

### Entry Form - Adults

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Thank you for choosing to sign up for Tri Together 2014!

#### London:

Sunday 31 August 2014, Crystal Palace National Sports Centre, in partnership with GLL

Entry: £47 & £3 BTF Fee

#### Glasgow:

Sunday 21 September 2014, Bellahouston Sports Centre, in partnership with triathlonscotland

Entry: £37



**Please note:** Tri Together London is run under British Triathlon Federation (BTF) rules, the governing body for triathlon. Tri Together Glasgow is a triathlonscotland sanctioned event and is run to the rules of British Triathlon. For London, if you are not already a member of the BTF, you will need to purchase race insurance for the day at a cost of £3 for adults and £1 for juniors.

#### Fundraising Targets:

We ask that you fundraise the following amounts by taking part in Tri Together:

**Tri Together:** £150 per individual, £300 per teams of two, £450 per teams of three

Please indicate which category you will be racing in:

		London		Glasgow	
				Sprint	
Adult	Swim	400m		400m	
	Bike	15km		10km	
	Run	5km		4km	
Adult - Mega Mini Glasgow Only	Swim	<i>Not applicable</i>		150m	
	Bike			6km	
	Run			2km	

### YOUR DETAILS

Please tell us how you will be taking part in Tri Together:

- As an **individual** (you will complete all three sections of the triathlon)
- As a relay **team of two** (one person completes one section of the triathlon and the other completes the remaining two)
- As a relay **team of three** (each person completes a different section of the triathlon)

Each team member needs to fill out separate entry forms. But if you are participating as part of a relay team, please give the full name(s) of your team mate(s):

**Swim:** \_\_\_\_\_

**Bike:** \_\_\_\_\_

**Run:** \_\_\_\_\_

## Personal Information

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**First name(s):** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Address:**

\_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Company/Organisation:** *(If applicable)* \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Email\*:** \_\_\_\_\_

(\*Please note; most communication about the event will be sent by email – if you do not have regular access to an email account, please tick the box  and we will arrange alternative communication)

**Date of birth:** DD / MM / YYYY

**Gender:** Male / Female  
(please circle as appropriate)

## Emergency contact details

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**Name:** \_\_\_\_\_ **Contact telephone:** \_\_\_\_\_

## RACE DETAILS

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**Will this be your first triathlon?**  Yes  No

**Estimated swim time - please complete your 50m swim time so we can work out your estimated time for the triathlon:**

We don't mind how long you take but the race runs much more smoothly if everyone is swimming with others of a similar ability. You can contact us at a later date and update your swim time if your estimated time changes. However, you must do this at least 4 weeks before the event. If you try to update after this, the changes will not be accepted.

**What is your estimated swim time for 50m (hrs:min:sec, i.e. 00:05:30):** \_\_\_\_\_

(We can work out an approximate time for you based on your 50m swim time. The fastest swimmers will complete 50m in less than 1 min with slowest swimmers completing it in 3mins)

**Which stroke will you be swimming?** (please tick one)

- Front Crawl
- Breast Stroke
- Freestyle – if you are planning on swimming a combination of strokes. You will be allocated to a swim lane with other freestylers.

**Would you like to start with a friend? Please give us their full name** (Note: They must have the **same swim time** as you for this to be possible): \_\_\_\_\_

Tri Together will be holding a **training day** prior to the triathlon; perfect for beginners or those wishing to improve on certain aspects of their performance. If you are interested in attending, please tick the box.

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**Do you have any **medical conditions**?**  Yes  No

If you have answered 'yes' to the above, please give details of the condition and any medication you are taking:

**Do you have a **disability**?**  Yes  No

If you have answered 'yes' to the above, please give details of any additional requirements:

If required, we ask that disabled participants bring a 'personal assistant' or 'PA' (e.g. friend, family member or carer) with you to assist with your personal needs in registration, changing and transition.

Please tick to confirm that you will be accompanied by a PA on the day.

