

GO TRI DUATHLON SERIES

HIGH LODGE THETFORD FOREST



WHAT YOU WILL GET:

- ✓ Beginner friendly
- ✓ Stunning location
- ✓ Great course
- ✓ Low cost
- ✓ Event timing
- ✓ Series medal

RUNBIKERUN

2.25KM 7.25KM 2.25KM

EVENT DATES

Sunday 15th September 2019
Sunday 13th October 2019
Sunday 17th November 2019
Sunday 12th January 2020
Saturday 15th February 2020
Sunday 22nd March 2020

*Participate in 4 or more events to
claim your duathlon series medal!*



For more information
and to enter go to:
www.canbuttri.co.uk/events



**GO
TRI**



Forestry
England