

INVITATION to the RLS DUATHLON

**On Sunday, 15th January 2017
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 | 10.45am |
| Divisions 7-9 & 1-6 | Briefing at above location at | 11.15 am |
| 7-9 | Start-3 laps (appr. 2.5k) run + 4k paddle + 1lap run | 11.30 |
| Divisions 1-6 | Start | 11.45 |
| | Start –5laps (4k) run + 6k paddle + 3laps (2.4k) run | |

Prizes:

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

Entry Fees:

Lightnings £3.00
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.

| Team Leader:e-mail:.....