



Ely 115 Squadron Duathlon 2025 – 5k/25k/5k



Date: Sunday 23rd March 2025

Time: 8:00am – 11:00am

**Start/Finish/Race HQ: Apex
Coffee House, 108 Lancaster
Way, Ely, CB6 3NX**

Organizer: Ely Tri Club



The Ely 115 Squadron Duathlon features a flat course, excellent organisation and plenty of helpful, enthusiastic marshals making it the perfect event for seasoned triathletes kicking off the season and beginners who want to try a multi-discipline run/cycle event for the first time.

The 5km run course is an out and back road route taking you across a WW2 Airfield that used to host the Stirling III and Lancaster bombers of 115 Squadron. The 25k bike course turns briefly onto the A10 before heading out across the fens through the sleepy villages of Little Downham and Coveney. The second 5k run uses the same course as the first. This promises to be a quick, flat course, although windy fenland conditions are almost definitely guaranteed and evoke the 115 Squadron motto - "Despite the Elements"!

See more details, course maps and previous results on the [Ely Tri Club website \(www.elytriclub.co.uk/duathlon\)](http://www.elytriclub.co.uk/duathlon). You can enter the duathlon straightway by visiting the [Let's Do This website \(www.letsdothis.com\)](http://www.letsdothis.com) or scanning the bar code above.

We look forward to welcoming you on 23rd March!

