



Sweat it out to save the lives of orphaned, poor & disabled children across the UK and abroad.
 Join #TeamDanceaid and #TriForChange @ London's Excel on 4th or 5th AUGUST 2018.
 TO SECURE YOUR PLACE 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. Team vests will be sent out when your VMG online fundraising page is activated (see danceaid.org/triathlon for instructions).

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

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

SIGNATURE: _____ DATE: / /