



# runbikeerun

## thelondon **duathlon**

### 12:09:10



## Free Entry to the World's Largest Duathlon

### Join The Holly Lodge Centre Charity Team

Raise money for a great cause, get fitter and have a fun day out with all the family.

Based in Richmond Park the Holly Lodge Centre provides an opportunity for people of all ages and abilities to enjoy and learn from the rich natural environment in the unique setting of Richmond Park.

**"Special Needs in a Special Place"**

To join the team, visit [www.TheHollyLodgeCentre.org.uk/LondonDuathlon](http://www.TheHollyLodgeCentre.org.uk/LondonDuathlon)



The Holly Lodge Centre



	Run	Bike	Run
Ultra Duathlon	20km	80km	10km
Challenge Distance	10km	20km	5km
Fun Distance	5km	10km	5km

For further information [thelondonduathlon.co.uk](http://thelondonduathlon.co.uk)