



Enduro Duathlon

Saturday 25th November 2023

High Lodge, Thetford Forest

Race Briefing



Introduction

We will provide a short briefing on the day (09:50am) including any updated information as needed, but please read this document carefully beforehand.

Registration

Registration is from 9:15am and will take place next to transition at Owl and is a short walk from the main car park (shown on course map and signs will be out on the day).

From the Info point go past Go Ape, Archery and turn left. Go past the children's play area and take the next main right turn into Owl.

Please note this is the same location used for our monthly duathlon series events!

You will be issued with a race number.

Please bring your own pen to complete personal details/emergency contact information on the back of your race number.

If using a race belt, you should display your number on the front for the run sections and back for the bike leg, Alternatively, please pin your number to your front so our lap counters can easily identify you.

Transition

Find a space in transition giving enough room to other participants,

Place your bike and any other items you need during the race in the centre of your space (i.e. helmet, food, drinks, bike spares etc.).

You can also leave a small bag in your transition space, but it must not impede others. This is at your own risk, but transition will be manned throughout the event.

Our event team may ask you to move your equipment/belongings if we do not feel enough space has been left between participants.

Start Procedure

The race will commence promptly at 10:00am as a mass start.

For teams, only one member will start the first run.

Format

Competitors will complete run and bike laps until the 3-hour time limit has been reached.

You must alternate between run and bike laps.

Each lap completed counts towards your total (i.e. every run counts as one lap and every bike counts as one lap).

If you cross the Start/Finish line **before** the 3 hours is up, you can continue to complete a final lap (whether that is run or bike following the normal sequence).

If you are mid-lap (whether that be run or bike) when the 3 hours expires you will complete that lap and your race will end when you cross the Start/Finish line.

The number of laps completed and any time differences between participants on the same number of laps will determine finishing positions.

You can stop any time and will get a finish place. You can even re-start again if you like as long as the 3 hours hasn't expired – it's up to you!

Teams

The team event works like this: -

A team consists of 2 people (any gender).

Only one team member starts the first run.

Only one team member can be out on course at any point..

Teams can decide themselves how they wish to divide the work – i.e. one runner and one cyclist or both team members can complete bike and run elements.

Team members can only swap over in transition, but it is up to each team to decide when and how often they wish to swap during the 3 hours.

Course

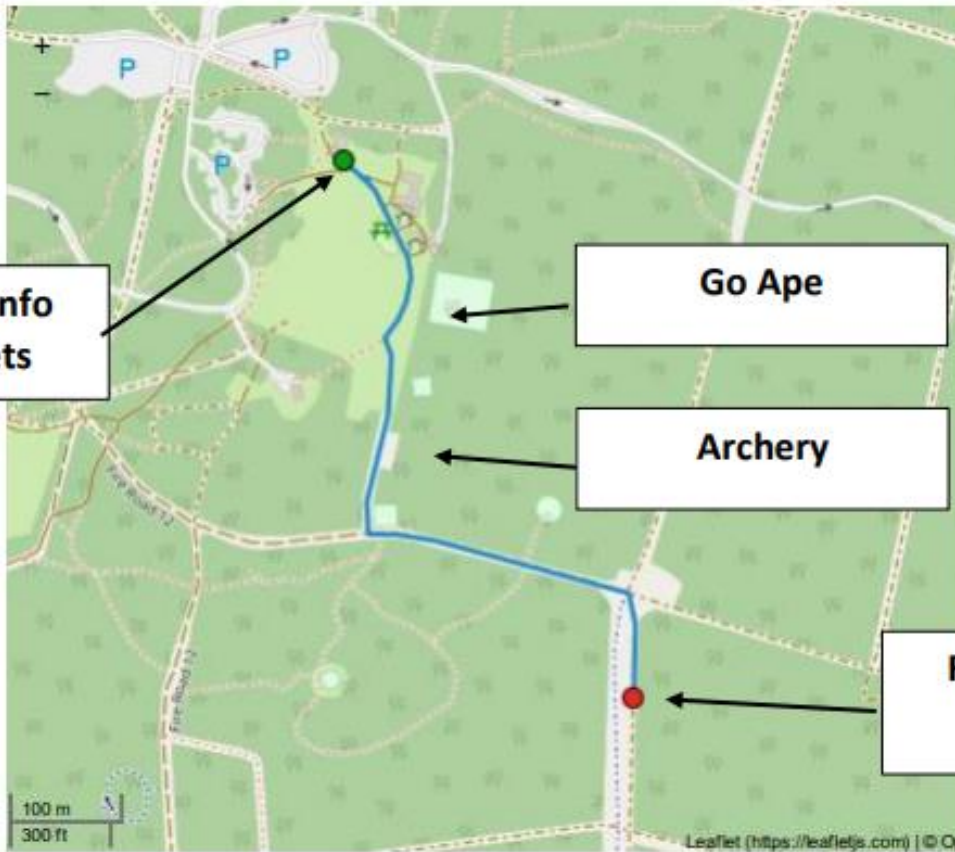
The Enduro uses a course that will be clearly marked with marshals at key points.

