Adult duathlon series

High Lodge, Thetford Forest

2026-7 Series Information

Making Multi-Sport Fun!

Email: info@canbuttri.co.uk

Web: www.canbuttri.co.uk

INTRODUCTION

Thank you for signing up to one of our adult duathlon series events. These are intended to be low-key, fun events giving you a regular opportunity to enjoy the forest and test your fitness (or just get some exercise!).

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

09:15am	Registration opens
09:55am	Event briefing
10:00am	Race 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 £4.00 (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!

Insert number image.

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: -

- 2.3km run (1 lap
- 7.25km bike (2 laps
- 2.3km run (1 lap)

Depending on numbers we will either have a mass start or divide you up into smaller waves with a short time gap between each.

COURSE

For the first 4 events in the series, we will be run in an anti-clockwise direction before switching to a clockwise course from January.

It is largely flat, with a few little hills.

The surface is mixed with grass, gravel, sand and mud. There are a few tree roots too, but nothing very technical to worry about.

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

RULES

These are relaxed events, but some rules: -

- You must start in the correct wave.
- 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 suitable for the event (MTB, gravel, cross or hybrid with off-road tires) and be in good order.

- You must complete the course as directed with signs and marshals at key points.
- Be mindful of others – We can't close the route to the public.
- 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.

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 as long as it does 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, and if possible, splits too.

RACE RESULTS

Full results will be posted on our website at 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 4/7 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

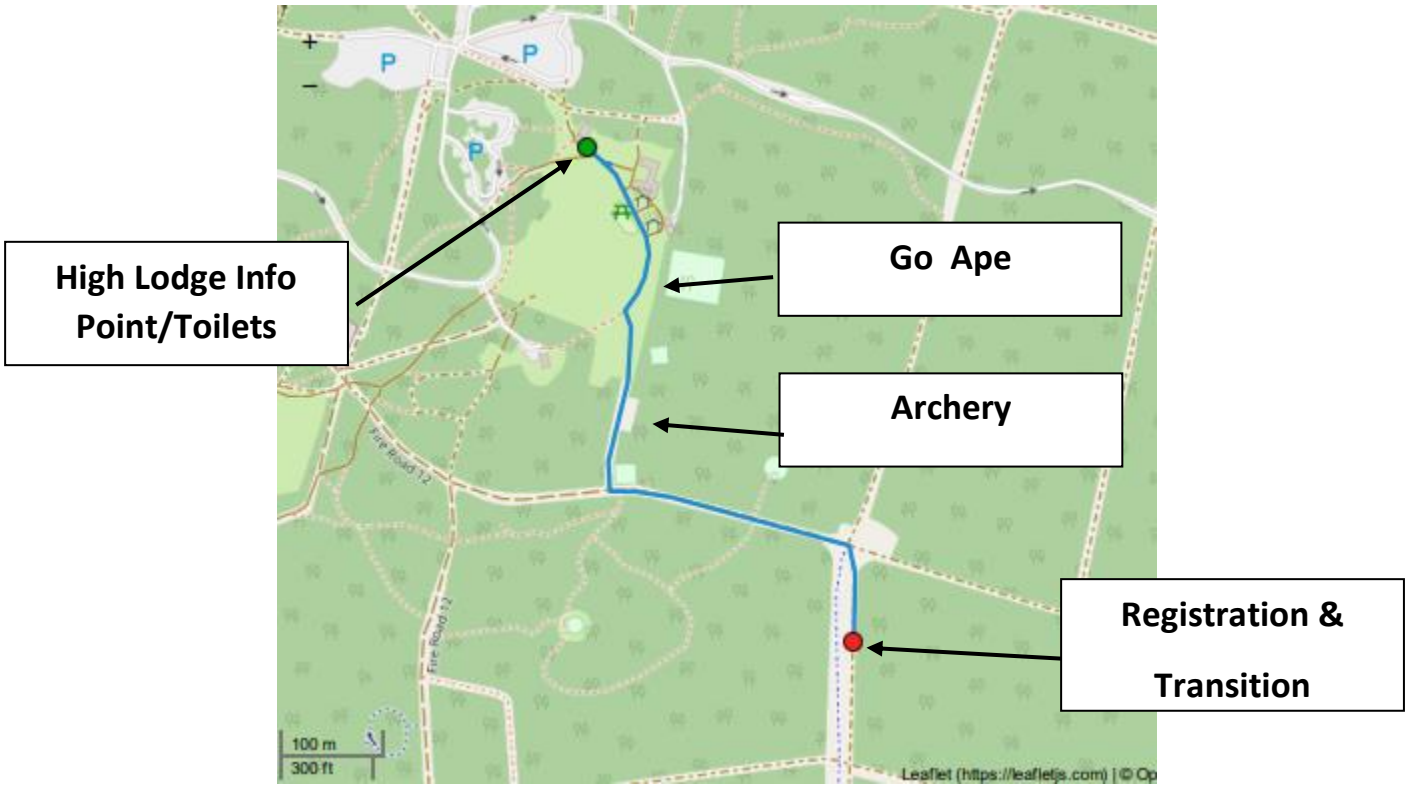
We offer a range of other events suitable for both adults and juniors in both Thetford Forest and Stradbroke. See our calendar here: www.canbuttri.co.uk/events/

