

## Club Duathlon: Briefing and Notes

Location:	Date	Time
Grange Recreation Ground, Gaunts Way Letchworth SG6 4PN	Sunday 7 <sup>th</sup> April 2024	06.45 - Arrive 07.00 - Race Briefing 07.05/7.10 – Start ASAP

### Duathlon Summary

Run - 3 km

Bike - 11.5 km

Run - 3 km

### General Notes

Firstly, this duathlon has the same meeting point and course layout as last year. We will base ourselves at the Grange Recreation Ground.

The Freedom Tri Club Duathlon is a fun event, open to all club members. It takes place on public footpaths and roads so please bear this in mind at all times when taking part. Give the public plenty of space when passing and take care on the roads, especially if passing other participants or when making turns.

The run is a mix of tarmac and footpaths that are generally in good condition. Normal running shoes are normally the best choice. The bike is public roads with no major hills. It is suitable for all bike types. Bikes must be in roadworthy condition. It is your responsibility to ensure this. If you aren't sure, just ask.

Helmets must be in good condition and worn on the bike leg.

### Transition

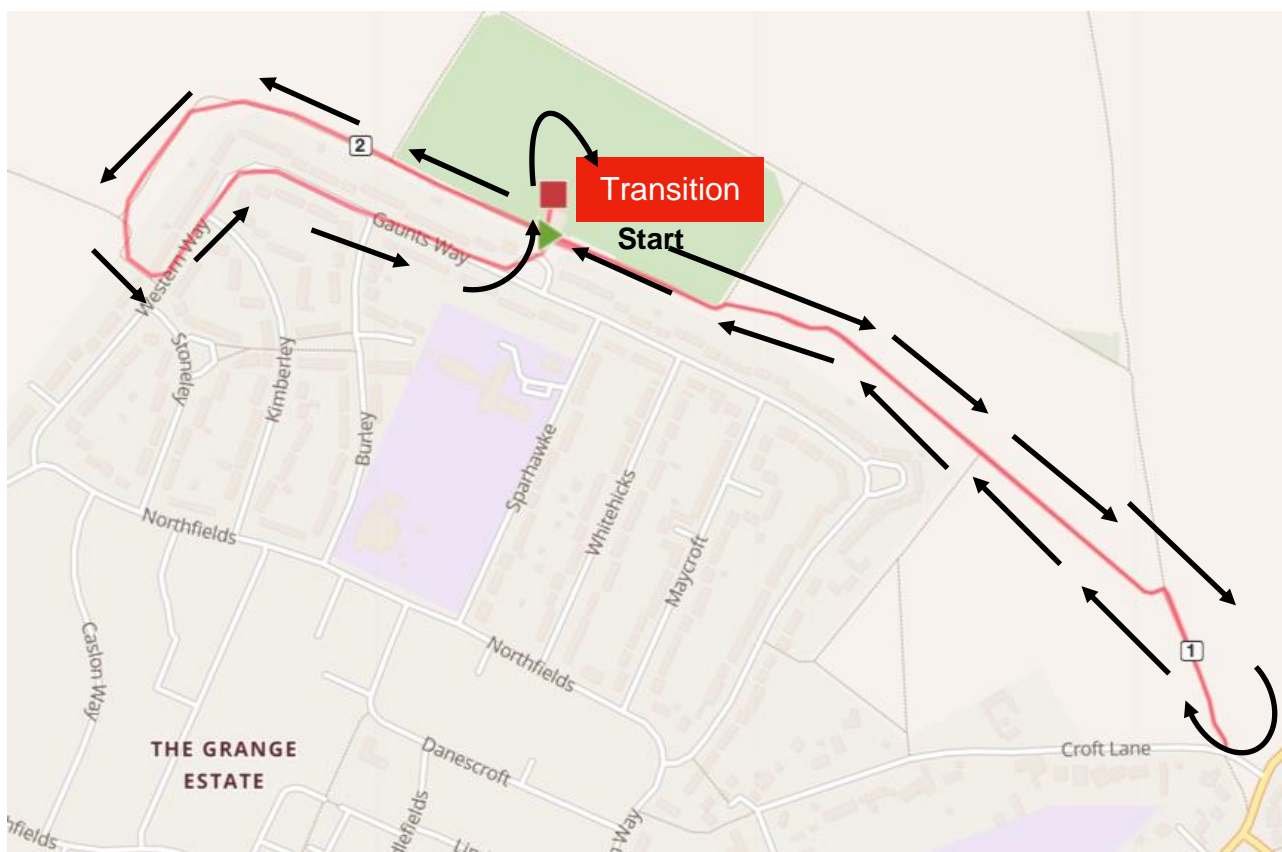
This will be on the grass to the side of the pavilion. Entry to transition will be to the left of the pavilion and bike out / run 2 out is to the right. Participants will mount their bikes in the car park. This will be covered again in the duathlon briefing.

## Courses

### Run 1

From the front of the pavilion, follow the path through a couple of wooden gates until you reach the gate at that leads on to Croft Lane (the end of the path). This is the turnaround point. Touch it with your hand or foot and return along the path passing in front of the pavilion. When the path splits, keep left and follow the path to the main road (Western Way). Turn left and follow the road back to the pavilion to pick up your bike. Please familiarize yourself with the course, there may not be marshals at every turn.