The run is a 3km snake-style route, is flat and on mixed surfaces. Follow the red signs with white arrows

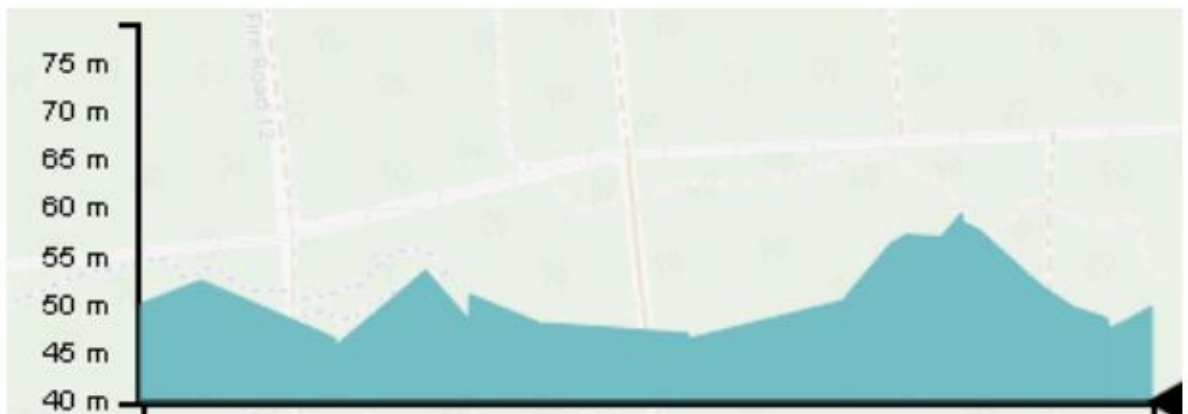
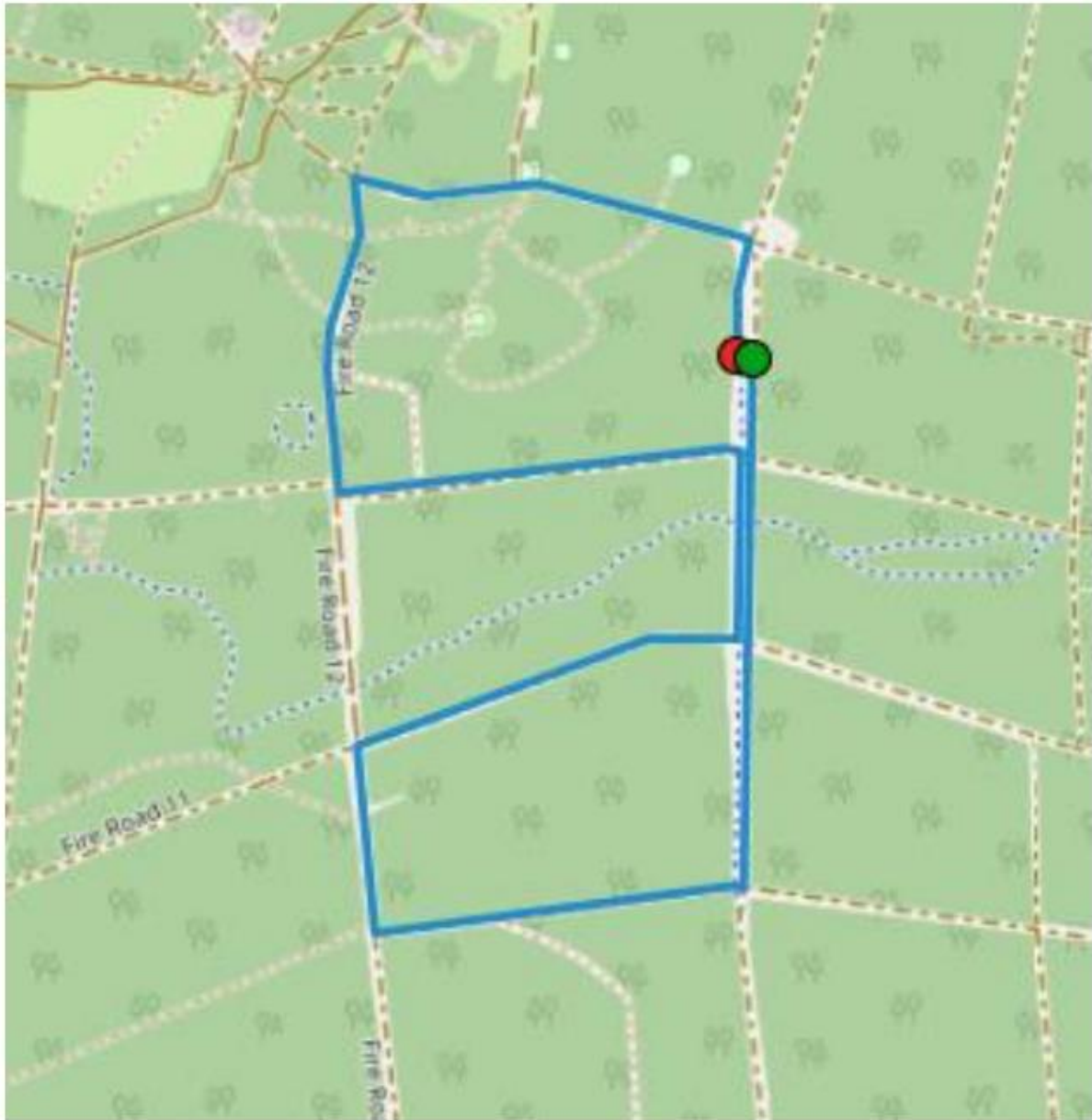
The bike route is a 7km circuit that is largely flat with a couple of short inclines/descents. It uses parts of the Shepherd trail (Green rated) and Beater Trail (Blue rated) covering a mix of wide gravel roads, sandy tracks, grass and twisty, but not overly technical single track. Follow the big yellow signs with black arrows.

