Honiton Spinners and Honiton Running Club

**Duathlon**

3rd June 2018 Payhembury Village Hall 10am start

**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 (rw.saunders@virgin.net) or print a copy and hand it to Jennie, John, Howard or Roger. Please do this no later than **Saturday May 26th** 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 U16 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 and Facebook pages – or just ask one of us if you have a query!

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TEAM

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| Leg 1  6K run | Leg 2  24K ride | Leg 3  3.5K run |
| NAME  Gender M/F/O  Email | NAME  Gender M/F/O  Email | NAME  Gender M/F/O  Email |