



## BRAMHALL RUNNERS DUATHLON



5km run      20km bike      5km run

**SUNDAY 22<sup>ND</sup> JUNE 2014 at 8:30am**

- Venue:** Total Fitness, Woodford, Cheshire, SK9 3PE
- Visit:** [www.bramhallrunners.co.uk](http://www.bramhallrunners.co.uk) or Bramhall Runners facebook page for race information
- Facilities:** Toilets, Refreshments, Parking
- Entry Fee:** £15:00 (There will be no on the day entries)
- Race Limit:** : Race Limit 125

Name:

Gender:      Age on race day:      DoB:      /      /

Affiliated Club:

Address:

Town/City:

County:      Postcode:

Tel:      or Mobile:

eMail (req.):

I confirm that I am medically fit to take part in this duathlon and take full responsibility for my own health and roadworthiness of my bicycle. I accept that the organisers or the sponsors will not be held responsible for any loss, damage, illness or injury sustained before, or as a result of taking part in this race.

Signed:      Date:      /      /      Fee:      £

**Return to:** Anthony Ward, 10 Swan Close, Poynton, Cheshire, SK12 1HX

**Cheques Payable to:** BRAMHALL RUNNERS

**Note 1:** Entries must be received on or before Wed 18<sup>th</sup> June 2014.

**Note 2:** Race numbers to be picked up on the day.

The race is open to beginners/children/experienced duathletes/triathletes. Team entries and family entries are welcome but children under 11 to be accompanied by an adult on both the bike and run.