**PA's Name:** \_\_\_\_\_

(ID will be issued for your PA so they can access the same areas as you)

- We will be holding a cycling taster session for handcycles and recumbent bikes. If you would be interested in attending, please tick the box.

## FUNDRAISING INFORMATION

Please read the statement below carefully and tick the box to show that you are in agreement. If you do not tick the box, your application will be rejected and you will not be registered for Tri Together.

- I understand that by signing up to take part in Tri Together I am required to raise:

**Tri Together:** £150 per individual, £300 per teams of two, £450 per teams of three

You will be fully supported in your fundraising with a fundraising guide in your welcome pack, tips and ideas in the Tri Together e-newsletters and via Twitter, Facebook and Linked In. If you are concerned about the fundraising target and would like to talk to one of the Tri Together team, please call us on 020 3242 0239.

**Are you supporting a particular Leonard Cheshire Disability service?**

- Yes – please restrict my fundraising to: \_\_\_\_\_ (service name)  
 No – please direct my fundraising where it is needed most.

**Do you have a special reason for taking part that you think may be newsworthy?**

*Please give details:*

**How did you hear about Tri Together?** (please tick)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Running Bug   | <input type="checkbox"/> Twitter                      | <input type="checkbox"/> Tri Finder                  |
| <input type="checkbox"/> Google  | <input type="checkbox"/> Facebook                     | <input type="checkbox"/> Running Free                |
| <input type="checkbox"/> Tri247.com  | <input type="checkbox"/> Leaflet at another triathlon | <input type="checkbox"/> Runners /Triathlete's World |
| <input type="checkbox"/> Through a friend (please give their name): _____            |   |  |
| <input type="checkbox"/> Leonard Cheshire Disability service (please specify): _____ |   |  |

- Poster (please specify where you saw it): \_\_\_\_\_
- Other (please specify): \_\_\_\_\_
- 



### Online Support

You can access training and fundraising tips from the Tri Together team on Facebook, Twitter and Linked In. **Please tell us which, if any, of these sites you use:**

- Facebook** – go to [www.facebook.com/TriTogether](http://www.facebook.com/TriTogether) and ‘like’ the page.
- Twitter** – go to [www.twitter.com](http://www.twitter.com) and follow [@LCDEvents](https://twitter.com/LCDEvents) or tell us your Twitter Name and we’ll follow you: \_\_\_\_\_
- Linked In** – search ‘[Tri Together](#)’ to join the Linked In group.

## Tri Together London and Tri Together Lancaster ONLY BRITISH TRIATHLON FEDERATION (BTF)

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### Are you a member of British Triathlon?

- Yes** – you will be required to show proof of valid BTF membership on the day.
- No** – for Tri Together London or Tri Together Lancaster, please add £3 to the cost of your registration fee for race insurance on the day.



### Are you a member of a triathlon club?

- No       Yes (please specify): \_\_\_\_\_

## MERCHANDISE

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### Would you like to purchase a souvenir T-shirt?

T-shirts cost **£10** each and will be available for collection after you have completed the triathlon.



Men's sizes	Quantity	Women's sizes	Quantity
Small		Small	
Medium		Medium	
Large		Large	
X-large			
XX-large			

## PAYMENT DETAILS

Please tick the items you are paying for:

- Tri Together registration fee (as specified on the front of the form)
- British Triathlon (day race insurance) fee (as specified on the front of the form)
- £10 per souvenir T-shirt.

**Total to pay:** \_\_\_\_\_

- I enclose a cheque made payable to 'Leonard Cheshire Disability' for the total amount.
- I authorise Leonard Cheshire Disability to debit my card: (please tick as appropriate)

Mastercard

Visa

American Express

Your name as it appears on the card \_\_\_\_\_

Card No.  Security code

Start Date  /  Expiry Date  /

**Please sign to confirm that you are happy for Leonard Cheshire Disability to bank your cheque/process your card and that you agree to the conditions of entry detailed below:**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

- We will communicate with you from time to time about other events and campaigns from Leonard Cheshire Disability. If you do not wish to receive these, please tick the box.
- Please tick the box if you would prefer us not to share your details with our industry related product and service partners.