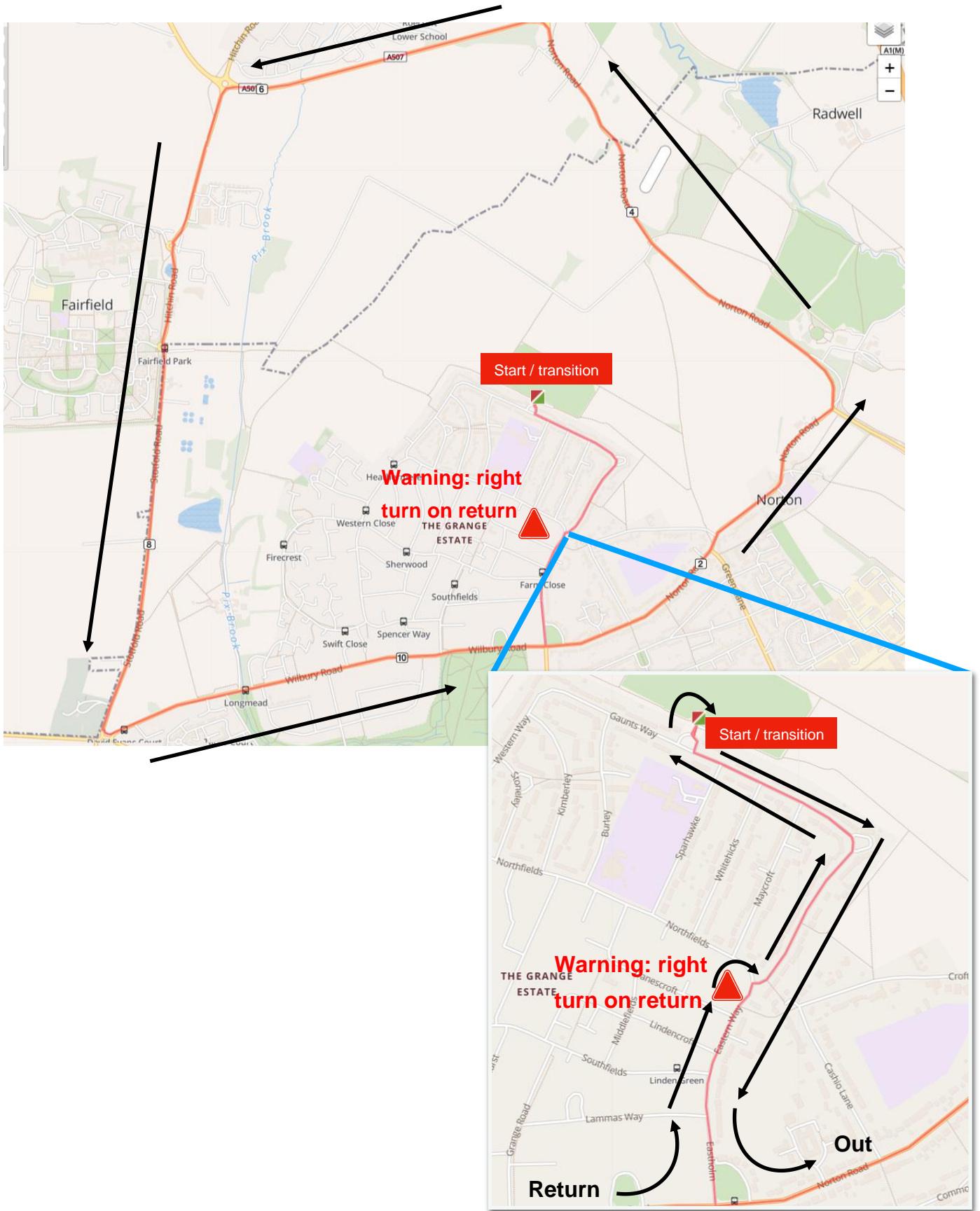
### Run Course



### Bike

Put your helmet on before touching your bike. All the turns on the course are left turns except coming back along Eastern Way to return to the recreation ground – marked on the course map. Please take care and don't take any risks. Please familiarize yourself with the course, there will be limited marshals on the bike course.

## Bike Course



After collecting your bike, head out of the recreation ground and turn left along Gaunts Way and \*\*Eastern Way. There will be parked cars so exercise caution. Take the first exit at the roundabout and follow Norton Road all the way to the junction with the A507. Turn left on to the A507 and exit left at the first roundabout on to Hitchin Road. Follow this past Fairfield Park to the double roundabout. Take first left at both on to Wilbury Road. Pass Standalone Farm and follow the road back past Norton Common to the roundabout at the junction of Eastern Way. Turn left and retrace your route back through the estate ensuring you take extra care at the \*\*right turn. Dismount in the car park and enter transition to the left of the pavilion. Park your bike before removing your helmet. (\*\*Please note that the right turns into Eastern Way may be moved to Maycroft or Sparhawke which are adjacent roads depending on surface conditions – please see map. This will be confirmed in the briefing on the morning prior to the event).

## Run 2

This is identical to the first run. The finish line will be in front of the pavilion.

## Timing

This event is manually timed by club volunteers. We'll get an overall time and try to get intermediate times for run / bike / run. Shout out your name as you pass the timekeepers.

### Remember

Have fun!

Stay safe!

Be considerate to the public

High fives mandatory!

A risk assessment has been carried out. Please read and follow the procedures below:

- Please book the duathlon using the Freedom booking system. If you are not able to attend the duathlon, please cancel as soon as you can. Please do not turn up to participate unless you have booked.
- Ensure your membership details including next of kin, are fully up to date with the membership secretary. Please ensure your BTF membership is up to date.
- Please ensure you have read all of the information available on the duathlon so that you are fully aware of start times, course distance and course information.
- Due to limited car parking, please bike to the duathlon if possible.
- Please arrive at the duathlon changed and wear appropriate clothing to weather conditions. There are no changing facilities or toilets.
- You must listen to the duathlon briefing.