

# THETFORD ENDURO DUATHLON

Sunday 6<sup>th</sup> April 2025



## 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 entering our Spring Enduro Duathlon event. We hope it's going to be a great day, and you all enjoy it!

Please take a few minutes to read the information in this pack as we will only give a short briefing on the day.

## KEY TIMINGS

09:00am	Registration opens
09:50am	Event briefing
10:00am	Event starts
13:00pm	3 hours expires
13:30pm	Final finisher (Estimated)
13:45pm	Prizegiving (Estimated)

## LOCATION

High Lodge, Brandon. Suffolk IP27 0AF.

## PARKING

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

You benefit from a reduced parking fee of £3.00 for the whole day (Discount code will be displayed at registration).

## REGISTRATION

Registration is next to transition at what is known as Owl. See map and look for our Can But Tri flags!

You must be registered before the race briefing at 09:50am.

You will be given a number and some pins.

Pin this to your front, or if using a race belt the number should be displayed to the front for the run and back for the bike sections.

## TRANSITION

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

We will put teams on the left and solo participants on the right of transition.

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.).

## START PROCEEDURE

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

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

## EVENT FORMAT

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

We will count laps for you.

Solo participants will be offered a simple lap counting device. This is optional if you want to record your own laps in case of any queries.

If you cross the Start/Finish line **before** the 3 hours is up, you can 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 again.

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 to divide up the work – i.e. one runner and one cyclist or both team members can complete bike and run elements.
- You can only swap over in transition but this doesn't have to be every lap.

## COURSE

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

**RUN** - 2.8km clockwise loop. It is flat and on mixed surfaces with some tree-rooted sections. Follow the red signs with white arrows.

**BIKE** - 7km circuit that is largely flat with a couple of short inclines/descents. It uses a section of the Beater Long Trail (Blue rated) and other wider tracks giving opportunities for passing. If you get stuck behind a rider on one of the twisty single-track sections, please be patient and only pass where safe to do so. See maps for more details.

## 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 transition zone.

## REFRESHMENTS

Please bring any specific drinks/food you may need before or during the event.

We will provide water and some snacks too.

## CHANGING FACILITIES

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

## TOILETS

There are toilets on-site near to the car park and High Lodge Info Point.

## BAGS

You can leave a small bag at your position in transition. This will be at your own risk, but the event team will be present throughout.

## 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 assistance to you as soon as possible.

## RACE RESULTS

We will calculate the results straight after the event finishes ready for the prizegiving. This may take a few minutes to organize.

Full results will be posted on our website at [www.canbuttri.co.uk](http://www.canbuttri.co.uk) and on our Facebook page later in the evening or on Monday at the latest.

## PRIZES

Prize-giving will take place ASAP after the event finishes. Awards will be as follows: -

