

CIRENCESTER OFF ROAD DUATHLON

2 mile run - 10 MTB - 2 mile run also 1 mile - 5 mile - 1 mile

Sunday 12 February 12 Start times 10am and 10.04am

New Venue

Due to the sad death of Lord Bathurst we have had to move the February event to Charlton Park; a Private Estate, and home of The Earl of Suffolk who has kindly let us hire an area of the park for this event. The roads and grounds of the park are private, so you can't enter the park other than on race day; anyone found doing so will be disqualified from the event. There will be toilets and water on-site, but sorry no showers.

How to get there

From London/Wales - M4, take junction 17 (Chippenham/Cirencester), follow A429 signed for Malmesbury/Cirencester. Pass Malmesbury on A429 towards Cirencester; Charlton Park entrance is one mile after water tower roundabout on right; signed Charlton Business Park, SN16 9RU. Once inside Park, Show Field/Race HQ entrance on the left just past business park.

From Midlands - M5/A417 from Gloucester towards Cirencester. Take exit for Cirencester/Stow, head into Cirencester and follow through traffic, ring road signs for A429/A419 Stroud/Tetbury. Take A429 towards Tetbury/Malmesbury, 1mile after Cirencester take left turn to Malmesbury (A429), pass villages of Kemble and Crudwell. Charlton Park entrance is approx two miles from Crudwell on the left, signed Charlton Business Park, SN16 9RU. Once inside Park, Show Field/Race HQ entrance on the left just past business park.

Parking

Park on the grass to the **left** of the gravel track, just past transition. Please form two rows close to the gravel track, if wet one long row.

Warming up

Sorry no mountain bikes are allowed on the course prior to the event, if you want to see any part of the course you must do so on foot.

Safety/Medical

St John Ambulance and crew will be on duty throughout the event and will be based next to transition. If you see anyone in difficulty on the course please inform the nearest marshal. If you feel unwell on race morning please don't compete. Please print name and any medical problems on the back of your race number.

Every competitor must make sure that their cycle is in a safe condition. Please respect other competitors; run and cycle with care. The course should be clear, but please be aware that there maybe other users within the park such as horse riders, and estate vehicles. Please respect other park users.

Refreshments

Hot refreshments will be on sale from 9am.

The course

Start Short /Youth 10am, Long Event 10.04am. Run - A two lap totally cross country run on grass, field and hard packed trail, the route will be clearly marked, please keep to the right of the markers/tape around the field (**short/youth one lap**).

MTB - a two lap mountain bike ride (**short/youth one lap**). It starts with wooded trails, a short section on field, then right turn along a bridle track for a mile, at end of the track there will be a Church in front of you, right turn onto a short down hill stretch of tarmac private road, please **take care here** as Estate Vehicles maybe on the road. Then left across a field into a wood with a mix of concrete and wooded trails which can be muddy in places so take care, then right along a field before turning right again into a short section of wood which can be muddy in places so take care, at end of wood right turn along a field before reaching the back of the Business Park, cross the estate road and then left into show field - all this will be clearly marked and marshaled.

You can follow as close as you like to the bike in front, please try to overtake on the right and try not to obstruct other riders. Be prepared to be out longer than when on roads or gravel trails and remember to carry a drink on your bike.

Some competitors will need to get off on muddy areas or short climb in final wood. If you do walk you must push your own bike and please keep to the **left** side of the course. **Sorry No Cyclo-Cross Bikes.**

Run - The final run is over the same **two lap** course as the first run with the finish next to transition(short/youth one lap).

Transition - Competitors Only Area

Before going to transition collect your timing chips/ ankle strap at Race HQ. Transition will be open from 8.35am. You must **check into transition before 9.50am and rack your bike; you must have your race number, bike frame sticker, timing chip and helmet with you upon entry.** Please do not leave bags or valuables in transition, lock them in your car. You will be able to collect your bike soon after you've finished, but you must have your race number with you - no race number no bike.

Prizes

The prize giving will take place as soon as possible after the event. near the finish. All prize winners must attend prize giving to receive their prize.

Long Event

Prizes will be awarded to first five men and first three women overall. First male and female 40+, 50+ and 60+ (age at 31/12/12). First Relay Team.

PTO



Supported by Noah's Ark Bikes and Specialized



Prizes cont

short/youth event

Entrants to this event must be aged 14 or over by 31/12/12. A prize will be awarded to the first youth 14 -16 years male and female. Also first male and female aged 17+ and first 40+ male/female as at 31/12/12.

