

**Tri Coaching Uk**  
**Presents**  
**FOREST OF DEAN RACE SERIES 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 Duatlon
- For race information visit [www.tricoachinguk.org](http://www.tricoachinguk.org), email [racing@tricoaching.org](mailto:racing@tricoaching.org) or phone Trevor on 07854240319
- For Marshalling opportunities please phone Trevor on 07854240319

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Tele \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Email \_\_\_\_\_

Post Code \_\_\_\_\_

Club Name \_\_\_\_\_ BTA No' \_\_\_\_\_ Estimated 400m swim Time \_\_\_\_\_

Are you a novice? **Yes/No**

(Novice = completed 2 or less Triathlons)

RACE	DATE	COST	T,SHIRT SIZE
LYDNEY 400m,20k,5k	7th May 2006	Bta £23___ Non Bta £26___ Relay £30___	S, M, L, XL ____
Forest Of Dean Sprint 750m, 20k,5k	2nd July 2006	Bta £26___ Non Bta £29___ Relay £35___	S, M, L, XL ____
Forest of Dean Duathlon 5k-20k-5k	8th October 2006	Bta £15___ Non Bta £17___ Relay £20___	S, M, L, XL ____
RACE SERIES	Enter all 3 races in advance to receive a discount	Bta £58___ Non Bta £65___ Relay £80___	