

# JUNIOR DUATHLON SERIES

High Lodge, Thetford Forest



## Final Event Information



*Making Multi-Sport Fun!*

Email: [info@canbuttri.co.uk](mailto:info@canbuttri.co.uk)

Web: [www.canbuttri.co.uk](http://www.canbuttri.co.uk)

## INTRODUCTION

Thank you for signing up to one of our junior duathlon series events.

These events are intended to be low-key and fun rather than super-competitive.

Please take a few minutes to read the information in this pack – There will only be a short briefing/update on the day.

## KEY TIMINGS

12:00pm	Registration opens
12:25pm	Event briefing
12:30pm	Event starts

## LOCATION

High Lodge, Brandon. Suffolk IP27 0AF

## PARKING

There is plenty of on-site parking near to the start/finish.

You get reduced car parking fees of £3.00 (Discount code will be displayed at registration on the day).

## REGISTRATION

The registration desk will be next to the transition area. It is about 10 minutes' walk from the car park, so allow enough time to get there and be ready for the briefing. See map and look out for our Can But Tri flags!



At registration you will be given a number (and pins if needed).

If using a race belt, the number needs to be displayed on your front for the runs and back for the bike. Otherwise, please pin the number to the front of your top for the whole event so our timekeepers can see it clearly.

## EVENT FORMAT

The event consists of a short run then bike and a second run. Distances vary by age group entered, but will roughly be: -

Age	Run	Bike	Run
5-7	330m (1)	750m (1)	330m (1)
7-9	330m (1)	1.5km (2)	330m (1)
10-13	330m (1)	2.25km (3)	330m (1)

## COURSE

The course is traffic free.

It uses a mixture of surfaces including grass, gravel and maybe a small amount of sand or mud, but is not technical/difficult.

We may vary the course from month to month to keep things interesting, if possible.

See map and additional information at the end of this document for more details.

## RULES

We aren't too strict but a few key rules: -

- You must wear a helmet for the bike leg.
- Your helmet must be on (and done up) before touching your bike and remain so until you put your bike back in transition.
- No cycling through transition! Wheel your bike over the mount line before starting to cycle and get off before the dismount line.
- Your bike must be safe/in good order and we would recommend off-road tires.

- Follow the signs and marshals – we will keep you on course!
- Be mindful of others when taking part.
- No littering (DQ if witnessed).

## SPARES

Bring any spares/tools you might need – you will need to be self-sufficient.

## SPECTATORS

Spectators are welcome but should keep off the course itself, including the start/finish and must not enter the transition area once the event has started.

We will cordon off a safe area for spectators.

## REFRESHMENTS

Please bring any drinks/food you may need before, during or after the event. There are also on-site facilities where you can purchase food and drinks.

## CHANGING FACILITIES

There are no changing facilities, so please come ready to race.

## TOILETS

There are toilets on-site near to the car parks and the High Lodge Information Point.

## BAGS

We do not operate a bag drop. You can leave a small bag in your transition space but it must be out of the way and not cause a trip hazard. Transition will be always supervised, but don't leave any valuables if possible.

## FIRST AID

Should you need medical assistance please let one of our event team know. First aid will be available at the Start/Finish, but if you have a problem on the course, we will get help to you as soon as possible.

## TIMING

We will be using app-based timing for this event. We will provide finish times in case you want to know how speedy you were!

## RACE RESULTS

Full results will be posted on our website at [www.canbuttri.co.uk](http://www.canbuttri.co.uk) and Facebook page as soon as possible after the event. This is usually before 8pm the same day.

## PRIZES

There are no prizes (it's just for fun remember!) but we offer a series award you can work towards by completing 3/5 events.

