

Help build a school in Cambodia

Gerald Dupuis runs the London Duathlon for the www.nkfc.org

- Run Course - 9km
- Bike Course
- Run Course - 5 km

RACE DISTANCES

Challenge Distance

9km Run / 20 km Bike - 2 laps / 5km Run

Fun Distance

5km Run / 10 km Bike - 1 lap / 5km Run

NB. YOU WILL BE RUNNING AND CYCLING ON THE ROADS AND NOT ON THE TRAILS

Welcome to the NKFC website



the Ngin Karet Foundation for CAMBODIA

The The Ngin Karet Foundation for Cambodia (NKFC) was conceived by its Founder Chairman, Mrs Ravynn Karet-Coxen (Gerald's aunt). In 1994 the NKFC was registered by the Charity Commissioners as an English charity. The NKFC is a ground roots organisation supporting the most impoverished people of Cambodia who suffered from the Khmer Rouge atrocities. The NKFC helps 15,000 people made of over 3,000 families in 8 villages near the Angkor temples. The goal of the charity is to help the villages become autonomous and self-sustainable.

Bet on a finishing time HH:MIN:SEC

£25 per bet

Closest bet to the official time recorded wins an offline BLACKBERRY PEARL

Info for your bet: www.londonduathlon.com

Distance: 9km run, 20km bike, 5km

Location: Richmond Park, South West London

When: 9th September – 9:00 am

