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# Methlick Duathlon

Sunday 7<sup>th</sup> November 2010

## WELCOME TO THE ANNUAL METHLICK DUATHLON

A spectacular setting for this event with one of the finest cycle routes in Aberdeenshire

Your entry has been accepted - please read the following information closely.

### Important Information for all Competitors

#### **Timetable**

09.00 -10.00	Registration Open (Beaton Hall)
09.45	Marshals Briefing at Registration
10.00 - 10.10	Race Briefing - Transition Area
10.15	Race Start
12.30	Prize Giving & Stovies (Ythan Vale Hotel)

Changing and toilet facilities are available. There is ample free parking (if used wisely!!)

The first run is on forest track and maybe muddy if poor weather.

The cycle route is on the public highway and normal rules apply.

Race Distances: Run 1 – 5km, Cycle - 18km, Run 2 - 3km

**Prizes: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall in each event and in age categories**

We must remind you that you undertake this race within the terms of the following disclaimer:

**Abide** by the rules and directions of the event organisers  
**Do NOT** compete unless you are in good health on the day of the race  
**Accept** that you will be competing in the race at your own risk and that the organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of your participation in the event.

If you have any questions, please email: [emma.martin@halliburton.com](mailto:emma.martin@halliburton.com)

Visit TPT Website [www.threepeakstri.org.uk](http://www.threepeakstri.org.uk) for race info, latest news and results