

Duathlontrainingdates:



With the upcoming start of the Duathlon race season – Diss on April 1 and Cambridge on April 15, Simon Edge has arranged the following training mornings to help you sharpen your skills.

These days were great fun last year, and while not races, encouraged a good degree of friendly rivalry between those who attended.

So, regardless if you are a complete novice or a seasoned competitor, come along and have some fun.

Duathlon Training details: 4k run, 23k bike, 4k run

Maximum 20 participants

- Sunday 28 January
- Sunday 11 February
- Sunday 11 March
- Sunday 18 March

New rules for 2007

No bikes on the deck, no running on the deck, transition in the boat compound at the side of the outdoor centre

Proposed Schedule:

9.00 meet

9.30 latest depart 1st run circuit of lake

9.50 Last runner back collect cycle from boat compound (side of outdoor centre)

11.00 Cyclist return, 2nd run circuit of lake

11.30 Finish

Tea & showers for those that want it.

Cost

Contribution of £1 per participant