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

Forestry England

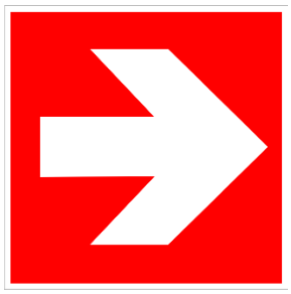
Held in association with Forestry England

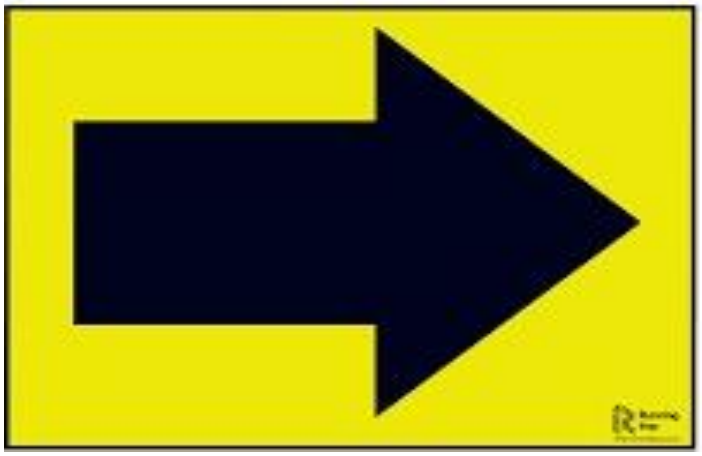
Site Map



Course Signage

Follow the small red and white signs for the run and the large yellow and black signs for the bike. Do Not follow any Forestry England signs!



