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**Trilogy Triathlon** and **Laois Sports Partnership** are bringing you a Duathlon for Primary School Students in three age groups.

The **Laois Children's Duathlon** will take place at the Portlaoise GAA Centre from 10.30am on Saturday, September 22.

The distances in this two-discipline sport are:

- U/8's - 200m run, 750m bike ride, followed by a 200m run to finish.
- U/10's - 400m run, 1.5km bike and a 400m run to finish.
- U/12's - 800m run, 3km bike and a 800m run to finish.

**To enter: complete the attached form and return with payment to Bracken's Gala, Stradbally Road. Entries may also be accepted on the day, but Only the first 80 entrants will be guaranteed a T-shirt and goody bag.**

A five euro entrance fee will be collected on the day. Participants must be accompanied by a parent or guardian for the duration of the event. **All participants must wear a helmet** and provide their own bicycle that must be in road worthy condition. More information available at [www.trilogy.ie/Kids.html](http://www.trilogy.ie/Kids.html).

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**Entry Details**

Name \_\_\_\_\_  
 Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_

School Name \_\_\_\_\_

**Consent**

Parent / Guardian Name \_\_\_\_\_  
 Parent / Guardian Contact No. School Name \_\_\_\_\_

Parent or guardian's Signature \_\_\_\_\_  
(Giving consent to the participation of the above child in the Laois Childrens Duathlon)