

RACE ENTRY FORM



TRIATHLON (Swim / Cycle / Run)

- Sprint** (750m / 20km / 5km)
 Olympic (1500m / 40km / 10km)
 Under 9: (50m / 2km / 750m)
 Under 11: (100m / 5km / 1.25m)
 Under 14: (300m / 10km / 2.5km)

DUATHLON (Run / Cycle / Run)

- Sprint** (5km / 20km / 2.5km)
 Olympic (10km / 40km / 5km)
 Under 9: (750m / 2.5km / 400m)
 Under 11: (1.5km / 5km / 750m)
 Under 14: (2.5km / 10km / 1.25km)

PERSONAL DETAILS:

First Name: Surname:
 Age: Sex: M F Membership No.:
 Cell Phone No.: Email:

INDEMNITY: On entering the event, I hereby indemnify the event organisers/sponsors/ECTA/TSA against any claim whatsoever which may arise directly as a result of my participation. I undertake to abide by the rules and regulations covering the event.

Signature: Guardian: (U/18): Date:
 Emergency Contact: Tel. No.:

OFFICE USE: Race Fee: Member: R Non-member: R
 New Membership Fee: R Cash Cheque EFT RACE #