

Croups Llandow Duathlon Series 2010

Llandow Race Circuit, Nr Cowbridge, Vale of Glamorgan CF71 7PB

Safe Traffic-free Racing

Series races (3k run + 14k bike + 3k run) start at 7.30pm

Series Race 1
Wed 12th May

Series Race 2
Wed 16th June

Series Race 3
Wed 7th July

Entry Fee per Race : £10 BTA/WTA
£13 Non BTA/WTA

Relay Entry Fee per Race: £15 BTA/WTA
£18 Non BTA/WTA

Categories : Male and Female ~ Youth (15,16) ; Jnr (17-19) ; Snr ; Vet 40 ; Vet 50; Vet 60

All races are BTA sanctioned events. There will be a limit of 150 competitors per race. Individual and Series results will be compiled.

Surname : _____ Forename : _____

D.O.B. : _____ Age as at 31/12/09 : _____ Male / Female

Address : _____

Post Code : _____ Phone : _____ e-mail : _____

Club / Team : _____

BTA/WTA Number : _____ Non BTA/WTA Members please tick box

RELAY ~ 2nd member please complete separate form

www.lescroupiersrunningclub.org.com/triathlonmultisport

Tel. Enquiries : 07968 374467

Cheques payable to : Les Croupiers R.C.

Return forms and Cheques to : Croups Llandow Duathlon, 203 Edward England Wharf, Lloyd George Avenue, Cardiff. CF10 4QL. No SAE required. No race packs sent out, collect your number on the day.

Disclaimer:

I declare that I will abide by the rules of the British Triathlon Association (details on www.britishtriathlon.org). I accept that taking part in this event is by its nature hazardous and contains inherent risks. I agree that I participate entirely at my own risk and accept that the BTA/WTA, its agents, the event organisers and their associates are not liable for any loss, damage, claim, expense, injury or accidents which may arise as a consequence of my participation at this event. I will run/cycle/run with care and attention, abiding by the rules of the event and remain responsible for my own property. I am in good health and fit enough to take part.

Signed : _____

Date : _____

Signed by Parent/Guardian if under 18