**Male:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place trophies

**Female:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place trophies

**Male Team:** 1<sup>st</sup> place trophies

**Female Team:** 1<sup>st</sup> place trophies

**Mixed Team:** 1<sup>st</sup> place trophies

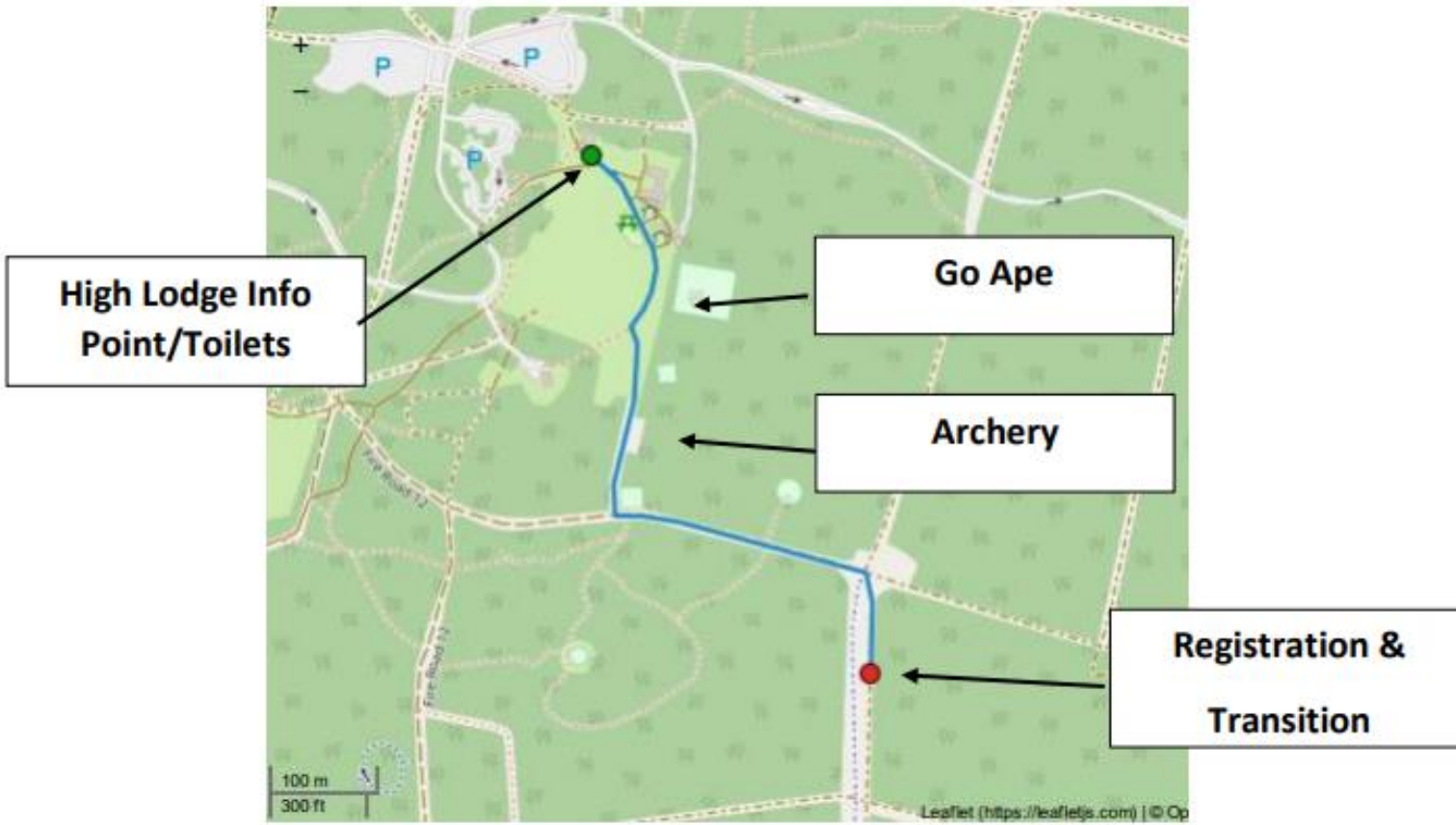
**All participants:** Bespoke medal

## SOCIAL MEDIA

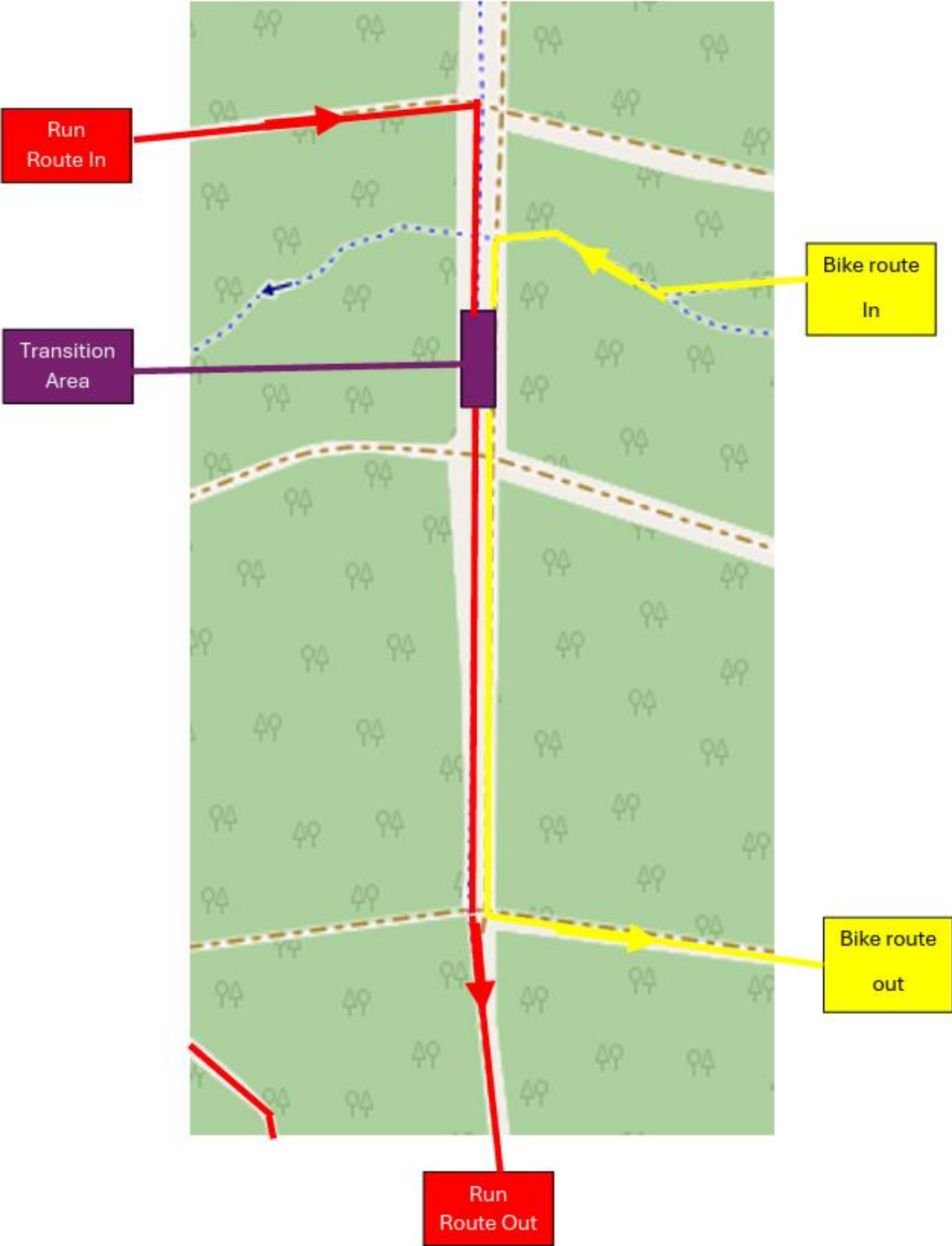
For up-to-date posts about all our events please follow us on Facebook at

