

CIRENCESTER OFF ROAD DUATHLON

**2 mile run • 10 mile mtb bike • 2 mile run
also 1 mile • 5 mile • 1 mile
Sunday 15 November 2009
Sunday 14 February 2010
10am start**

Supported by
Noahsark Bikes/Boards
www.noahsark.co.uk
and
Specialized Bikes
www.specialized.com

Entry

Cashing of cheque confirms entry to race. Race information will be sent out 10 days prior to the event. **Please send 1 x SAE for number and details.** Withdrawals must inform us in writing - 70% refund given up to 14 days prior to event. Postal entries taken up to three days prior to event. No transfer of entry. Field limited so enter soon! A memento to all finishers. Further information available on this site or please contact Tri Ferris Promotions on 01793 853933 (day), email: triferris@btinternet.com.

Long Event 2 miles - 10 miles - 2 miles/also relay

Open to anyone who can cover the distance, please note: bike course on wooded trails and some hills so be prepared to be out a lot longer than if you are on road or gravel tracks, off road riding is a lot harder. Relay teams should be made up of one runner and one cyclist male or female. Minimum age for 2009 long event is 17 by 31/12/2009.

Short Event 1 mile - 5 miles - 1 mile

This event is aimed at all abilities; including anyone who likes to keep fit for fun and who wants a new challenge. If this is your first MTB event we recommend this distance to start. Minimum age for 2009 short event is 14 by 31/12/2009.

Results

Chip timing results on race day and on: www.triferris.com. If you require printed results please provided extra SAE.

Full Name _____
Address _____

Post Code _____
Date Of Birth _____
Age On 31/12/09 _____
Relay Team Name _____
Relay Team Members _____ Run
_____ Bike

Have you competed in a multisport event before YES/NO
Have you competed in a MTB event before YES/NO
Club (if any) _____
Email Address _____
Tel No (day) _____
If you do not wish to receive details of future TriFerris events,
please tick box

please tick box where applicable

Sex Male Female

15 November 09 Long Event 2m/10m/2m £17.00

15 November 09 Relay 2m/10/2m £21.00

15 November 09 Short Event 1m/5m/1m £14.00

14 February 10 Long Event 2m/10m/2m £17.00

14 February 10 Relay 2m/10/2m £21.00

14 February 10 Short Event 1m/5m/1m £14.00

disclaimer

I accept that taking part in this event is by its nature hazardous and contains certain inherent risks. I agree that I participate entirely at my own risk and accept that 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 negligence 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 have done sufficient training to safely complete the course.

Signature _____ Date _____
Parents Signature if under 17.

**Make cheques payable to: Tri Ferris Promotions The cashing of your cheque confirms your entry into the race.
Please send 1 x SAE for event details and Numbers.**

return to: MIB Duathlon, 4 Lindisfarne, Woodshaw, Wootton Bassett, Wilts, SN4 8LQ.