

Perth Road Runners

Established 1985
Affiliated to Scottish Athletics 1986



That time of year again when we wax our legs, apply the fake tan and slip into something cool.....and the ladies can do the same! Do you think you can give Froome and Contador a run for their money?

Club Duathlon

Date: **Thursday, 8th August 2013**

Location: **Pitcairngreen (4-miles northwest of Perth)**

Start Time: **18:45**

The duathlon course comprises of a 4.2 mile run followed by a double 6.2 mile cycle round Redgorton, past Battleby and through the Dryarch, circling back to Pitcairngreen.

- No entry fee
- Please wear a helmet
- Entry - individual or team
- Follow the Highway Code at all times
- Volunteers required to time-keep or marshal
- Limited marshalling on course / "Caution" road signs in place

Please Note: This is not a Stage of the Tour De France, so multi-coloured jerseys will not be awarded to winners