

# Midlands Duathlon Winter Series 2009



There will be an entry fee of £4.00 per adult, £2.50 for lightnings. To register for more than one race you can contact Bruce Blackman

## Dates & Times

ANKER VALLEY - SATURDAY 10th JANUARY 09

FLADBURY - SATURDAY 24th JANUARY 09

SHROPSHIRE - SATURDAY 7th FEBRUARY 09

BURTON - SATURDAY 28th FEBRUARY 09

All races will start at 11:30 a.m. Further details from the relevant club contacts below.

## The Format

A continuous Run – Paddle – Run over 3 different courses

4k Run – 6k Paddle – 2k Run (Div 1-6 on separate starts)

2k Run – 4k Paddle – 1k Run (Div 7-9 Paddlers)

1k Run – 2k Paddle - (Lightning Paddlers)

## Points

1st place 20 points, 2nd place 19 points, down to 20th place where everyone after that scores 1 point.

## Prizes

Prizes will be given for the first 3 places in each event

At the end of the series there will be overall prizes for the first 3 clubs and first 3 competitors in each category.

NB: The overall prizes will be based on the best 3 results from the 4 races

## Entries

Entries can be made on the day or by email to the club contacts who are:

Anker Valley:	<b>Liz Franklin</b>	01676 542705	<a href="mailto:lizef@btinternet.com">lizef@btinternet.com</a>
Shropshire:	<b>Bruce Blackman</b>	07879 412332	<a href="mailto:bruce@completetreecare.co.uk">bruce@completetreecare.co.uk</a>
Fladbury:	<b>Steve Train</b>	07919 370217	<a href="mailto:steve.train@gbcanoeing.org.uk">steve.train@gbcanoeing.org.uk</a>
Burton	<b>Bill Lawrenson</b>	01283 542324	<a href="mailto:bill.lawrenson@bcu.org.uk">bill.lawrenson@bcu.org.uk</a>

