

## ENTRY FORM The TriSailThon Challenge 15 March 2015

ENTER before midnight, Thursday 12<sup>th</sup> March 2015

LATE ENTRIES accepted up to 09h30 Sunday 15<sup>th</sup> March, but will incur a time penalty.

Entries will be limited to 50 starters.

Enter by e-mailing your entry to [manager@zvyco.co.za](mailto:manager@zvyco.co.za) with the information filled in below.

There is no entry fee.

By entering this event I acknowledge that I have read and understood the Notice of Race and rules for the event and that I and my team will compete entirely at our own risks.

### Individuals:

Skipper/stroke Name: \_\_\_\_\_

Name of Team: \_\_\_\_\_

Gender: Male/female

Class of boat (rowers state scull, pair, quad, eight): \_\_\_\_\_

Helm/Stroke age on 15<sup>th</sup> March 2015: \_\_\_\_\_ years

Are you competing as an individual in all three legs: YES/NO

Are you or a team mate doing the running/walking leg YES/NO

Are you or a team mate doing the cycling leg YES/NO

### Only teams need to complete the following:

Family team (mother/father/children) YES/NO

Runner/Walker's name: (if different to above) \_\_\_\_\_

Walking or Running? Walk/Run

Runner/Walker's age on 15<sup>th</sup> March 2015: \_\_\_\_\_ years

Runners/Walker's gender Male/female

Cyclist's name: (if different to Runner/walker) \_\_\_\_\_

Cyclist's age on 15<sup>th</sup> March 2015: \_\_\_\_\_ years

Cyclist's gender Male/female

Does your bicycle have knobbly (MTB) tyres YES/NO