



**Blackheath
& Bromley**

The Blackheath and Bromley Triathlon Club Proudly Present:
The 2nd Blackheath and Bromley Knee Trembler Duathlon.

Sunday 22nd August 9.30 am

5k (ish) Run (From Club: lap around Parris Handicap course in reverse)
20km (ish) Bike
5k (ish) Run (Lap around Parris Handicap course)

Course Records:	Men	Dave Beadle	85:14
	Ladies	Kate Pratten	93:15

All distances Very Unofficial. Entry By Invitation only.
Strictly only members of Blackheath and Bromley Harriers AC may compete.
All spectators welcome.
BBQ and Refreshments Available.

£5 Entry
IN ADVANCE ONLY NO ENTRY ON THE DAY
BBQ £5

For Further info please contact head of B&B Triathlon Deniz Mehmed
dmehmed466@o2.co.uk

I accept that the organisers will not be held responsible for any loss, damage or injury, howsoever caused, sustained by myself or any participant prior to, during or after this event and expressly waive the right to pursue any of the above or make any claim against the event. I understand that the organisers reserve the right to alter conditions or arrangements should circumstances require. I confirm that I am an amateur as defined by UKA Rules.

NAME:..... DATE OF BIRTH:.....

ADDRESS:

TEL NO:..... EMAIL ADDRESS.....

SIGNED..... DATED.....

If you suffer from any MEDICAL CONDITION, please note on reverse of Entry Form.