

Date	Time	Venue	Distance
Sunday 8th April	9.00am	Pugneys	Standard Duathlon
Wednesday 18th April	6.30pm	Pugneys	Short Duathlon
Wednesday 2nd May	7.00pm	Pugneys	Standard Duathlon
Sunday 13th May	9.00am	Pugneys	Aquathon
Wednesday 23rd May	7.00pm	Calder C	10m time trial
Saturday 2nd June	9.00am	Pugneys	Aquathon
Friday 8th June	7.00pm	Pugneys	Junior/senior relay & BBQ
Wednesday 13th June	7.00pm	Pugneys	Long Duathlon
Sunday 24th June	9.00am	Pugneys	Sprint Triathlon
Wednesday 4th July	7.00pm	Calder C	10m Time Trial
Saturday 14th July	9.00am	Pugneys	Aquathon
Wednesday 25th July	7.00pm	Pugneys	Handicap Duathlon
Wednesday 1st August	7.00pm	Pugneys	Standard Duathlon
Wednesday 8th August	7.00pm	Calder C	10m Time Trial
Wednesday 15th August	7.00pm	Pugneys	Standard Duathlon
Wednesday 29th August	6.30pm	Pugneys	Standard Duathlon
Sunday 9th September	9.00am	Pugneys	Sprint Triathlon

Positions Points

1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
Remaining	1
Timekeeper	7

Duathlons, Aquathons and Sprint Triathlons, meet in the car park at Pugneys 15 minutes before start time.

STANDARD DUATHLON

Run - Bike - Run. Start from Pugneys. First run is one lap around Pugneys lake (1.6 miles). Bike heads out from Pugneys towards Bretton. Turn left onto Branch Road at Blacker Hall Farm, a left hand turn in Bretton goes towards the roundabout at junction 38 before heading back up to Bretton and back down Denby Dale Road towards Pugneys (11.2 miles). The final run is a repeat of the first.

SHORT DUATHLON

Run - Bike - Run. Start from Pugneys. Same course as standard but shorter bike route (8.4 miles) which cuts out the leg from Bretton towards Junction 38.

LONG DUATHLON

Run - Bike - Run. Start from Pugneys. Two lap run around lake (3.2 miles) followed by 16 mile bike route, from Bretton heading up to High Hoyland. Final run is one lap around lake (1.6 miles).

AQUATHON

Swim - Run. Start from Pugneys. 1000m swim in Pugneys lake followed by 2 lap run around lake (3.2 miles). **Open to club members only.**

JUNIOR / SENIOR RELAY / BBQ

Run - Bike - Run. Children from the Junior section of the club will be paired up with senior competitors to compete in a relay format. The juniors will do both runs with the seniors doing the bike leg. We will ask everyone to pre-register so teams can be paired up before start. BBQ at pugneys following race.

HANDICAP

Run - Bike - Run. Handicap system based on season PB for standard course.

SPRINT TRIATHLON

Swim - Bike - Run. 500m swim in pugneys followed by standard duathlon bike course (11.2 miles) followed by two lap run around lake (3.2 miles). **Open to club members only, limited to 30 competitors.**

10M TIME TRIAL

Calder Clarion event starting at Heath Common.

For more information contact Dave Bebbington on **07815 644505** or email **davebebbington62@hotmail.com**