



DUATHLON

If you like to bike and run, Duathlon is a great sport for you!
Canterbury Triathlon Club (CTC) is supporting students to learn, train,
and have a go at this sport through SSC.

DUATHLON TRAINING SESSIONS

A Tri NZ accredited CTC coach will lead four training sessions for students to learn about the sport, improve their skills, and/or prepare for a Duathlon event in late October. Training sessions will be held at the A&P Showgrounds, 102 Curletts Rd, Sockburn from 3:15pm - 4:15pm on the following days:

- 25th September
- 2nd October
- 9th October
- 16th October

Meet in the carpark near the Head Office (pinned on map).



DUATHLON EVENT

Following the four training sessions, students can participate in the Canterbury Secondary Schools Duathlon on the 20th of October at Southbridge as part of the JD Duathlon series. The event is a run-bike-run (Run 1.7km / Bike 9.4km / Run 1.7km).

READY TO GIVE DUATHLON A GO?

TRAINING SESSIONS (\$34 per student for all four training sessions)

- Ask your Sports Coordinator or Teacher to sign you up for the four Wednesday training sessions via the CTC website: <https://www.canterburytriclub.co.nz/css-duathlon-training>
- Ensure you have all equipment needed for these sessions:
 - Bike (road bike or mountain bike)
 - Helmet
 - Comfortable clothing
 - Running shoes and socks
 - Water bottle and post-training snack

DUATHLON EVENT (\$35 to enter the October event)

- Register for the Canterbury Secondary Schools Duathlon on the JD Events website: <https://www.jdevents.co.nz/canterbury-secondary-schools-duathlon>