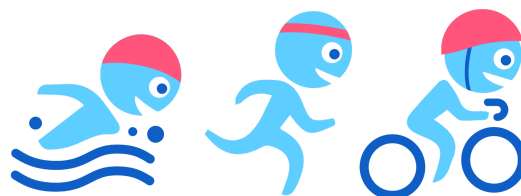




Grandpont
Nursery School
Childcare
Family Room



**FAMILY
TRIATHLON**

Triathlon Entry Form

Sunday 24rd Sept 2023

Personal Details (if handwritten, please complete in block capitals)

Please list all participants below (including yourself if you are participating)

For T-shirts, tick or put S, M, L or XL in the box (adult sizing is generous).

Kids sizes are XS (3-4 yrs), S (5-6 yrs), M (7-8 yrs), L (9-11yrs), XL (12 upwards).

All participants		T-shirt?		Age (if under 18)	please tick			(leave blank)	
First name	Surname	adult £15	kids £10		swim	run	cycle	Entry No.	Sponsored amount

We have kept entry fees low to encourage extra donations via sponsorship. If you raise sponsorship of over £50 per entrant or £80 for a family you can ask for a refund of your entry fee. In the event of cancellation your money will be returned. For t-shirts, please add £15 per adult / £10 per child and return your form before Tues 5th Sept..

Entry fee: ☐ Family (£20) ☐ Individual (£10)

☐ **Gift Aid** (please tick this box if you are a UK taxpayer and agree to the terms overleaf)

Declaration (please tick the following 2 boxes)

- ☐ By signing this form I certify that I (and the other participants on the form) have no health reasons which would stop us from taking part. All participants taking part in the can swim at least 30 metres unaided. I understand that all cyclists will wear a helmet for the cycling section.
- ☐ I, on behalf of my family declare that I/we will abide by the rules and obey the highway code. I accept that Grandpont Nursery School Association, staff and associated volunteers are not liable for any loss, damage claim or expense which may arise as a consequence of our participation in the event, no matter how caused.

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Entry forms and fees to be returned to the South Oxford Family Room or by email as soon as possible before Friday 8th Sept. Please return all sponsor forms and sponsor money to the Family Room before 31st November.

Please make any cheques payable to Grandpont Nursery School Association.

GIFT AID DETAILS

If you have ticked the Gift Aid box overleaf, it will allow the Grandpont Nursery School Association to reclaim your entry fee (as detailed overleaf) from the tax you pay for the current tax year. To do this you must be a UK taxpayer and understand that if you pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all your donations it is your responsibility to pay any difference. Your address is needed to identify you as a current UK taxpayer.

Please notify us if you:

- want to cancel this gift aid declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.