EVOLUTION INSURANCE COMPANY NATIONAL DUATHLON CHAMPIONSHIPS
DONNYBROOK RACE TRACK - SUNDAY 1ST NOVEMBER 2026

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/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	600m run/1.3km bike/275m run	1 lap run/1 lap bike/1 lap run	0830	0915		SEE MAP
SPRINT DUATHLON CHAMPIONSHIPS - ROAD BIKES - AG 20+ / U19 / U17 - Male & Female	5.5km run/ 19.25km bike/2.75km run	2 lap run/7 lap bike/1 lap run	0900	0945	1200	SEE MAP
SPRINT DUATHLON NON-CHAMPIONSHIP - INDIVIDUALS & TEAMS - ALL BIKES	5.5km run/ 19.25km bike/2.75km run	2 lap run/7 lap bike/1 lap run	0900	0955		SEE MAP
SUPER-SPRINT DUATHLON CHAMPIONSHIPS - ROAD BIKES - U13 / U15 - Male & Female	2.75km run/11km bike/1.3 km run	1 lap run/4 lap bike/1 lap SHORT run	0930	1030	1200	SEE MAP
SUPER-SPRINT DUATHLON NON-CHAMPIONSHIP - INDIVIDUALS & TEAMS - ALL AGES - ALL BIKES	2.75km run/11km bike/1.3km run	1 lap run/4 lap bike/1 lap SHORT run	0930	1045		SEE MAP
DU FUN DUATHLON - NON CHAMPIONSHIPS - ALL AGES - ALL BIKES	1.3Km run/2.75km bike/ 275m short run	1 lap SHORT run/1 lap bike/1 lap run-DK RUN	0930	1100		SEE MAP
CYCLE CRITERIUM	30 MINUTES PLUS 1 LAP		1100	1145		

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

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