

## Hawridge International Duathlon – 8<sup>th</sup> June 2010

### Instructions

#### Car Parking

There is restricted car parking and it is essential that the roads are kept clear before, during and after the event. Where possible please share cars.

Carparking is available adjacent to the village hall and on the common ground opposite the Full Moon Public House. You will be directed by a marshal.

#### Registration

This will take place at the cricket ground between **6pm and 7pm**. Please bring your BTA Registration Card if you are a member. Without the card there will be a £2.00 levy.

**RACE BRIEFING WILL TAKE PLACE AT 7.15 – IT IS ESSENTIAL THAT YOU ATTEND THIS AS TO ENSURE YOU ARE FULLY AWARE OF ANY CHANGES OR SAFETY POINTS.**

#### The Race

The race will commence at 7.30pm and consists of 2.5 mile run, 11 mile bike ride (2 laps) and 2.5 mile run. The course is well signposted for both the run and cycle.

Great care should be taken at the descent where sections of the tarmac are in poor condition and at the bottom corner where there could be loose stones. All athletes are reminded that they must follow the rules of the road and to give way at all times where required to other road users.

**WARNING – IT IS STRONGLY RECOMMENDED THAT ALL PARTICIPANTS HAVE A LOOK AND IF POSSIBLE RIDE THE BIKE COURSE IN ADVANCE OF THE RACE DUE TO THE CONDITION OF CHOLESBURY LANE WHICH FORMS PART OF DESCENT.**

#### Post Race

The bar at the cricket club will be open after the event where fish and chips will be served. We aim to present the medals as soon as possible after the event.

#### Race results

Results will be posted on the website [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk) as soon as possible, hopefully the following day.

We hope you have a safe and enjoyable race at the Hawridge International Duathlon.