



VLA EVENTS IN ASSOCIATION WITH

Ukresults.net and DJ Cycles



Presents the

MedEquip4kids
The children's health charity



The Helwith Bridge Duathlon

Sunday 19th October 2014 - 10.00am

VENUE: Helwith Bridge Inn, between Settle and Horton
Home of the Yorkshire Dales

Run 4 miles, Bike 23 miles, Run 4 miles

(All distances approximate)

Open to relay teams of 2/3 as well - a team has one person per discipline.

All money post expenses will go to the MedEquip4kids
Extensive Prize List

Entry fee: £16.50 Individual entry £27 Relay Team entry: On the day £20.00 Individual £35 Relay Team entry

Closing postal date – Wednesday 15th October 2014 Minimum Age: 16 Years

Please enclose a 9X6 SAE if information required or tick below to receive information via email

Cheques made payable to "VLA Events" and post to:

VLA Events, 12 Near Hey Close, Radcliffe, M26 3YY

Relay teams - please complete separate form for each competitor

For further information Tel. 0771-3599601 or the website www.vlaevents.co.uk

Enter online at www.ukresults.net for no extra charge!

The Helwith Bridge Duathlon 19/10/2014

Forename _____ Surname _____

Address _____

Official Use
Number

Postcode _____ Email _____

Tel _____ Club/Team Name (if any) _____

D.O.B. ___/___/___ Age on day of race _____ Male ___ Female ___ (tick)

If relay member I will be competing in the 1st Run/Cycle/2nd Run

(Circle as required)

Cheque to VLA EVENTS is enclosed for £ _____ Receive race info. Via email yes/no

The minimum age for this event is 16 years.

Please enter me for the Helwith Bridge Duathlon. I agree to abide by the rules of the event and do not hold the event organisers or representatives responsible for any loss or damage howsoever caused to my person or property before, during and after the event. I understand that my Bicycle has to be in a fit condition to take on this challenge and a helmet **MUST** be worn. I understand that there is no personal insurance and any third party damage I cause will be charged against me. I also understand that there will be no refund unless the event is cancelled by the race organisers.

Signed _____ Date _____