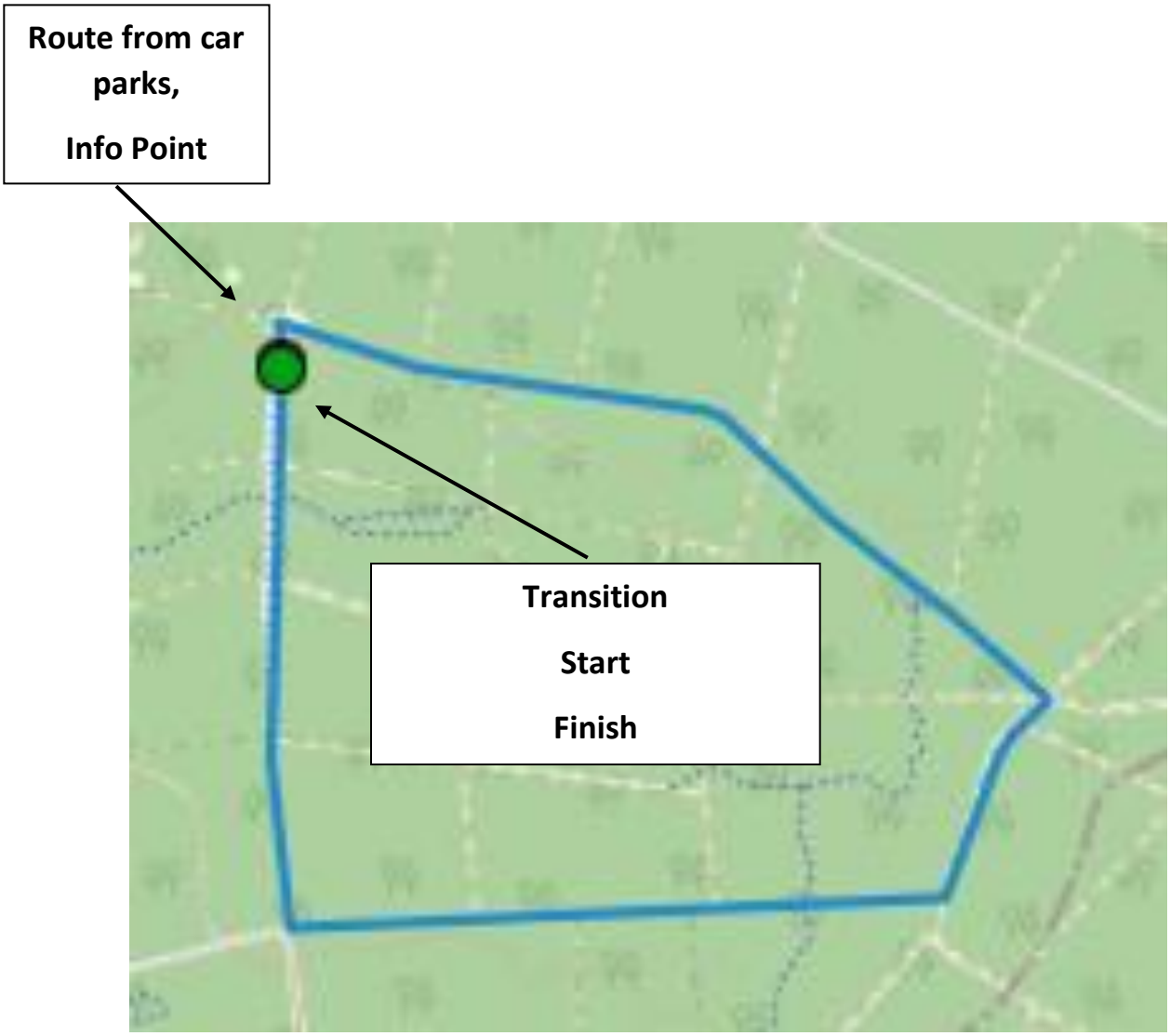


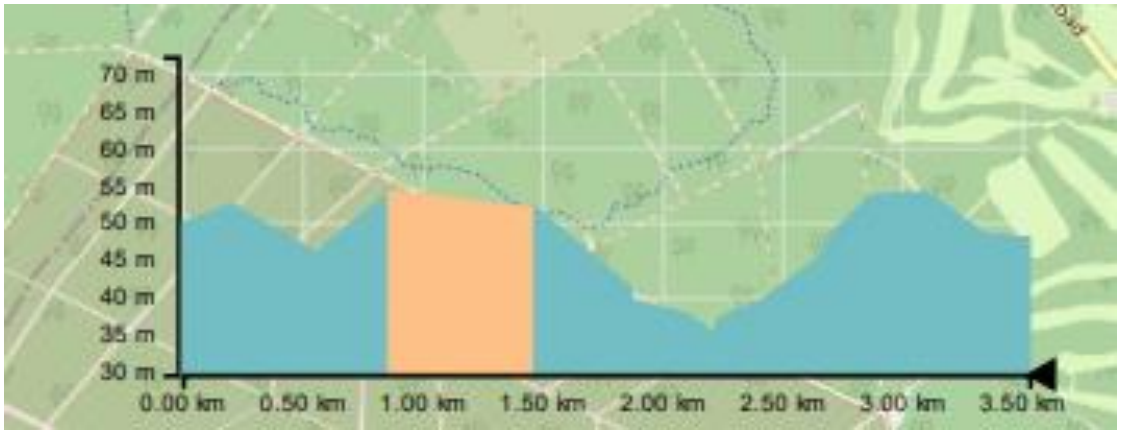
Run Course

Route from car parks,
Info Point
Transition
Start
Finish

70 m
65 m
60 m
55 m
50 m
45 m
40 m
0.00 km0.20 km0.40 km0.60 km0.80 km1.00 km1.20 km1.40 km1.60 km1.80 km2.00 km

Bike Course


Route from car parks,
Info Point
Transition
Start
Finish


70 m
65 m
60 m
55 m
50 m
45 m
40 m
35 m
30 m
0.00 km
0.50 km
1.00 km
1.50 km
2.00 km
2.50 km
3.00 km
3.50 km