



Triathlon Club



Cliff Pratt and Simply Running Duathlons

Taking place every other Wednesday throughout the Spring and Summer, the club's duathlon series is an excellent way to train in a competitive but friendly environment. Just turn up at Skidby Windmill in time for a 7pm start on the dates below to take part.



Cliff Pratt Cycles
84-86 Spring Bank
Hull,
HU3 1AA
01482 228293
www.cpcycles.com



Simply Running
4 Albion House
Albion Street,
Hull,
HU1 3TD
01482 222169
www.simplyrunning.biz

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| 9th May | 2m/9m |
| 6th June | 2m/9m |
| 4th July | 2m/9m |
| 1st Aug | 2m/9m |
| 15th Aug | 2m/9m |
| Rescheduled from April 11th | |
| 5th Sept | 2m/9m |
| Series Entry - £5 (Pay online or on night) | |

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| 23rd May | 2m/9m/2m |
| 20th June | 2m/20m/2m |
| 18th July | 2m/18m/4m |
| 22nd Aug | 2m/10m/2m |
| 29th Aug | 2m/9m/2m |
| Rescheduled from April 25th | |
| 12th Sept | 9m/2m |
| Series Entry - £5 (Pay online or on night) | |



For more information contact James Bray: 07812215833 / james-w-bray@hotmail.co.uk