## TRI TOGETHER CONDITIONS OF ENTRY

I declare that I will abide by the rules of British Triathlon and accept that Leonard Cheshire Disability and their friends and associates are not liable for any loss, damage claim or expense which may arise in consequence of my participation in the event, no matter how caused. I am healthy and have no known medical condition that would preclude me from entering the event.

I understand that Race Entries are NOT transferable to any other person or any other event. My registration fee is not refundable in the event that I am unable to participate through injury or for any other reason.

**London ONLY:** I understand that, if I am not already a member of British Triathlon, a Membership payment for the day of £3 must be made on top of my registration fee.

I agree and understand that Leonard Cheshire Disability and/or the race directors reserve the right to refuse entry

for any reason.

### **Adult Race Only**

I confirm that I will be aged 17 years or over on 31 December 2014.

I agree that as a condition of entry, I (or my team) will raise the minimum sponsorship amount:

**Tri Together:** £150 per individual, £300 per teams of two, £450 per teams of three

I understand that this money must be raised and paid to Leonard Cheshire within 1 month of the event. My registration fee will only be refunded on written request if I have collected the applicable minimum sponsorship amount on top of my registration fee (as specified on the front of the form) and send it to Leonard Cheshire Disability no later than 1 month after triathlon day.

I agree that my picture may be included in any photographs, and that a race video may be filmed, all of which may be published from the race.

### **Event Management Company Participant Conditions (For all Participants, Adults & Juniors)**

Leonard Cheshire Disability will employ an event management company (to be confirmed) chosen to assist in delivering the triathlon.

Set out below are the terms and conditions of said event management company which apply to those who are advised by The Charity that they will be participating in the fundraising event. Please refer to The Charity own terms and conditions above regarding your sponsorship and eligibility to take part in the Event. Only those potential participants who qualify under The Charity rules will be entitled to take part. For those selected to take part, then the following conditions will apply:

These are the event terms and conditions (the "**Event Conditions**"), which apply to your participation in the event that you have applied to take part in (as detailed in the applicable booking documentation) (the "**Event**").

By participating in the Event you agree to be bound by these Event Conditions.

The Event is being organised for the charity by the event management company ("**EMC**"). However, the charity referred to in the applicable booking documentation (the "**Charity**") is the person who is responsible to you for the Event and your participation in it. The EMC is only acting as the Charity's sub-contractor in relation to the Event and you acknowledge that the Charity is solely liable to you in connection with the Event.

These Event Conditions govern the terms upon which the Charity will provide and you will participate in the Event. If you do not agree to be bound by these Event Conditions you may not participate in the Event and the Charity and/or the EMC will have the right to restrict or prevent your access to and participation in the Event.

Please note that you may also have statutory rights in relation to the services the Charity provide you in relation to the Event and for more information about these please see <http://www.consumerdirect.gov.uk/> for further details.

For the purposes of these Event Conditions, the expressions "**we**" and "**us**" and "**our**" mean the Charity.

## **1 Your Agreement**

1.1 When you make a reservation with the Charity to take part in the Event, you confirm that you accept these Event Conditions which shall apply to the exclusion of all other terms and conditions.

1.2 You may copy these Event Conditions and store them for your future reference. Please read the provisions set out below carefully and confirm your agreement to them before submitting your application to us.

1.3 When making a reservation, you must submit to the Charity your signed application form.

1.4 Your application shall only be accepted by us when you receive a confirmation letter from us which confirming your participation in the Event which shall create a contract between us which is subject to these Event Conditions (the "**Contract**").

1.5 The Contract shall continue until the Event has ended but such expiry or termination of the Contract shall not affect the accrued rights and liabilities of the parties and shall not affect the coming into force or the continuance in force of any provisions which is expressly or impliedly intended to come into or continue in force on or after termination or expiry.

