**PLEASE READ WHAT FOLLOWS VERY CAREFULLY BEFORE SIGNING IT AND RETURNING IT WITH YOUR ENTRY FORM. THIS DOCUMENT HAS LEGAL CONSEQUENCES. BY SIGNING IT, YOU WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS AGAINST: (1) THE MID-SUSSEX TRIATHLON CLUB, (2) THE ARDINGLY ACTIVITY CENTRE AND (3) SOUTH EAST WATER. YOU MAY WISH TO TAKE INDEPENDENT LEGAL ADVICE BEFORE SIGNING IT.**

1. I understand that each of the disciplines of triathlon - running, bicycling, swimming – as well as the transitions and transition areas between disciplines, are inherently dangerous and physically and mentally demanding. I am aware that this session will involve: (i) an open water swim over a 1.9 Km course in the Ardingly Reservoir; (ii) a cycle route of 80 Kms that will be held entirely on open public roads, where there will be unrestricted vehicular, pedestrian and other traffic, and (iii) a 21 Km run over a course that is mainly on off-road public footpaths and bridleways adjacent to the Ardingly Reservoir. I understand that I will be participating in the event at my own risk. I accept and assume all of the risks associated with my participating in the session.

I have been advised to familiarise myself with the cycle and run routes. I have been given access to electronic maps of each of the routes. I have read and understand the risk assessments completed for each of these routes and for the swim.

I will wear a wet suit and a swim cap for the open water swim.

2. I understand and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to participate in the session.

I am physically and mentally fit enough and sufficiently trained to participate in it. I have not been advised against participating by a qualified/registered medical practitioner.

3. I understand and agree that it is my responsibility to take out and maintain suitable insurance cover against any injury I might sustain, or any damage that might be caused to my or others property, because of my participation in the session.

I have been advised to join one of the three home nations triathlon associations - Triathlon England/Triathlon Scotland/Welsh Triathlon.

I will behave responsibly throughout the event. I will accord with the relevant British Triathlon Federation guidelines, club policies and the Highway Code at all times.

4. I, acting in my own right and on behalf of any person or legal entity that might claim or sue on my behalf, waive and release from any claim, demand, loss or liability of any kind the following:

* The Mid Sussex Triathlon club
* The Ardingly Activity Centre
* South East Water

I have read and understand all of the points made above. I agree to and accept them without qualification.

Signed ……………………………………………………………………………Date…………………………………

Print name please…………………………………………………………………………………………………….

|  |  |
| --- | --- |
| **Surname**: | **Forename(s)**: |
| **Address**:  **Post Code**: | |
| **Age**: | **Date of birth**:  / /19 |
| **Telephone Number**: | **Mobile Number**: |
| **Email address**: | |
| **BTF membership No**: | |
| Please provide any details about any **medical condition/disability** that you have, together with information about medication and whether it will be carried during the event or where it will be otherwise accessible: | |
| Emergency contact: | |
| **Full name** **of person to be contacted**: | |
| **Address**:  **Post code**: | |
| **Relationship**: |  |
| **Telephone Number**: | **Mobile Number**: |

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| **Fees:**  The following fees will be charged to cover the costs of the session as a whole. Please make cheques payable to Mid-Sussex Triathlon Club.  **The non MSTC members extra levy and all profits goes directly to our charity.** | | |
|  | **State entry** |  |
| **Full course:**  **MSTC member:**  ***£20 BTF /£23 non BTF***  **Non Member:**  ***£30 BTF /£33 non BTF*** |  |
| **Partial course:**  **MSTC member:**  ***£15 BTF/£18 non BTF***  **Non Member:**  ***£25 BTF/£28 non BTF*** |  | Please specify which disciplines and what distances you intend to do: |
| **Relay:**  **MSTC member:**  ***£7 BTF/£10 non BTF***  **Non Member: (+£10 per team)**  ***£7 BTF/£10 non BTF*** |  | Please specify which discipline you will be completing & the names of the other members of your team:  Swim:  Cycle:  Run: |

|  |
| --- |
| Course options (mix and match the distances to suit you):   * Swim Full Distance: 1900m   + Swim Partial Distance: 1000m * Bike Full Distance: 79.1km (49.2 miles)   + Bike Partial Distance: 43km (26.7 miles) * Run Full Distance: 21km (13.1 miles)   + Run Partial Distance: 14km (8.1 miles) 2 loops   + Run Partial Distance: 7.1km (4.4 miles) 1 loop |