

Supported by
Helly Hansen and
Run and Become

Winter Duathlon Series

www.glentressduathlon.com
Glentress Forest, near Peebles, Scottish Borders



www.entrycentral.com
Enter on-line

Single Person bike and run: **Two Person Team (biker/runner):**

Entry Reqd	Race Entry -TS Race Lic. Holder	Race Entry -No TS Race Licence	Series Entry-TS Race Lic. Holder	Series Entry -No TS Race Licence
Single person	£10*	£12	£24*	£30
Team (biker/runner)	£18*	£22	£44*	£56

* Triathlon Scotland Race Licence Number Required for reduced rate _____

Sunday, 29th November 2009 – Medium (Winner 30min MTB/ 30min Hill Run) tick for entry

Sunday, 24th January 2010 – Short (Winner 20min MTB/ 20min Hill Run) tick for entry

Sunday, 28th February 2010 – Long (Winner 45min MTB/ 45min Hill Run) tick for entry

All races start at Buzzards Car Park: 12:00

Enter on-line or... Entry Form and Cheque (Pay “Glentress Duathlon”) to:
GDS, PMS Ltd, Midlothian Innovation Centre, Pentlandfield, Roslin EH25 9RE
Course Info from the website www.glentressduathlon.com

More info? See website or phone: Hub 01721 721736 / Peter 01721 724474

	Biker Details		Runner Details (if diff)		
Name(s)					
Address					
Address					
Emergency Tele No.					
e-mail					
Race Distance	Medium (29Nov09)	Short (24Jan10)	Long (28FEB10)		
Age(s) on Day of race e.g. 43yr					
Declaration <i>Must be signed prior to Entry being accepted</i>	<p>The participant(s) undertakes these races in the knowledge that they are dangerous pastimes. The Organisers cannot be held liable for injury or other accidents/events during the race. Please ensure you are fit and experienced to undertake this event, with adequate personal/equipment insurance. Your signature below declares you will abide by the above conditions of race entry. STA/SHR Safety Rules apply. Do not enter unless you have fitness/skill to compete. No Dogs allowed on course. Full Body Cover must be carried. Kit will be checked. Sign if you agree to abide by these Rules.</p> <p>Sign Date 1st member</p> <p>Sign Date 2nd member (if approp.)</p>				