



Hereford Duathlon 2010

Sunday April 25th, 9am

At, and by kind permission of
Whitecross Sports College, Hereford

5 mile Run, 17 mile Bike, 2.5 mile Run
(Beginner's Race - 2.5 mile Run, 17 mile Bike, 2.5 mile Run)

ENTRY FEE: £15.00

BTF refund of £2:00 on production of a valid licence.

Entry fee includes day membership of the BTF for those who aren't members.

Day membership provides you with civil liability and personal accident insurance cover during the event.

Please print in block capitals and circle where applicable.

NAME:

TEL NO:

ADDRESS:

E-MAIL ADDRESS:

DATE OF BIRTH:

SEX: M / F

ESTIMATED SWIM TIME:

CLUB:

BTF NO:

DECLARATION: I hereby declare that I am aware that I enter the Hereford Triathlon at my own risk. I know of no medical reason why I should not race. I agree to abide by standard BTF race rules and the normal rules of the road during the cycle section.

SIGNED:

DATE:

Cheques should be made payable to: "Hereford Triathlon Club".
(If you have a voucher from the 2009 triathlon please include this and deduct the amount from your cheque)

Entry forms should be sent with cheque to:

Nicola Goodwin
2 Poplar Cottages
Watery Lane
Hereford
HR2 6JN

Race details, entry list, results and maps will be available at: www.herefordtriathlonclub.co.uk.

Race registered with the British Triathlon Federation