

Junior Indoor Charity Duathlon

Saturday 21st and Sunday 22nd September



Join us to take part in a sponsored Duathlon and raise money for the Royal Hospital for Neuro-disability in Putney, through sponsorships with family and friends.

The Duathlon is a run-cycle-run event taking place in the Health Club Gym for Juniors aged 11-16 years old. Transitions needs to be completed in less than two minutes, otherwise the clock will start.

We would like to inspire and encourage juniors to participate in this sporting event by raising money through sponsorships with their family, friends, teachers, neighbours, etc to support the Royal Hospital for Neuro-disability in Putney.

Every participant will receive a t-shirt and be able to choose their prize: one personal training session or one swim, tennis, squash, golf or padel lesson.

Age Groups

Juniors 11-12 years old*: 3km run, 5km cycle and 1km run

Juniors 13-14 years old*: 3km run, 5km cycle and 1km run

Juniors Sprint 15 -16 years old: 5km run, 20km cycle and 2.5km run

Minimum entry fee is £20. Members are encouraged to give any amount as donation and to create sponsorship with family and friends. All proceeds will be donated to the selected charity. 6 spaces available in each age category.

**Although Juniors 11-12yrs and 12-14yrs can compete at the same time, their qualification will be separate and according to their own category only.*

Saturday 21st September – Juniors 11-12yrs and Juniors 13-14yrs

1pm – 3 spaces available

2pm – 3 spaces available

3pm – 3 spaces available

4pm – 3 spaces available

Sunday 22nd September – Juniors Sprint 15-16 years old

1.30pm – 3 spaces available

3.30pm – 3 spaces available

5.30pm – 3 spaces available

Book now with Peter Georgiou, Junior Activities Coordinator at peter.georgiou@roehamptonclub.co.uk