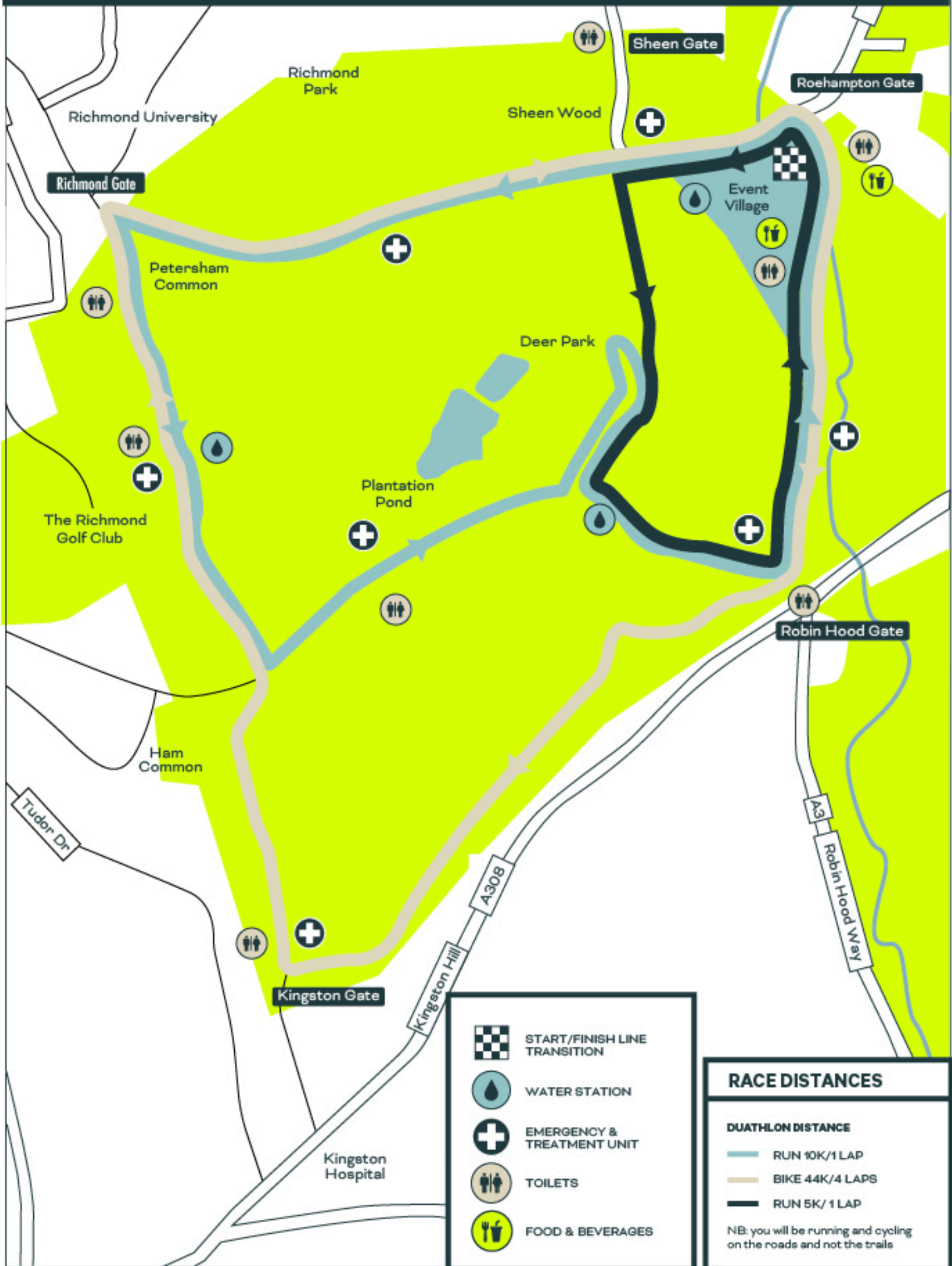


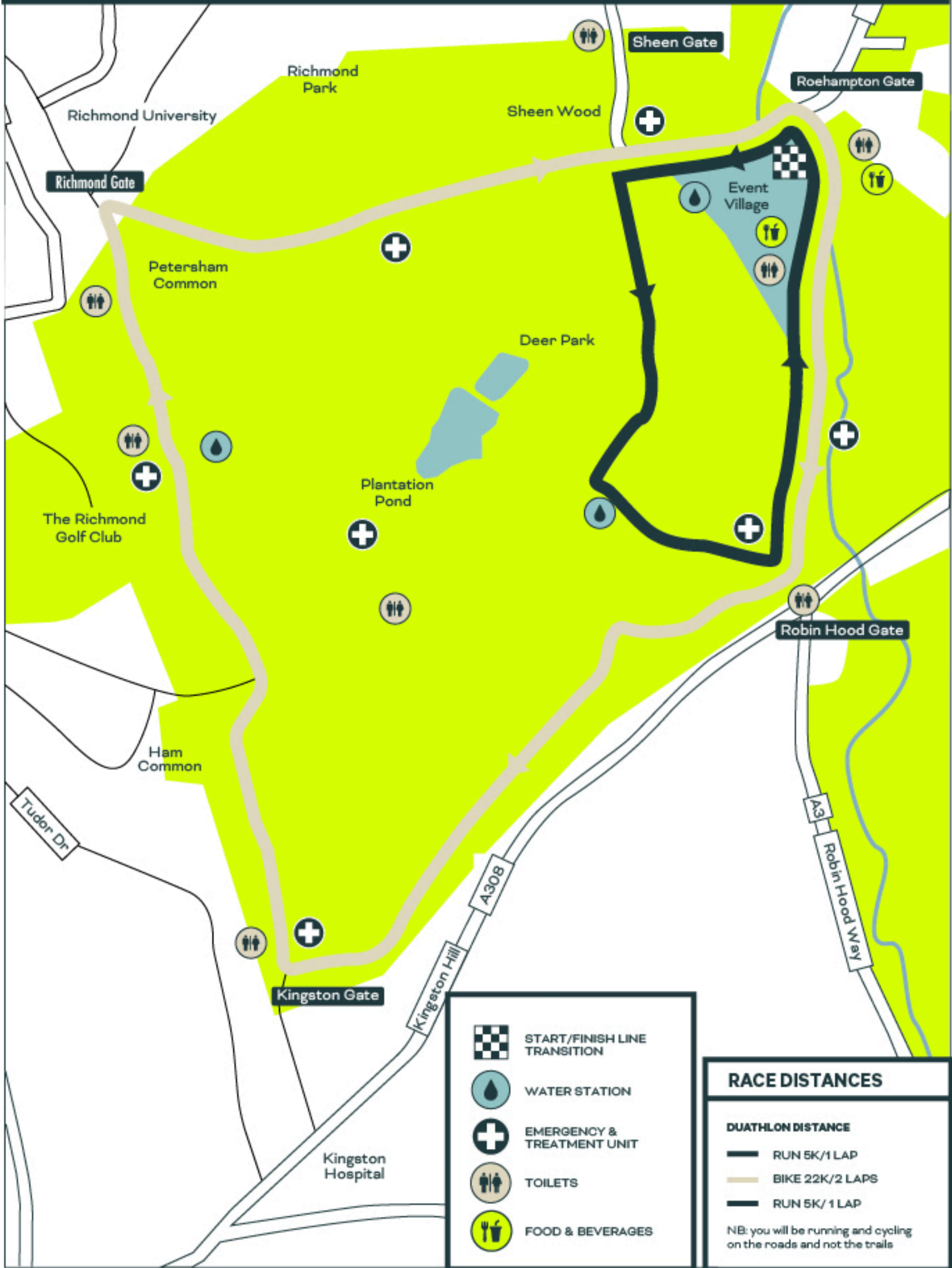
# LONDON DUATHLON

Distance: Duathlon



# LONDON DUATHLON

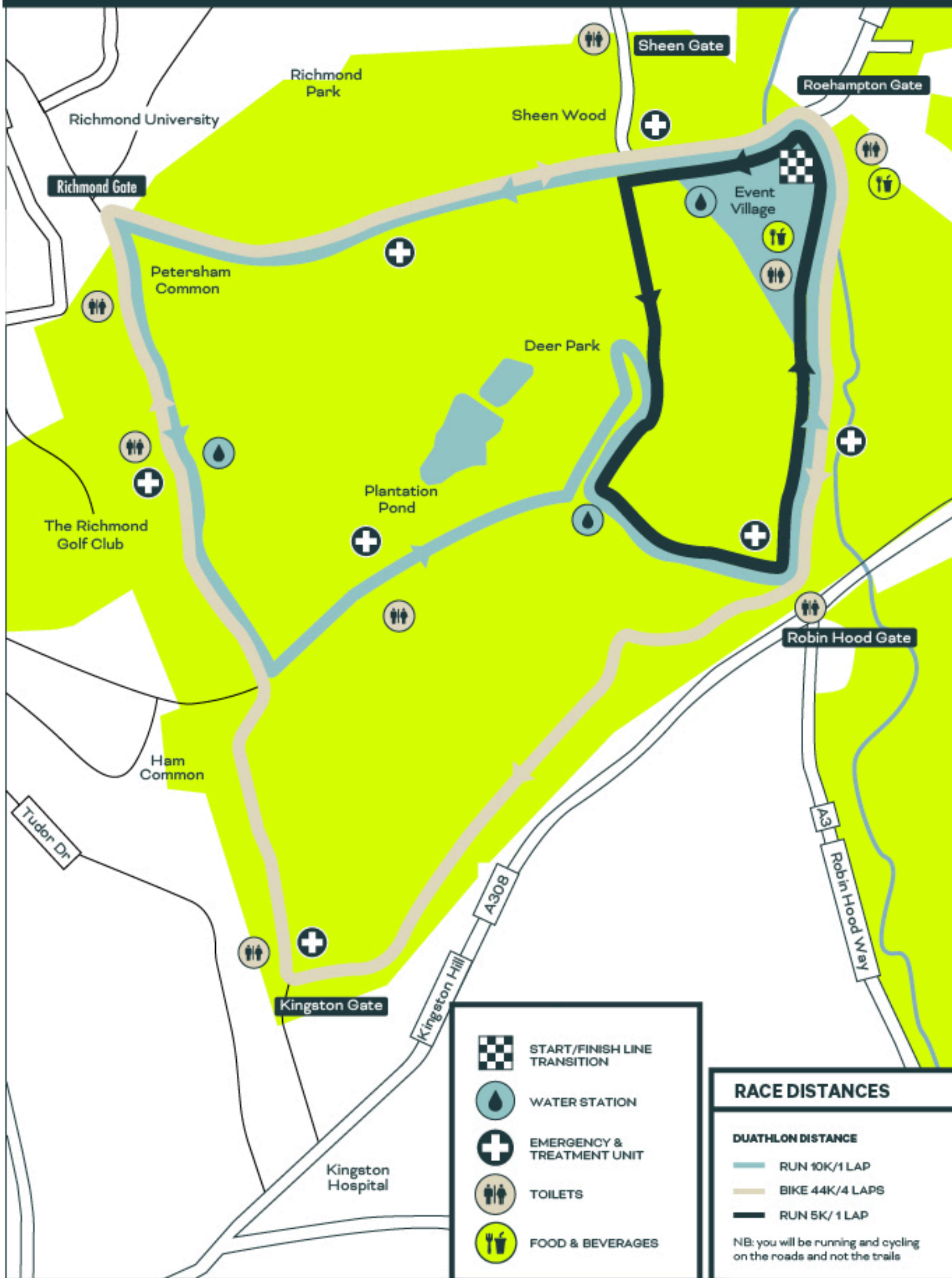
Distance: Half Duathlon