## SOCIAL MEDIA

For up-to-date posts about all our events please follow us on Facebook at

<https://www.facebook.com/Can-But-Tri-1935212143454463>

## OTHER EVENTS

We offer a range of other events suitable for both adults and juniors in both Thetford Forest and Stradbroke. See our calendar here: [www.canbuttri.co.uk/events/](http://www.canbuttri.co.uk/events/)

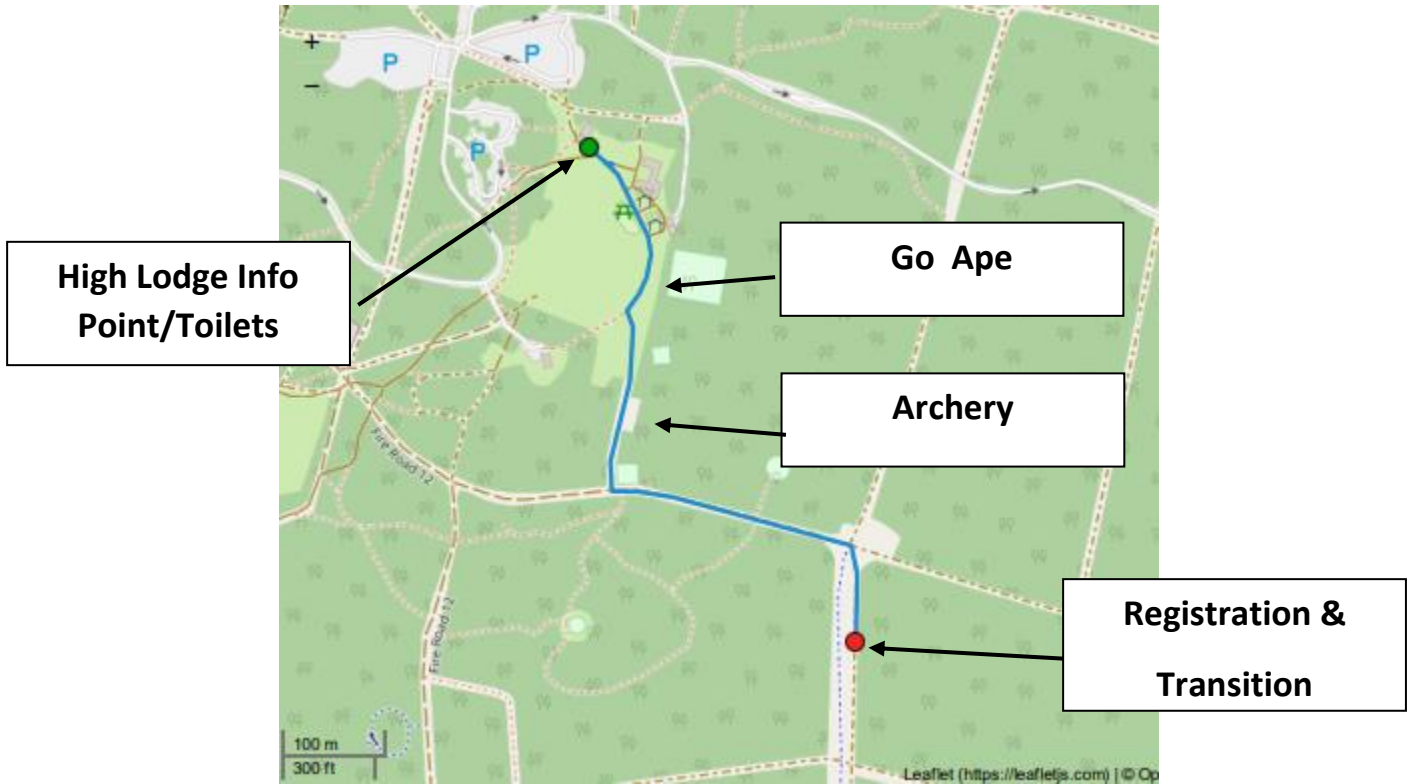
**We are always keen to hear from anyone that might be able to volunteer – we have a great team so why not join us?!**

