

SALISBURY TRI CLUB OFF-ROAD DUATHLON



**DATE:**

Saturday 19<sup>th</sup> November 2011

**TIME:**

Registration – 08:00 onwards

Race Start – 10:00

**LOCATION:**

Chalke Valley Sports Centre, Knighton Road, Broad Chalke, Salisbury, SP5 5HX

**DIRECTIONS:**

Take the A3094 out of Salisbury and at the back of Wilton House take the road sign posted for the Race Course. Follow the road up the hill and down the other side to Stratford Tony. Turn right and follow the road through Bishopstone. A mile past Bishopstone turn left into Howgate Road, sign posted for the Sports Centre. Turn left into Knighton Road. The Sports Centre is on the left hand side.

**PARKING:**

Free parking will be available at the Sports Centre. Additional parking will be available at the school on Howgate Road.

**TRANSITION AREA:**

Transition area will be on the grass outside the sports centre. You will need to show your race number to gain access and also to remove your bike and kit after the race. Transition will be open from 08:00.

**REGISTRATION, RACE BRIEFING & RACE START:**

Registration will take place in the main hall of the Sports Centre from 08:00 onwards.

Race briefing for competitors will take place in the same hall at 09:30. Please ensure that you have registered and racked your kit BEFORE the briefing.

Competitors will be walked up to the start at the byway opposite Bury Lane for a 10:00 start.

All competitors will start at the same time unless a large number of entrants are received. If this is the case the field will be split into the appropriate number of waves.

**TIMING:**

There will be no split timing. You will receive a time for your overall race.

Please ensure your number is visible and shout out your number as you cross the finish line.

Results will be posted on Salisbury Tri Club website.

**DROP OUTS:**

If you drop out of the race for any reason after you have registered can you please inform a member of the registration team and return your race number.

If you decide to drop out during the race please inform one of the race marshals who will help arrange for you to get back to the start/finish area.

**MEDICAL ADVICE:**

First aid facilities will be available at the start/finish/transition area.

If you feel unwell on race day please do not race.

If you have any medical conditions please write the details on the back of your race number.

**TOILETS / CHANGING FACILITIES:**

Toilets, changing facilities and showers are available in the Sports Centre.

**THE RACE COURSE:**

You are responsible for completing the run and cycle courses.

Both courses will be well signed and marshalled.

If you do not complete the covered route you will be disqualified and no discussion can be entered into.

**WATER & FOOD:**

Tea, coffee and cakes can be purchased in the Sports Centre.

Water will be available in the transition area but there will be NO WATER STATIONS on the bike or run course. Competitors are therefore advised to carry their own drink bottles/gels/food etc.

**LITTER:**

We operate a zero tolerance of litter at this race. Anyone dropping litter on the course will be disqualified. If you are unable to carry litter back to transition please leave it with a marshal.

## **THE RUN:**

Both run routes take place on byways and foot paths. Please be aware that other people may use these paths so take appropriate care.

The route passes through a farm. Please be aware that there may be farm traffic. Please also stick to the designated path at all times but especially when passing over the farm land.

## **THE CYCLE:**

The route is predominantly off road but at the start and end of the route you will cycle on the highway. Please note that other traffic will be using these roads so please adhere to the Highway Code at all times.

The route passes through two farms. Please be aware of any farm traffic.

Please note the following rules:

1. Helmets must be worn at all times.
2. Your helmet must be on and securely fastened before you unrack your bike and your bike must be racked at the end of the cycle section before you remove your helmet.
3. There must be NO cycling in the transition area. Wheel your bike out of the area and mount at the designated line.
4. Please take care throughout the course. You are responsible for your own safety.
5. On return to transition you must dismount at the designated line and rack your bike safely in exactly the same place before you begin the second run.

The mount and dismount lines will be on Howgate Road.

## **THE MARSHALS:**

Marshals are used to indicate the direction of the course. They will warn you if traffic is present but they are not allowed to stop or control traffic.

All marshals are volunteers, please respect them. Abusive language or failing to follow the marshals directions will lead to disqualification.

## **PRIZES:**

Prizes will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female in the main hall after the race has finished.

## **THANK YOU:**

I would like to thank all of the people that have generously helped and supported this event without whom it would not be possible to run it.

Finally thank you very much for entering, I hope you enjoy the race.

*Rosie Frost*

Salisbury Tri Club Events Coordinator