1.6 You confirm that the booking form has been completed fully and accurately and you will inform us in writing as soon as possible before the date of the Event ("**Event Date**") if any of the details provided on the application form have changed.

1.7 The website and brochure are prepared many months before the Event Date and although every effort is made to ensure complete accuracy, it is inevitable that some of the details may have changed since the brochure and website containing the Event details were printed/created. We will inform you prior to entering into the contract of any changes to the Event that we are aware of at that time.

1.8 Only a director of the Company has authority to vary or waive any of these Event Conditions or promise any discount or refund.

1.9 Where you are under the age of 17 years at the date the Event is booked your booking form must be countersigned by a parent or guardian on your behalf and they must themselves be 17 or over.

## **2 YOUR Health**

2.1 You agree and acknowledge that certain activities undertaken whilst you are on the Event may be inherently hazardous and have risks associated with them. You agree to abide by all instructions given to you by the leader of the Event or anyone else appointed by us whilst you are on the Event and you acknowledge that we cannot be held responsible for any injuries that may arise as a result of you failing to comply with such instructions.

2.2 By signing the declaration on the booking form you confirm that:

(a) you are aware of, understand and consent to the likely physical demands of the Event; and

(b) you appreciate the risks involved in the Event and that you do not suffer (or have ever suffered) from any pre-existing medical condition that may prevent you from actively participating in the Event, other than those that have been declared to us.

2.3 It is your responsibility to ensure that you are medically fit enough to undertake the Event. Unless informed otherwise in writing, we will assume that you are in good health and are not aware of any reason why you may be unsuited to taking part in the Event. We recommend that you consult your Doctor **before making a booking** to ensure that you are medically fit.

2.4 You agree to complete and return to us, with your application, the standard medical questionnaire included with the booking form and agree that all information provided is true and accurate. From time to time we may request further information from you and/or your doctor where we are concerned about your suitability for the Event and you agree that we shall be entitled to deny you the right to take part in the Event if you do not provide such additional information.

2.5 It is your responsibility to notify us if, for any reason, the information provided by you in the information questionnaire is no longer correct and/or you have any medical problem or disability so that we can advise as to the suitability of the Event and any health and safety considerations. Examples of the above may be where you have subsequently come in contact with an infectious disease, have been involved in an accident, have been diagnosed: with an allergy, as being pregnant, having a heart condition, etc..



2.6 If we reasonably consider that you are medically unfit to participate in the Event or for any reason reasonably consider that you are not suitable for the Event, we shall be entitled to reject your application to the Event and refuse you access to the Event.

2.7 If we discover that a medical problem or disability was not declared to us, and such problem or disability would, if we had knowledge of it, have led to our refusal to accept your application and/or continued participation in the Event, you shall reimburse us for any reasonable costs, losses or expenses which we and/or our suppliers (including the EMC) incur or suffer as a result.

2.8 You agree that we shall be entitled to provide the EMC with any medical information provided to us by you, including your completed medical questionnaire, for the purposes of the Event.

2.9 In the event that we reject your application to participate in the Event and/or otherwise refuse you access to the Event in accordance with this clause 2, no refunds will be given and we will not be responsible for any costs, claims, losses and expenses arising.

### **3 If You Cancel Your Place on the Event**

You must notify us in writing if you wish to cancel your place on the Event, which you shall be entitled to do at any time. If you do cancel your place on the Event, we will not be under any obligation to reimburse you for any costs, claims, losses and expenses that you have or may incur.

### **4 If We Change or Cancel Your Event**

4.1 Occasionally, we may have to make changes to the Event and we reserve the right to do so at any time. Most of these changes will be minor and we will advise you of them at the earliest possible date. We also reserve the right to reschedule or cancel the Event in our absolute discretion. Examples of reasons why we may reschedule or cancel the Event include if a Force Majeure Event (see clause 5 below) occurs or if the minimum number of participants required for a particular Event is not reached.

