



Swakop Valley Stables

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INDIVIDUAL INDEMNITY FORM

Name: _____ Age _____

I the undersigned understand that I take part in **all three events** of this Swakop Valley Stables triathlon at my own risk and indemnify the organisers and sponsors against any claim, which may result from my participation

Signed _____ on the _____ of _____ 2006

Parents are to sign if the child is under 18 years of age