

ENTRY FORM

Post your entry form and fees to:
The Lulworth Triathlon Challenge
Estate Office
Lulworth Castle
East Lulworth
Wareham
Dorset
BH20 50S

ARE YOU UP TO THE LULWORTH TRIATHLON CHALLENGE?

The Lulworth Triathlon is to be held in one of the most beautiful parts of England, on the Jurassic Coast in Dorset. It involves a 500m swim across the world famous Lulworth Cove, a 20km cycle through countryside villages and a 10km run through ancient park and woodland.

It is intended to be a fun but challenging exercise for all involved and also to raise much needed funds for the RNLI, a charity which has saved over 137,000 lives at sea since it was founded in 1824. For more information on this charity please visit www.rnli.org.uk.

Entries are welcome from teams of 3 and individuals (limited places available). Complete the attached entry form NOW if you are up to the LULWORTH TRIATHLON CHALLENGE. Completed entries must be received before July 31st 2007.



www.lulworthtriathlonchallenge.co.uk

THE LULWORTH TRIATHLON CHALLENGE

..... COULD YOU?

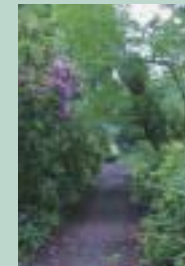


SWIM
ACROSS
THIS



BIKE
THROUGH
THIS

OR



RUN
THROUGH
HERE

AND RAISE MONEY FOR THE RNLI

THE CHALLENGE

16TH SEPTEMBER 2007

Teams of 3 are invited to complete the challenge of:

- Raising a Minimum of £100 sponsorship for the RNLI charity.
- Swimming approx 500m across Lulworth Cove.
- Biking approx 20km from the Cove and finishing at Lulworth Castle.
- Running approx 10km around the Lulworth Castle Estate.

Each member of the team is to complete one discipline as a relay.

The challenge will be followed by a delicious buffet lunch at Lulworth Castle.

Entries from individuals are welcome but limited spaces are available.

Entry fees are £35 per person plus a minimum of sponsorship for each person of £100.

The more you can persuade people to sponsor you the better. ALL money raised from sponsorship goes directly to the RNLI.



Need More Information?

Contact: Sara Weld / Jenny Bown

Email: triathlon@lulworth.com

Tel: 0845 450 1054

www.lulworthtriathlonchallenge.co.uk



THE SCHEDULE



Arrive at Lulworth Cove Car Park for morning registration.



*Swim (500 m).
Bike (20 km) when tagged by swimmer.
Run (10 km) when tagged by biker.*



Prizegiving at Lulworth Castle.



*Relax and enjoy lunch at Lulworth Castle.
Ask friends and family to join you. Extra tickets £15 pp. Children up to 12yrs £5pp.*

TAKE UP THE CHALLENGE

To enter, please complete the following form, enclose your entry fee and post to The Lulworth Triathlon Challenge, Sara Weld, Lulworth Castle, Estate Office, East Lulworth, Wareham, Dorset BH20 5QS by 31st July 2007.

THE LULWORTH TRIATHLON CHALLENGE ENTRY FORM

| | | |
|---|-------------------------|-----------|
| TEAM/INDIVIDUAL ENTRY NAME: | TEAM LEADER (IF APPLIC) | POSTCODE: |
| ADDRESS: | | |
| CONTACT TEL: | EMAIL: | |
| TEAM MEMBERS (IF APPLIC) SWIM: | EMAIL: | |
| TEAM MEMBERS (IF APPLIC) BIKE: | EMAIL: | |
| TEAM MEMBERS (IF APPLIC) RUN: | EMAIL: | |
| I ENCLOSE A CHEQUE/POSTAL ORDER MADE PAYABLE TO THE LULWORTH TRIATHLON CHALLENGE FOR: £95 TEAM FEE (£35 PER MEMBER INCL LUNCH) OR £35 INDIVIDUAL FEE (INCL LUNCH) | | |
| PLEASE SEND ME EXTRA LUNCH TICKETS ADULT LUNCH AT £15.00 PER HEAD CHILD LUNCH AT £5 (UP TO 12 YRS). | | |
| <input type="checkbox"/> I will be over 16 years of age on the 16th September 2007. I pledge to raise £100 in sponsorship and understand that this money will go to the RNLI Charity. I enter entirely at my own risk and will not participate unless I am fit to compete. Furthermore, I agree that the organisers will in no way be held responsible for any injury, loss or illness incurred to my person or property during or as a result of this event. | | |
| ON BEHALF OF TEAM ENTRY - SIGNATURE: | | DATE: |
| ON BEHALF OF INDIVIDUAL ENTRY - SIGNATURE: | | DATE: |

www.lulworthtriathlonchallenge.co.uk