



Sunday 22nd March 2026

RUN 5k on quiet roads

BIKE 31k on rolling hills

Hosted by;



RUN 5k on trail

All abilities welcome
Race timing
Individual entries
Relay team entries
Prizes
Finisher's medal
Post race BBQ and bar

Sponsored by;



Details here



Enter here



<https://tri-anglia.club/races/lingwood-duathlon/>

<https://events.britishtriathlon.org/onlineentry/finance/15562>