



Hawridge International Duathlon

PLEASE NOTE

(The race will take place subject subject to BTA Sanctioning)

Max 100 Entries

Tuesday 8th June 2010

COURSE

A challenging, multi-terrain course of 2.5 mile run, undulating 11 mile on-road cycle, 2.5 mile run. Please note that cycle helmets must be worn for the bike section.

START

*The race starts and finishes at the Cricket Club, Hawridge Common, registration at 7pm
Race start 7:30pm*

RACE HQ

Race HQ is at the Hawridge Cricket Club, toilets are available. As it is essential that the main road is kept completely clear, please park in the space allotted by the marshals

REFRESHMENTS

Drinks will be available at Cricket Club Bar.

Fish and Chip suppers or Chips only will be supplied after the race finish. These need to be pre-booked and paid for in advance at a cost of £6 per Fish and chip supper or £2.50 chips only. Please complete the relevant section on the entry form.

PRIZES

Age Group and Finishes Medals !

ENTRIES

*The Entry Fee is £14.00 for BTA Members and £16.00 for Non BTA Members
Fish and Chips - £6.00
Chips - £2.50*

Please complete attached entry form and return to:

Matt Kirby

15 Eunice Grove

Chesham

Bucks, HP15 1RL

Tel: 01494 791669 or 07836 709584

matt.kirby@btinternet.com

FOR ALL YOU BIKE MAINTENANCE, REPAIR AND SERVICING CONTACT JEZ CRICK ON 07752 428153

www.chiltern-harriers.org.uk



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International Duathlon

(SUBJECT TO BTA SANCTIONING)

Entry Form

Tuesday 8th June 2010

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ENTRY FORM: Please use BLOCK CAPITALS

First Name..... Surname.....

Male/Female (Please indicate with 'M' or 'F')

Address

.....

Post Code BTA No:.....

Telephone No.....

Email Address

Date of Birth..... Age (yrs).....

Number of "Fish and Chip" Suppers Required....., full payment of £6 each (Chips only available at £2.50) to be enclosed with Entry Form, cheques payable to M J Kirby please.

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Entry closing date: Friday 28th May 2010

Declaration to be signed by all entrants: I declare that I understand that I participate in this event at my own risk and that the organisers and landowners will not be responsible for any loss or injury sustained by me.

Signature

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