

EASTNOR CASTLE MIDDLE DISTANCE TRIATHLON

1900m swim - 50 mile bike - 10 mile run

24TH SEPTEMBER 2006

- Chqs payable to MR T A KINGDON sent to Tri Coaching UK, 3 The Poplars, Upper Lydbrook, Glos, GL179PP
- Cashing of Chq confirms entry
- SAE not required unless you don't have access to the internet
- Entry on the day only available at the Forest of Dean Duathlon
- For race information visit www.tricoachinguk.org, email racing@tricoaching.org or phone Trevor on 07854240319
- For Marshalling opportunities please phone Trevor on 07854240319

www.tricoachinguk.org

First Name: _____

Surname: _____

Address: _____

D.O.B. _____

Postcode _____

Tele: _____

Email: _____

Club Name: _____

BTA No: _____

Affiliated - £60 ____

Non Affiliated - £63 ____

Relay - £70 ____

T-Shirt Size S M L XL

All Tri Coaching events are run under British Triathlon rules and all entrants need to be members of the BTA. All non members pay a day membership fee. Affiliated members must show their membership card or pay the levy.

On entering this event I do so in the knowledge that by its nature there are inherent risks. I also declare I am fit enough to partake in this event. I will not hold the organiser or its appointed officers responsible for any injury or loss - If this were not true the event organiser would not accept my entry

Signed: _____

Dated: _____

Please tick here if you do not want to be contacted by the race sponsors

