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**Superhero series – tri challenge**

**Sponsorship form**

**Hello! My name is …………………………. and I am taking part in the 2019 superhero tri challenge.**

**Please sponsor me to: 🞎 swim 150m / 🞎 cycle 3k / 🞎 run or walk or be pushed 1k**

**I am one in a team of 3 people completing a mini triathlon in support of Richmond AID.**

Richmond AID is a charity run by and for disabled people. It provides advice, information and activities for people with all kinds of disabilities. [www.richmondaid.org.uk](http://www.richmondaid.org.uk)

If you are a UK tax payer, please tick the Gift Aid box. This means we will get an extra 25p from government (tax relief) for every pound you give.

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| **Name** | **Address/Email** | **Phone** | **Amount** | **Paid?** | **Gift Aid?** |
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