4.2 We also reserve the right at any time prior to the Event Date without prior consultation with you, to notify you in writing that the Event will be merged with one or more other Events.

4.3 If it is necessary to reschedule or cancel the Event for reasons other than due to a Force Majeure Event (see clause 5 below), we will consider any reasonable requests for compensation in relation to reasonable costs incurred by you prior to the date we notify you of any rescheduling or cancellation, subject to you providing

evidence of such costs. However, under no circumstances shall we be liable to you for any business losses that you may suffer or any indirect, unusual or exceptional losses or any losses that were not reasonably foreseeable by us.

### **5 Force Majeure**

5.1 An event of force majeure is an event that is beyond the reasonable control of the Charity. Examples include war, riot, industrial dispute, protests, terrorist activity and its consequences, acts of civil or national authority, natural or nuclear disaster, fire, epidemics or health risks, adverse weather conditions (actual or threatened), defaults of any of our sub-contractors and technical failure with transport (each a "**Force Majeure Event**").

5.2 If a Force Majeure Event occurs and this affects our ability to provide the Event (or the ability of any of our suppliers to provide related services) we shall be entitled to reschedule or cancel the Event in our absolute discretion. If we take the decision to reschedule or cancel the Event, we shall notify you in writing of the rescheduling cancellation (in advance if practicable) but we will not be under any obligation to reimburse you for any costs, claims, losses and expenses that you have or may incur.

### **6 If You Have A Complaint**

If you have a problem during the Event, please inform the Charity's representative at the Event immediately who will contact the organiser and endeavour to put things right. If your complaint is not resolved locally, please follow this up by writing to Sarah Ball at Leonard Cheshire Disability giving your booking reference and all other relevant information and, where possible, evidence. This will assist us to quickly identify your concerns and speed up our response to you.

## **7 Our Liability to You**

7.1 In performing our obligations under this Contract, including in relation to your participation in the Event, we agree to use reasonable skill and care.

7.2 If we fail to carry out our obligations to you under this Contract you may be entitled to compensation from us if you have incurred a liability as a result. However, we will not be liable where any failure in the performance of the Contract is due to:

- (a) the act or omission of either you or any third party unconnected with the provision of the Event (unless expressly authorised to do so by the Charity); or
- (b) a Force Majeure Event.

7.3 Regardless of anything in these terms, we do not seek to exclude any liability to you that we may have losses suffered by you as a result of:

- (a) any death or personal injury caused by our negligence;
- (b) any fraudulent misrepresentation made by us; or
- (c) any other liability that cannot be excluded or limited by law.

7.4 In order to minimise your loss you also agree that you will take reasonable precautions to avoid losses (including contacting us promptly upon becoming aware of an issue).

7.5 Subject to clause 7.4, if we agree to assist you with your travel arrangements to and from the Event, you acknowledge that we do not actually provide the transport ourselves and you agree that our liability to you in respect of any travel arrangements will be limited:

- (a) to any sums that we are able to recover from the companies that provide the transportation for your travel arrangements; and
- (b) by any relevant international convention, for example the Montreal Convention in respect of travel by air, the Athens Convention in respect of travel by sea, the Berne Convention in respect of travel by rail and the Paris Convention in respect of the provision of accommodation, which limit the amount of compensation that you can claim for death, injury, delay to passengers and loss, damage and delay to luggage. We are to be regarded as having all benefit of any limitation of compensation contained in these or any applicable conventions.

7.6 You can ask for copies of the transport company's terms, or the international conventions, by writing to us at our offices at 66 South Lambeth Road, London, SW8 1RL or calling us on 0203 242 0396.

7.7 Subject to clause 7.4, unless we agree to take your personal possessions (including but not limited to cameras, jewellery, valuables and money) into our care during the Event, it is your responsibility to ensure that your personal possessions are kept secure. If we do agree to take any of your personal possessions into our care, we

agree to take reasonable care of such items but you acknowledge and agree that, as we are doing so without charge to you, we will not be able to guarantee the security and safety of your possessions. To the extent that we fail in our obligation to take reasonable care of your possessions and this results in your items being damaged, lost or stolen, our liability to you will be limited to the amount set out at clause 7.3.

