

MIDLANDS DUATHLON - WINTER SERIES 2006/07

Dates & Times

SATURDAY 17th NOVEMBER – FLADBURY

SUNDAY 9th DECEMBER – LEICESTER

JANUARY Date TBC – ANKER VALLEY

FEBRUARY Date and venue TBC

The Format

A continuous Run – Paddle – Run over 3 different courses

4k Run – 6k Paddle – 2k Run (Div 1-3 and Div 4-6 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 etc down to 20th place where everyone after that scores 1 point.

Prizes

Prizes will be given for the first 3 places in each event. In addition there will be prizes for the first Junior, Lady, Canoe etc.

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 steve.train@gbcanoeing.org.uk

There will be an entry fee of £3.50 per person

Contact: Steve Train

Tel:07919 370217

Email: steve.train@gbcanoeing.org.uk