



British Duathlon Championships 2008
Youth, Junior & Elite Senior

Parc Bryn Bach, Tredegar
 Saturday 19th April 2008

Race distances

(All ages as at 31st December 2008)

Youth's (Age 15-16) 2.5km Run, 10km Cycle, 1.25km Run []

Juniors (Age 17-19) 2.5km Run, 20km Cycle, 5km Run []

Seniors (Age 20+) 10km Run, 40km Cycle, 5km Run []

Seniors must be able to complete the first 10km in 38mins(men) 43mins (women), please provide proof of recent performances

You must be a current Home Nation's member to compete.

Name

Address

.....Post Code

Telephone

Email

Home Nations Membership number

DOB/...../..... Age..... Gender : Male / Female

Club

DISCLAIMER. Parents signature required for under 18.

Unsigned entry forms cannot be accepted & will be returned. I declare that I am of good health & fit to compete in a duathlon & do so at my own risk. I will abide by the rules of British Triathlon and agree to their terms & conditions. I will cycle with care & attention & abide by the normal rules of the road. I accept that the organisers & their friends & associates are not liable for any loss, damage, claim, injury (including fatal) or expense that may arise in consequence of my participation in any of the above events.

British Triathlon reserves the right to refuse entry.

Name Signature (guardian if under 18)

Entry Fee: £30 cheques payable to British Triathlon

Please return to: Mhairi Billington, British Triathlon, PO Box 25, Loughborough, LE11 3WX
 01509 226161, info@britishtriathlon.org

For up to date event information please go to www.britishtriathlon.org

Online entry will be available from 1st March 2008.

Closing date for entries – 11th April 2008