

## Payhembury Duathlon Sunday 10<sup>th</sup> July 2022 at 10:30 am

### Team/Individual Registration Form

This social event is for members of Honiton Spinners and Honiton Running Club and their families. There are three 'legs': 6K (3.82m) road run + 24K (15.42 m) road ride + 3.5k (2.41m) road run.

You can enter:

1. On your own and do all three legs
2. With a partner e.g. one runner and one rider
3. As a team of three e.g. leg 1 runner + rider + leg 2 runner

Female pairs/teams **or** male pairs/ teams **or** mixed pairs/teams are welcome.

What to do now:

- Please complete the registration form and email it to Roger Saunders (roger@saunders-home.co.uk) or print a copy and hand it to Jennie or Roger. Please do this no later than **Friday 8<sup>th</sup> July** so we can sort out teams as necessary.
- If you are running on your own, or you have already arranged a pair or team, then complete the form below and hand it in.
- If you are on your own, either as a rider or a runner, but would like to be part of a team, please add your name in the leg(s) that you want to do, hand in the form asap and we will try to match you with others to make up a full team.
- Numbers will be issued at the village hall in the morning of the duathlon, so please arrive in good time.
- U18 riders and U15 runners are welcome to join in any 'leg' with a responsible adult.
- Please let the organisers know of any relevant medical information.

Full details are available on the club websites – or just ask one of us if you have a query!



TEAM

Leg 1 5K run	Leg 2 25K ride	Leg 3 5K run
NAME	NAME	NAME
Gender M/F/O	Gender M/F/O	Gender M/F/O
Email	Email	Email