



Sunday 24<sup>th</sup> September 2023

**RUN 5k on quiet roads**  
**BIKE 31k on rolling hills**

Hosted by;



**RUN 5k on trail**

All abilities welcome  
Race timing  
Individual entries  
Relay team entries  
Prizes  
Finisher's medal  
Post race BBQ and bar

Sponsored by;



Details here



<https://tri-anglia.club/races/lingwood-duathlon/>

Enter here



[https://register.enthuse.com/ps/event/Lingwood Duathlon](https://register.enthuse.com/ps/event/Lingwood-Duathlon)