

CITY OF DURHAM DUATHLON

MEADOWFIELD LEISURE CENTRE



RUN 5K BIKE 25K RUN 5K

SUNDAY 18TH APRIL 2010

LOOKING FOR A MORE THAN JUST A RUN?

The CITY OF DURHAM DUATHLON is a 5km run, followed by a 25km bike and then a further 5km run. Adding the bike to your run programme, could be the challenge you are looking for this spring!

The Route:

Two undulating RUNS around the parkland adjacent to Meadowfield Leisure Center.

A testing BIKE ride through County Durham, including the one mile climb up Buttons Bank from Esh Winning, followed by a long fast descent on the return to Brandon.

Who can enter?

In order to pick up the gauntlet of our challenge, you will need a roadworthy bike & helmet and the basic fitness required to compete in a multi-sport event.

If you can't manage both the run and the bike, there is the option to join up with a cyclist and enter as a relay team.

To help you prepare for the big day, once a month we offer our Club Duathlon, which will give you a low pressure opportunity to have a dress rehearsal prior to the event.

Location: Meadowfield Leisure Centre, John St North, Durham, DH7 8RS.

How to Enter: An application form is attached, or visit our website to enter on line.

Entry Fees: £20 BTA, £23 non BTA, Students (with card) £17, Relay Team of 3 £35

The Organisers:

The event is organised by Durham Triathlon Club and Meadowfield Leisure Centre and is run under BTF rules.

Visit www.durhamtri.org for further event details and race briefing notes.

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