



Fundraising in support of  
Royal Hospital for  
Neuro-disability

# DUATHLON



## JUNIORS \_ SATURDAY 14<sup>TH</sup> MARCH 2020

Suitable for ages 11 – 15 years

Junior start times: 2pm, 2.45pm or 3.30pm

**RUN**

**3km**  
on the treadmill

**BIKE**

**5km**  
in the Spin Studio

**RUN**

**1km**  
on the treadmill

## ADULTS \_ SUNDAY 15<sup>TH</sup> MARCH 2020

Suitable for ages 16+

Olympic start time: 11.15am or 5.30pm

Sprint start times: 1pm, 2.30pm or 4pm

**RUN**

**Sprint – 5km**  
on the treadmill

**Olympic – 10km**  
on the treadmill

**BIKE**

**Sprint – 20km**  
in the Spin Studio

**Olympic – 40km**  
in the Spin Studio

**RUN**

**Sprint – 2.5km**  
on the treadmill

**Olympic – 5km**  
on the treadmill

**Raising money for Royal Hospital for Neuro-disability**

**Entrance fee – £5 Juniors | £10 Adults**

Book at Health Club Reception or give them a call on  
020 8480 4245 or to find out more please email  
[ana.leal@roehamptonclub.co.uk](mailto:ana.leal@roehamptonclub.co.uk)



@RoehamptonClub1



/RoehamptonClub



@RoehamptonClub