Results - Chip Timing System

There will be a set of results on screen as you finish and will be on www.triferris.com by Sunday evening. If you require printed results please provided an SAE on race day. Please collect your chip from HQ before 9.45am, and secure around your left ankle as instructed, then rack your bike. Please hand in chip at the finish - non-returned chips will be charged £35.

A Few Rules

Race Numbers - Your number, which is enclosed, must be worn on your front at all times. Numbers must not be folded or mutilated in any way.

Cycle Helmets - BSI, ANSI or SNELL approved helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to removing your bike from the rack and neither undone or removed until after re-racking your bike.

Transition - No riding is allowed in the transition area at any time. You must run with your bikes to the mount zone and on your return to transition dismount in the zone before entering transition.

Disqualification - The following infringements will result in disqualification: Abusive language, dangerous conduct, failing to obey marshals, nudity, unsporting impedance, outside assistance, tampering with other competitors equipment, course irregularities (short cut).

Late Entries

On-line entries taken until 8/02/12. Strictly NO transfer of numbers to another person. No Entries on Race Day.

Contact Tri Ferris Promotions, 4 Lindisfarne, Woodshaw, Wootton Bassett, Wilts, SN4 8LQ. Tel: 01793 853933 Website: www.triferris.com Email: triferris@btinternet.com

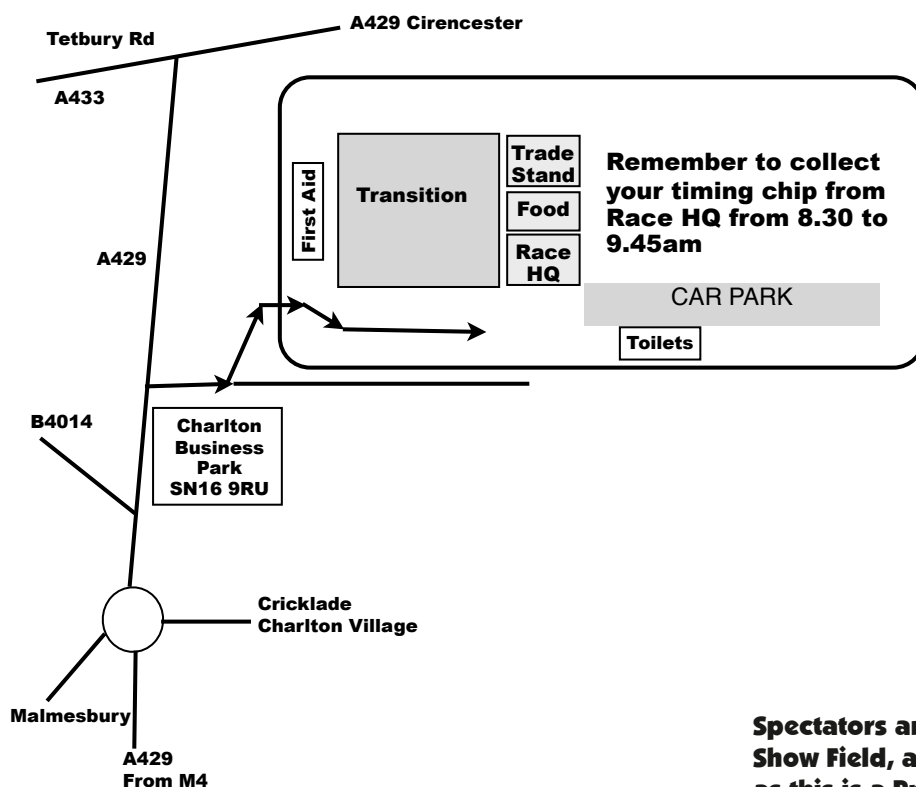
In both the main and short/youth race the emphasis is on FUN, so don't go off too fast you may pay later (if you want to change from the long to the short event please email us).

See you on 12 February and **remember to bring your race number, bike sticker** and some pins, also leave yourself **PLENTY** of time to collect your chip and rack your bike before the start. Have Fun!
Memento to all starters!



SPECIALIZED

Directions/Site Map - not to scale - course map at www.triferris.com



Spectators are only allowed in Show Field, and on Run Course as this is a Private Estate. Dogs must be on a lead.