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

## Site Map – High Lodge

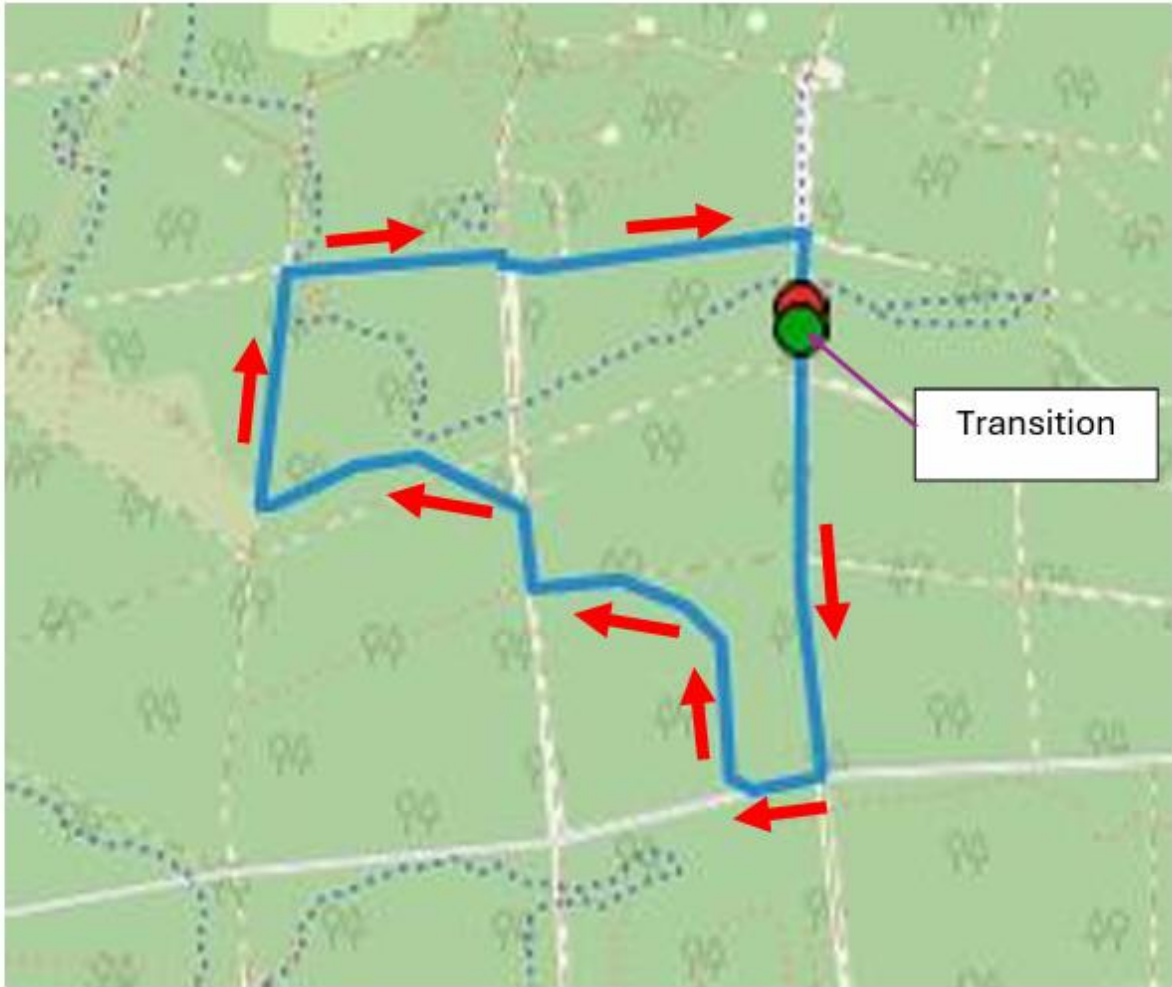


# Transition Flow





## Run Route



## Bike Route



## Course Signage

Run: Follow the small red signs with white arrows on green stakes.

Bike: Follow the large yellow signs with black arrows on white stakes.