See maps on following pages.

Site Map – High Lodge



ENDURO DUATHLON RUN ROUTE



ENDURO DUATHLON BIKE ROUTE



Please note that the routes used are open to the public, so care is needed to maintain everyone's safety. You do not have priority over other site users.

We recommend you use a mountain, cyclo-cross, gravel or hybrid bike with off-road tyres.

A Few Key Points

After the first run you must put your helmet on (and have it fastened up!) before touching your bike.

You are not allowed to mount your bike until you leave transition – There will be a line on the floor that you must cross first.

Please do not ride through transition on the bike leg – dismount before the line at the start of transition.

You must keep your helmet on/fastened up until you place your bike back in your transition space before continuing onto the next leg of the event.

Please be patient if you catch a rider on the Beater trail single-track section of the bike leg as you won't be able to pass at certain points – remember it's a long event!

Please bring any spares you might need in case of a puncture/mechanical issue.

Refreshments

Please bring any specific nutrition you think you might need. We will have water and snacks available during and after the event for you.

Medals

All finishers will receive a bespoke medal.

Prizes

We will aim for prize giving to be at approximately 13:45pm (or earlier if participants have all finished). Prizes are as follows: -

Men:	1 st , 2 nd 3 rd place trophies
Women:	1 st , 2 nd 3 rd place trophies
Male Team:	1 st place trophies
Female Team:	1 st place trophies
Mixed Team:	1 st place trophies
Other:	We might throw in some random awards!

Results

Results will be posted by 8:00pm on the day of the event at:
<https://canbuttri.co.uk/results-archive/>.

Spectators

Spectators are welcome, but they cannot physically assist competitors or enter transition.

Car parking

The code for reduced parking fees at High Lodge (£3 for the whole day reduced from £12.50) will be displayed at the registration desk.

Additional Information

Our events are meant to be fun and friendly, but there are a few extra points to note: -

- There are no time limits or time cut-offs (except the 3 hour + 1 lap rule)
- We don't usually issue penalties but we will ask you to correct things if you make an error (like trying to cycle through transition!)
- We would only disqualify you if you refuse to follow the rules, drop litter, are rude to our event team or the public or complete in a reckless manner.

Further Questions

If you have any further questions please contact us at info@canbuttri.co.uk or by telephone on 07799707852. Please note there is no phone reception in the forest!

Iain & Jill Dawson

Can But Tri Events Team