



# Fun Fitness Friendship



## The Triple F Challenge Registration Form Cromwell and Surrounds - 26 & 27 April 2024

- Please read this Registration Form and the Triple F Challenge Information sheet thoroughly before completing both pages of this registration form.
  - One registration form per person please.
  - Please return completed, signed and dated registration forms to Pat Macaulay by Friday, 12 April 2024.
  - Forms may be returned by either: emailing to [pat.macaulay@outlook.com](mailto:pat.macaulay@outlook.com) (**PREFERRED**) or posting to 12 Holborn Avenue, Mosgiel 9024.
- Please note: If you post your form, please phone Pat on **027 201 6921** to let her know to expect it.

### Registration details

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Contact number \_\_\_\_\_

Are you a Member of RWNZ?  YES  NO

If yes, are you a member of a Branch? Which one? \_\_\_\_\_

Or are you an Individual member \_\_\_\_\_

Your emergency contact person and contact number \_\_\_\_\_

Do you have any dietary requirements? (*Please specify*) \_\_\_\_\_

Do you have any health issues that we should be aware of? (*Please specify*) \_\_\_\_\_

### Duty of Care Policy

- All participants will take personal responsibility to prevent/avoid accidents and injury to themselves or others.
- All participants are fully responsible for their own personal belongings. This includes if you choose to bring your own bike.
- RWNZ, Region One, as coordinators of this event will not be held liable for any accidents, damage or theft but will ensure to the best of our ability not to expose anyone to unnecessary risk.

**I agree to this Duty of Care Policy for the Triple F Challenge 2024 by signing this form:**

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Counter-signed RWNZ \_\_\_\_\_ Date \_\_\_\_\_

Counter-signed acceptance returned on \_\_\_\_\_

### CANCELLATION POLICY

Please let Pat know immediately if you have registered for Triple F but are unable to attend. Sorry, there will be no refunds for cancellations made by participants after 14 April 2024.

## Registration Costs (as per your selection)

Full registration (per person)		\$185.00
Extra people for dinner on Friday 26 April @ \$60pp x _____	=	\$
Extra people for dinner on Saturday 27 April @ \$63pp x _____	=	\$
<b>Total amount payable</b>	=	\$

Please note: Non-members, husbands, partners, friends and family (including children) are welcome to take part in Triple F. Extra guests attending Friday and Saturday dinners will be at their own cost as set out above.

## Payment details

Please pay the **total amount payable** by internet banking to:

Account name: **RWNZ TRIPLE F CHALLENGE**  
Account number **03 1725 0097086 00**  
Branch and bank: **Mosgiel Branch, Westpac**

**NB: PLEASE INCLUDE YOUR NAME AS REFERENCE**

## Triple F Challenge 2024 Programme

### Day One: Friday 26 April

10.00am	Meet at The Gate to register, sign in and enjoy morning tea
10.45am	Depart for Highlands Motorsport Park. You choose how you go: walk, cycle, or drive
11.30am	Highlands - enjoy lunch, a Museum Tour & a circuit of the track
2.30pm	Make your way to Old Cromwell Town for an afternoon walk
4.30pm	Meet for a group photo shoot at the Fruit Bowl (which is opposite The Gate)
5.00pm	Friendship hour with drinks followed by dinner
Evening	Sit back and enjoy the Otago/Southland Rowley Brooch Speech Competition The topic is "If I were Prime Minister for a day.."

### Day Two: Saturday 27 April

10.00am	Meet at The Gate carpark for departure to the Bannockburn area. You choose how you go: walk, cycle or drive There is a lot to do in this old part of Central Otago - visit old diggings and the wineries (of course)
12.30pm	Lunch at Carrick Winery including an introduction to the winery and a tasting. Return to Old Cromwell Town
5.30pm	Meet at the Victoria Arms Hotel for an early evening meal Programme ends after dinner

## Enquiries or questions?

Please contact one of the Triple Challenge Committee members:

Raewyn van Vugt	027 448 8957	whitegold@rivernet.co.nz
Pat Macaulay	027 201 6921	pat.macaulay@outlook.com
Lynda Perniskie	027 951 1182	pernyldna87@gmail.com

## THE SELECTED CHARITY FOR TRIPLE F CHALLENGE 2024 IS K9MD

Every Triple F Challenge chooses a charity to be the recipient of funds raised during the programme. The 2024 Organising Committee has chosen K9MD. Please give generously.