Held in association with



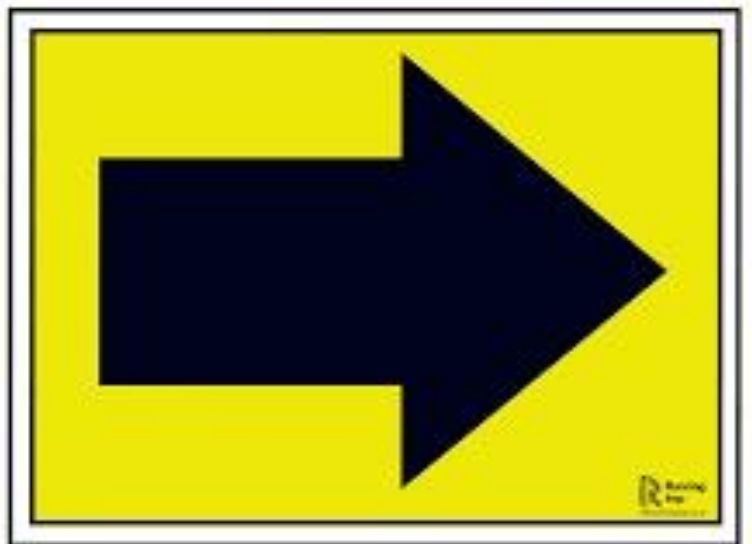
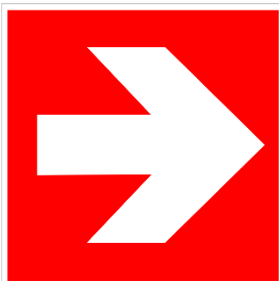
Forestry  
England

## Site Map



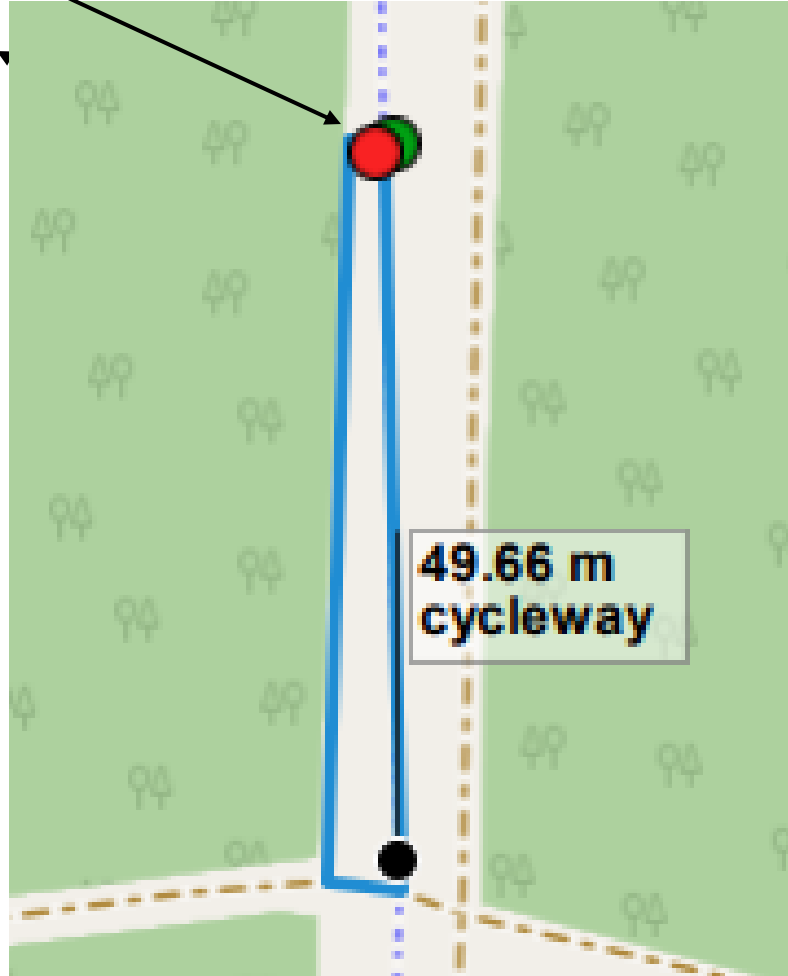
## Course Signage

Follow the small red and white signs for the run and the large yellow and black signs for the bike.