7.8 Subject to clause 7.4, we will not be responsible for any business loss (including loss or profits, contracts, income or revenue, anticipated savings, data, goodwill or wasted expenditure) or indirect, unusual or exceptional losses or any losses that were not reasonably foreseeable by us.

7.9 If we exclude you from the Event where permitted to do so in accordance with these Event Conditions, you shall be solely responsible for any liabilities, costs and expenses arising, including costs of repatriation e.g. flights and losses or expenses.

## **8 Behaviour**

8.1 Whilst an Event is in progress you must act at all times:

- (a) reasonably and with all due care and attention in respect of your own participation in the Event;
- (b) reasonably and with all due care and attention in relation to each of the other Participants, the Charity and the EMC personnel and spectators;
- (c) in a manner that does not damage the reputation of the Charity;
- (d) in accordance with all reasonable instructions from us and/or the organiser of the Event.

8.2 We may exclude you from the Event or any part thereof at any time (including during the Event itself) if we are of the opinion that you are likely to prejudice the good order, discipline or safety of the Event, including as a result of you failing to comply with the Event leader's instructions, you shall reimburse us for any reasonable costs, losses or expenses which we and/or our suppliers (including the EMC) incur or suffer as a result of our decision to exclude you.

## **9 Insurance**

It is your responsibility to ensure that any policy of insurance you take out or have in place covers you fully for all of the activities which may take place during the Event. We do not check policies of insurance for suitability.

## **10 Data Protection**

We shall ensure that appropriate security measures are in place to protect your personal data (as defined in the Data Protection Act 1998). When you make a booking, you consent to all the information (including information about your health) you provide being passed on to the EMC, and our other suppliers, agents, sub-contractors, employees or volunteers, whether based inside or outside the European Economic Area for the purposes of our providing you with the Event.

## **11 Promotional Materials**

By agreeing to these Event Conditions, you consent to our staff and those of the EMC taking photographs and / or video footage of you during the Event and that these images may be used by us and the EMC for publicity and training purposes including, but not limited to, in brochures, websites, marketing material and in the media.

## **12 General**

12.1 You agree that this Contract is personal to you and you may not transfer any of your rights or obligations under it to another person.

12.2 This Contract is made on the terms of these Event Conditions, which are governed by English Law, and you agree to the exclusive jurisdiction of the English Courts.

12.3 If any of these Event Conditions is found by any Court or other competent authority to be wholly or partly unfair or unenforceable the validity of the rest of the Event Conditions and the rest of the Condition in question shall not be affected and shall remain valid and enforceable to the extent permitted by law.

12.4 A reference in these Event Conditions to a statute, convention or regulation shall be as a reference to that statute convention or regulation as amended, re-enacted or extended at the relevant time.

12.5 The headings in these Event Conditions are for convenience only and shall not affect their interpretation.

12.6 The EMC may enforce these Event Conditions subject to and in accordance with this Agreement and the provisions of the Contracts (Rights of Third Parties) Act 1999 as if reference to the Charity included a reference to the EMC.

12.7 Subject to clause 12.6, a person who is not a party to the contract or these Event Conditions has no right under the Contracts (Rights of Third Parties) Act 1999 to enforce any term of the contract or these Event Conditions but this does not affect any right or remedy of a third party which exists or is available apart from this Act.

12.8 If you have any queries regarding these Conditions or the Event, you can contact us at:

Address: Leonard Cheshire Disability, 66 South Lambeth Road, London, SW8 1RL

Telephone: 02032420396

Email: [tritotogether@lcdisability.org](mailto:tritotogether@lcdisability.org)

12.9 No waiver by us of any breach of any Contract or these Conditions by you shall be considered as a waiver of any subsequent breach of the same or any other provision.