BIRTH:  /  /  SEX: MALE:  FEMALE:

NEXT OF KIN:

N.O.K. MOBILE NO:

OCCUPATION:

EMPLOYER:

ADDRESS:

POSTCODE:  NATIONALITY:

TEL. HOME:  MOBILE:

E-MAIL:

(The London Triathlon will text your result to you on race day)

PLEASE ENTER A CODEWORD IF YOU WISH TO START TOGETHER WITH A FRIEND. **DANCEAID**

IF YOU ARE A MEMBER OF A GYM/HEALTH CLUB PLEASE STATE WHICH ONE \_\_\_\_\_

HOW DID YOU HEAR ABOUT THE LONDON TRIATHLON? \_\_\_\_\_

IS THIS YOUR FIRST TRIATHLON? YES  NO

**INDIVIDUAL TRIATHLON OPTIONS:**

- Individual Super Sprint (400m swim, 10km bike, 2.5km run)
- Individual Sprint (750m swim, 20km cycle, 5km run)
- Individual Open Age Olympic (1500m swim, 40km bike, 10km run)
- Individual Age Group Olympic (1500m swim, 40km bike, 10km run)
- Individual Mixed Gender Olympic (1500m swim, 40km bike, 10km run)
- Individual Olympic Plus (1500m swim, 80km bike, 10km run)

**TEAM TRIATHLON OPTIONS** (a team consists of 2 or 3 participants);

- Team Sprint Relay (750m swim, 20km cycle, 5km run)
- Team Olympic Relay (1500m swim, 40km bike, 10km run)

Each team member must complete a separate form. Please send all two/three team forms in together.

**ARE YOU A TEAM LEADER?**

Charities are required to register the team leader only. He/She must then register his/her team online.

**YOUR FAST-DRY TEAM VEST (Ladies sizes 8,10,12,14,16, Mens sizes S, M, L, XL, XXL)**

Please post my team vest size ..... to the above address / advise if an alternative address should be used. Team vests will be sent out once VMG fundraising pages have been activated.

I declare that I accept the conditions of entry as stated on [www.danceaid.org/triathlon](http://www.danceaid.org/triathlon) by **\*danceaid\***

Any athlete needing special requirements (relating to a disability or medical condition) must contact The London Triathlon pre race.

SIGNATURE: \_\_\_\_\_ DATE: / /