## Run Course (Clockwise)

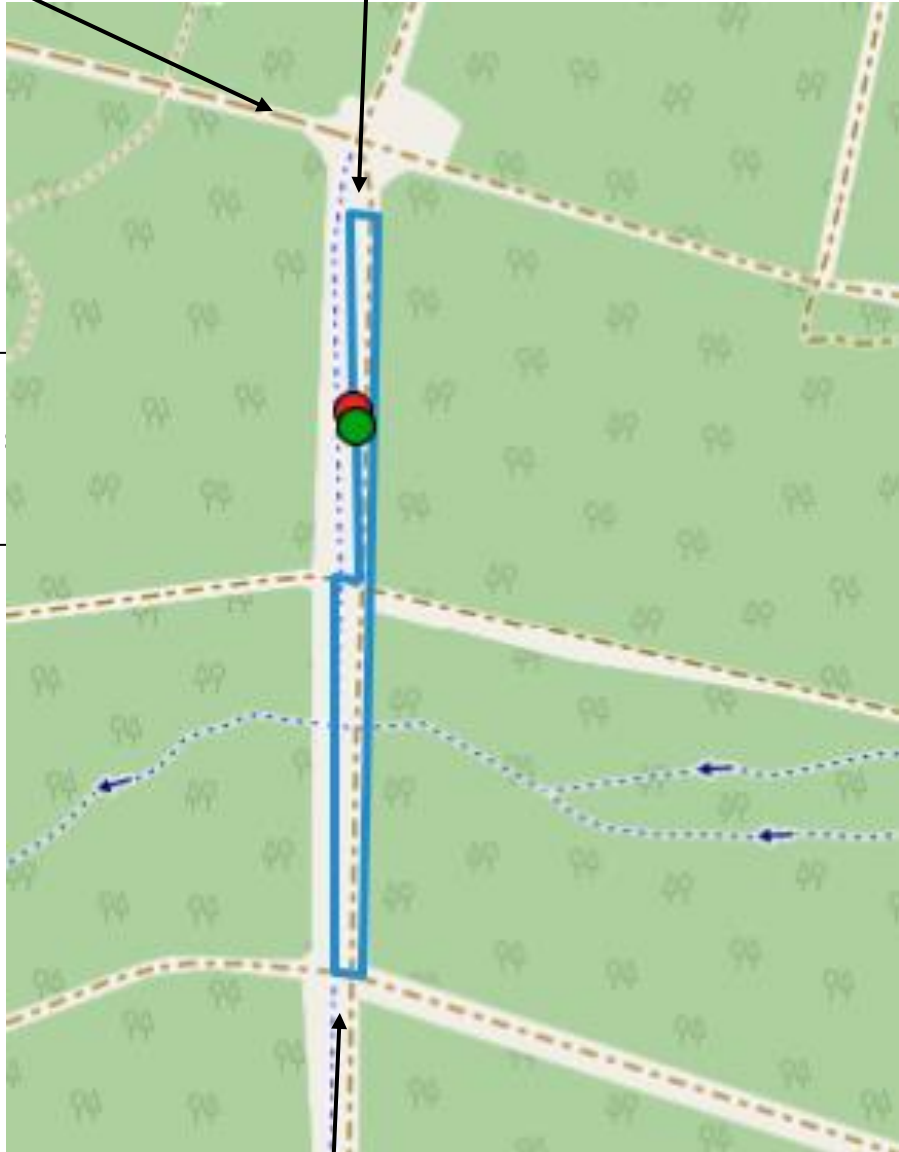
Start/Finish  
Transition



## Bike Course (Anti-clockwise)

Route from car parks,  
Info Point

U-Turn Point



U-Turn Point