



A ROTARY CLUB OF GARDEN CITY PROJECT

# 2021 McDONALD'S® YOUTH DUATHLON



**SUNDAY 11TH APRIL**  
**SOUTH HAGLEY PARK, CHRISTCHURCH**

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## **7 - 10 YEARS:**

**RUN 1KM**  
**CYCLE 4KM**  
**RUN 500M**

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## **11 - 15 YEARS:**

**RUN 2KM**  
**CYCLE 8KM**  
**RUN 1KM**

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**[WWW.MCDONALDSDUATHLON.CO.NZ](http://WWW.MCDONALDSDUATHLON.CO.NZ)**



# THE EVENT

The McDonald's 2021 Youth Duathlon is organised by the Rotary Club of Garden City Christchurch, to promote the development of healthy, fun-loving and well-adjusted young people.

This run and cycle event is held at South Hagley Park from beside the Netball Centre, for individuals aged 7 to 15 years, with the emphasis more on participation than competition.

## Distances

7 to 10 year olds: Run 1km - Cycle 4km - Run 500m.

11 to 15 year olds: Run 2km - Cycle 8km - Run 1km

Entrants will compete in one year age groups.

## Certificates, Medals, Gift Packs & Prizes

Each registered entrant who takes part receives a Certificate of Completion together with a Competition Medal, T-Shirt and Gift Pack of sponsors' products.

In the spirit of participation, not competition, prizes are not provided for place-getters, but Spot Prizes are drawn for selected products including two mountain bikes and helmets.

## Race Day Timetable

Late entries open	7.15am
Transition area opens	7.30am
Late entries close	8.15am
Transition area closes	8.30am
Race briefing	8.40am
Race starts	9.00am



## Online Entries

Register for this event online: [www.mcdonaldsduathlon.co.nz](http://www.mcdonaldsduathlon.co.nz)

The deadline for entries is Friday 19th March 2021. Entries are limited and are accepted as they are received.



## Enquiries

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[www.mcdonaldsduathlon.co.nz](http://www.mcdonaldsduathlon.co.nz)

