



Talbot Laboratories are the proud title sponsors of the

## Talbot Laboratories DUCT Trail Run Series

And we would love you to join us in enjoying the  
outdoors for a good cause.

### **Autumn Series:**

- 17 April 2010: Bishopstowe Hall (8 and 16km)
- 1 May 2010: Cumberland Nature Reserve (7 and 14 km)
- 15 May 2010: Table Mountain (exact location to be announced)

All events start at 6.30AM with registration from 5.30 AM • All entries through ROAG at [www.roag.co.za](http://www.roag.co.za) • Late entries will also be available on the morning at registration • Enter the series to get the trail run T-shirt • Cost: Short course (7km) – R60 Long course – (15km) – R85 • Enquiries: Andrew 082 603 4098 or Caroline 073 032 5738 • Participants are expected to provide their own liquids • More information at [www.roag.co.za](http://www.roag.co.za) and [www.duct.org.za](http://www.duct.org.za)