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**TITLE:** The wide binary companions to the two Ring nebulae

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**ABSTRACT:**

As part of the EU Horizon project 'EXPLORE', we have developed a tool for stellar SED fitting. This has been used for the wide binary companions found in both the Ring Nebula and the Southern Ring Nebula. For the Southern Ring, the companion is a main sequence turn-off star which has provided a precise progenitor mass of the PN central star. For the Ring Nebula, the companion was previously argued to be a white dwarf but the GAIA photometry this is based on is affected by the nebula emission lines. It is found to be a low-mass main sequence star instead. This research acknowledges support from the European Unions Horizon 2020 research and innovation program under grant agreement No. 101004214.