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| **Long Short Entry Form - Sunday 19th October 2025 – email form to peterworsey@gmail.com** |
| Team Name |  |  |  |
|  Category (M/F/Mixed) |  |  |  |
| Team Captain |  |  |  |
|  |  |  |  |  |
|  | Category (M/F) | Name | Estimated time for leg (hh:mm:ss) | Example |
| **Stage 1** |  |  |  | 01:32:00 |
| **Stage 2** |  |  |  | 00:55:00 |
| **Stage 3** |  |  |  | 01:40:00 |
| **Stage 4** |  |  |  | 01:05:00 |
| **Stage 5** |  |  |  | 01:25:00 |
|  |  |  |  |  |
|  |  | Total Time |  | 06:37:00 |
|  | **Start Time (Finishing at 2pm)** |  | 07:23:00 AM |

Entry Fee - £50 per team – pay via bank transfer to RR Account No: 30766941 Sort Code: 20-73-26 Reference LSR 2025 or cash to Pete on the day