



**Tri - Anglia**

[www.tri-anglia.co.uk](http://www.tri-anglia.co.uk)



# the diss duathlon 2008

**SUNDAY 6<sup>TH</sup> APRIL DISS HIGH SCHOOL**

Distance: 5k run / 30k bike / 5k run

Start time 1<sup>st</sup> wave 09.30

Now in its 3<sup>rd</sup> year the Diss Duathlon is a great early season event to start your racing year off. The 1st 5k run loop takes you through the old market town centre, this then is followed by a fast & frantic 3 lap bike course on quiet country lanes, you then finish with a repeat of the 5k run through town. Age group prizes, goody bags, race momento, ample parking, hot showers & changing plus sumptuous refreshments – A great day out!

## Entry details:

First name:		Surname:	
Date of birth:		Age on 31/12/08:	
Address:		Gender:	Male / Female
		Post code:	
Contact telephone:		Contact email:	
Club name:		BTF member?	Yes / No
T-shirt size: (please circle)	Medium / Large	If yes, BTF number:	
Please tell us a bit about yourself:	Is this your first Duathlon?		
	Please give your estimated run/bike times	5k run:	
	Do you have a disability?	30k Bike:	
	What is your ethnic background?		
Entry fees: (please tick relevant box)	BTF Members £18 <input type="checkbox"/>	Non BTF Members £21 <input type="checkbox"/>	

Please make cheques payable to Tri-Anglia. Please send your cheque & completed form to: Tri-Anglia, 17, Dyers Yd., Norwich, NR3 3QY. If you wish to receive race details by post please also enclose a stamped, addressed envelope, otherwise details will be sent by email. Your race number and goody bag will need to be collected at Registration on Race Day 0730 – 09.00. Refunds will be made up until 29<sup>th</sup> Feb 2008, less a £5 administration fee, no refunds will be made after this date. This event has been sanctioned by the British Triathlon Federation, for details of their third party insurance please go to [www.britishtriathlon.org](http://www.britishtriathlon.org). The BTF does not cover you for personal accident or injury, or for personal loss such as theft or damage of your bike, and you are advised to seek advice from your own insurer prior to competing in this event. Full race details are available on our club website [www.tri-anglia.co.uk](http://www.tri-anglia.co.uk)