

EVOLUTION INSURANCE COMPANY NATIONAL DUATHLON CHAMPIONSHIPS

DONNYBROOK RACE TRACK - SUNDAY 29TH SEPTEMBER 2024

ALL ATHLETES MUST CHECK IN AT THE REGISTRATION DESK FOR RACE ENTRY PAYMENT & RACE NUMBER MARKING BEFORE PROCEEDING TO THE BIKE CHECK & TRANSITION AREA. CYCLE HELMETS ARE COMPULSORY FOR ALL COMPETITORS. USE OF I-PODS, EARPHONES OR MUSIC DEVICES IS NOT PERMITTED ON THE BIKE AND RUN COURSES DURING COMPETITION. RACE BRIEFINGS WILL TAKE PLACE 5 MINUTES BEFORE THE START OF EACH EVENT

EVENT	DISTANCE	LAPS	CHECK IN	START	MEDAL CEREMONY	NOTES
DU-KIDZ / DU-TOTS NON-CHAMPIONSHIP	275m run / 800m bike / 275m run	1 lap run/ 1 lap bike / 1 lap run-SHORT COURSE	0830	0900		SEE MAP
DU-SPORT NON-CHAMPIONSHIP	550m run/ 1.6km bike / 275m run	2 lap run / 2 lap bike / 1 lap run-SHORT COURSE	0830	0915		SEE MAP
SPRINT DUATHLON INDIVIDUAL CHAMPIONSHIP- MTB	5.5km run/ 19.25km bike / 2.75km run	2 lap run / 7 lap bike / 1 lap run	0900	0945	1200	
SPRINT DUATHLON TEAMS - NON-CHAMPIONSHIP - ALL BIKES	5.5km run / 19.25km bike / 2.75 km run	2 lap run / 7 lap bike / 1 lap run	0900	0950		
SPRINT DUATHLON INDIVIDUAL CHAMPIONSHIP- ROAD BIKES	5.5km run / 19.25km bike / 2.75 km run	2 lap run / 7 lap bike / 1 lap run	0900	1000	1200	
SUPER-SPRINT DUATHLON INDIVIDUAL CHAMPIONSHIP- MTB	2.75km run / 11km bike / 1.3km run	1 lap run / 4 lap bike / 1 lap run	0930	1030	1200	SEE MAP
SUPER-SPRINT DUATHLON TEAMS - NON-CHAMPIONSHIP - ALL BIKES	2.75km run / 11km bike / 1.3km run	1 lap run / 4 lap bike / 1 lap run	0930	1035		SEE MAP
SUPER-SPRINT DUATHLON INDIVIDUAL CHAMPIONSHIP - ROAD BIKES	2.75km run / 11km bike / 1.3km run	1 lap run / 4 lap bike / 1 lap run	0930	1045	1200	SEE MAP
DU FUN - NON-CHAMPIONSHIP - ALL BIKES	2.7 5km run / 5.5km bike / short run	1 lap run / 2 lap bike / 1 lap run-short	0930	1100		SEE MAP

SUBJECT TO CHANGE - TIMINGS ARE ESTIMATED, PLEASE BEAR WITH US SHOULD THERE BE ANY DELAYS ON THE DAY

