

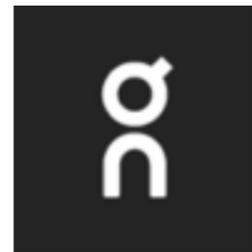
**MAY 22ND**

**JUL 15TH**

**SEP 4TH**



PHYSIOTHERAPY & SPORTS  
PERFORMANCE CLINIC  
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# THE NORMANBY HALL DUATHLONS

## Standard/sprint distances and team championships!

Welcome to the Normanby Hall Duathlons, we've a great collection of events helping to make North Lincolnshire the home of summer duathlons! All the events have different routes, an opportunity to take on the race as an individual or as a team and go through some amazingly friendly and pretty villages. We also chip time all our events and we don't charge the earth #paylessracemore.

**22nd May - Standard distance** 10k run / 40k cycle / 5k run. Take on the challenge of the longer distance, with a fast run and fast cycle course (we think it could be one of the quickest out there!) Enter solo or as a team where one member does the running and the other bikes!

▶ Entry from £27.50 for solo entry

**15th July - Sprint distance** 5k run / 20k cycle / 2.5k run. Join us on a Friday evening for a sprint race taking in a different cycle route where we try to bring a bit of "le tour" style to the local villages! Enter solo or as a team where one member does the running and the other bikes!

▶ Entry from £20.00 for solo entry

**4th September - Team sprint championships** 2.5k run / 12.5k cycle / 2.5k run. The big end of year team event! In a team of two, the first team member completes the event before tagging the second team member to do the same. This will be fast and furious, it also has two lap super quick bike course so its a huge opportunity for the crowds to enjoy!

▶ Entry from £30.00 per team of two

The start, finish and cycle transition zone is in front of the main hall and will make for an amazing spectacle.

**Don't forget we've also got our amazing Normanby 10k road run coming up on June the 19th**

**Happy training all!**

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