

INVITATION to the RLS DUATHLON

**On Sunday, 14th January 2018
at RLS CANOE CLUB, Adelaide Road, Leamington Spa
CV32 5AH**

**Organiser: T. Herbent Tel. 02476 592247
email: tibor@herbent.co.uk**

Booking in		9.00 am onwards
Lightning	Briefing 150m down river from club on left bank	10.30 am
	Start – 2k paddle + 1 lap run	10.45 am
Divisions 7-9 & 1-6	Briefing at above location at	11.15 am
7-9	Start-3 laps (appr. 2.5k) run + 4k paddle + 1 lap run	11.30 am
Divisions 1-6	Start	11.45 am
	Run–5 laps (4k) + 6k paddle + 3 laps (2.4k) run	

Prizes:

To the first 3 in each divisional start subject to number of entries.

Entry Fees:

Lightnings £4.00
Divisions 1 to 9 £6.00

Entries to:

Andrew Smithson e-mail: Andrew.smithson1@ntlworld.com
Or on the day at clubhouse

All running will take place in Victoria Park, Leamington, on tarmac.
Paddling will take place on the River Leam.

Competition will be subject to the weather and river conditions.
BC racing rules apply

This event is supported by Warwick District Council.