# LONDON DUATHLON

Distance: Duathlon Relay



-  START/FINISH LINE TRANSITION
-  WATER STATION
-  EMERGENCY & TREATMENT UNIT
-  TOILETS
-  FOOD & BEVERAGES

**RACE DISTANCES**

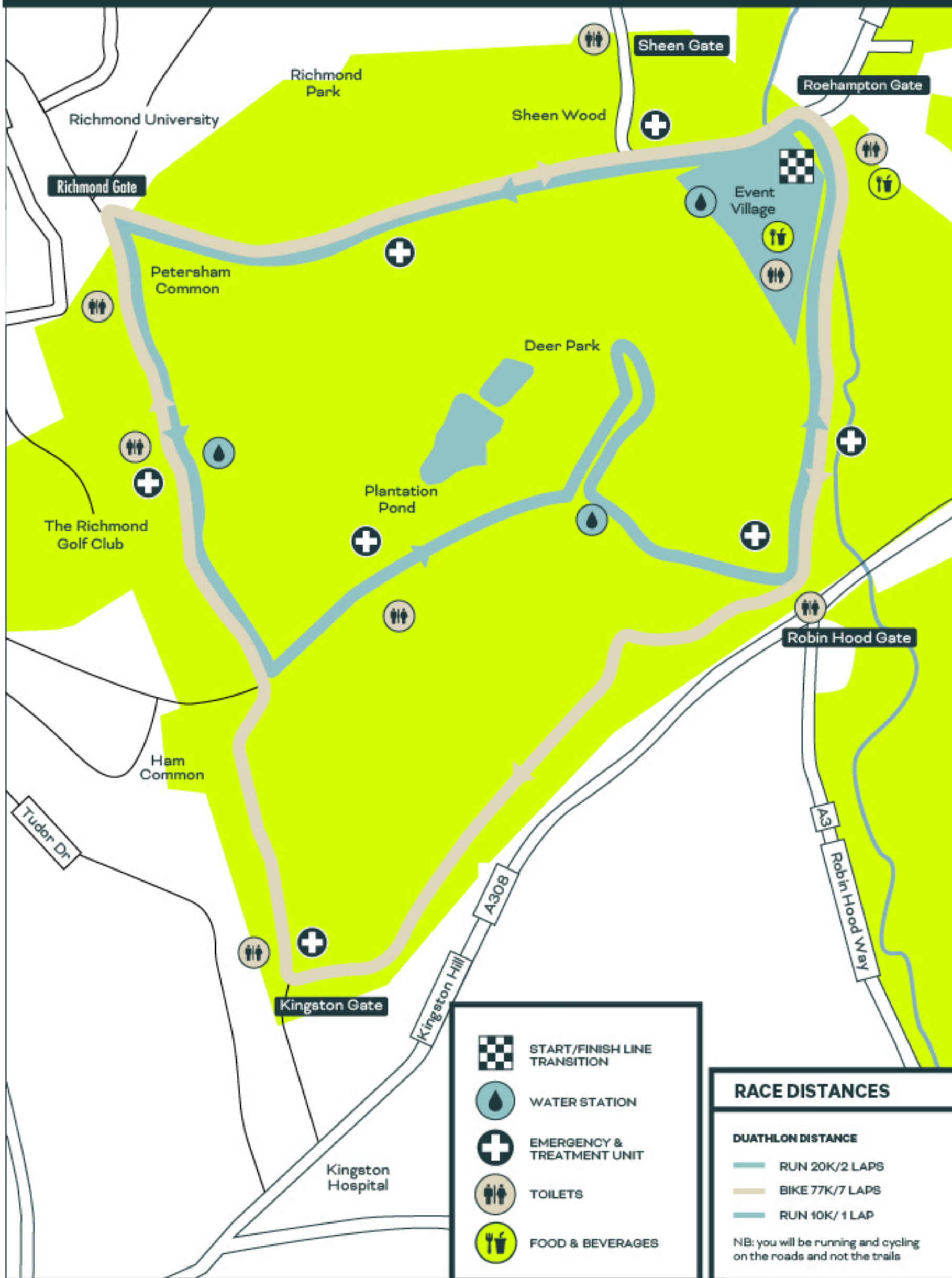
**DUATHLON DISTANCE**

-  RUN 10K/1 LAP
-  BIKE 44K/4 LAPS
-  RUN 5K/ 1 LAP

NB: you will be running and cycling on the roads and not the trails

# LONDON DUATHLON

Distance: Ultra Duathlon



-  START/FINISH LINE TRANSITION
-  WATER STATION
-  EMERGENCY & TREATMENT UNIT
-  TOILETS
-  FOOD & BEVERAGES

## RACE DISTANCES

- DUATHLON DISTANCE**
-  RUN 20K/2 LAPS
  -  BIKE 77K/7 LAPS
  -  RUN 10K/ 1 LAP

NB: you will be running and cycling on the roads and not the trails