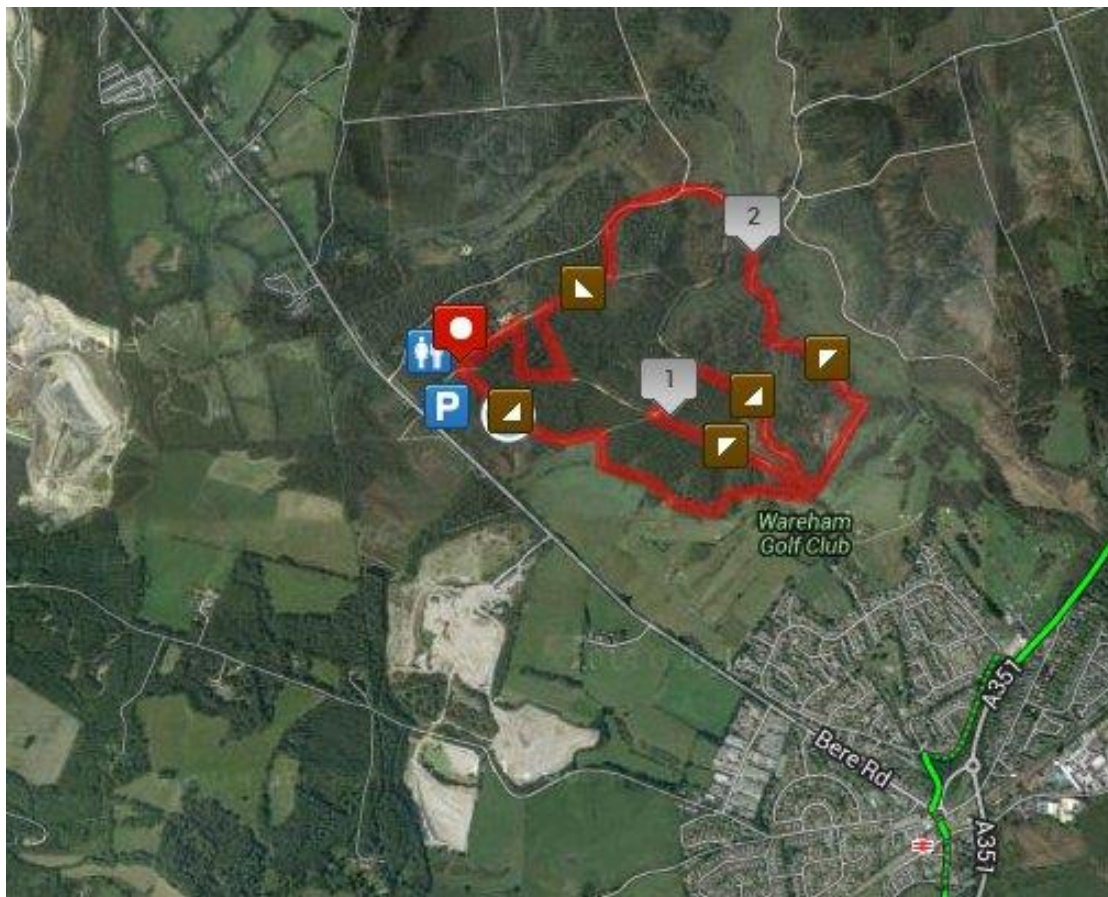


Sika Duathlon Race Briefing Document.

General information:

The Sika Duathlon is based at the head of the Sika Trail in Wareham Forest, approximately 1 mile North West of Wareham on the Bere Road. There is ample parking in both the Sika Trail carpark and the carpark of the Forestry Commission.



Registration is open from 8.15am.

Junior races start from 9.00am

Race briefing (Juniors) is compulsory and will take place 10 minutes before the start of your race at the start line

Race Briefing (Adults) is 10.50am and the race will start immediately following the briefing.

Race packs (containing numbers, bike stickers and race licence) should be collected from registration at least 30mins before the start of your race.

The course will be clearly signposted with marshals at every junction. If you need to retire from the race at any point please inform the nearest marshal so that they can communicate with the race HQ. Designated first aid will be available.

Prize giving for the adult race will take place immediately after the last competitor has finished the event. Please support your fellow competitors once you have finished!

Split times will be recorded for Run 1/T1/Bike/T2/Run 2 and published on the TriPurbeck website on the evening of the race.

The forest will be open to the public during the event so please be aware of pedestrians.

Transition:

Transition will be open for bike racking from 8.30am.

On entering transition following the first run, competitors must fasten their helmets before removing their bikes from the racking. Do not mount your bike until you have reached the mount line.

Competitors finishing the bike section must dismount before the dismount line and rack their bikes before removing their helmets.

Run section:

The run is off road with some loose or uneven surfaces but suitable for normal road or off road trainers.

Bike section:

No drafting!!!!

The bike section is entirely on forest track and there are loose, uneven surfaces and in November it's likely that there will be mud!

The bike course is run over 4 laps passing through transition on each lap. The race timers will record lap times for all competitors. It is the responsibility of the competitors to count their laps.

Please shout your number to the officials each time you pass or enter transition.

There are three places on the adult bike course where there is a tight turn following a downhill section. These corners will be marshalled and marked with '**Caution – Slow Down**' signs.

If you are overtaking a fellow competitor please warn them. If you hear a warning from behind, please ensure that you allow sufficient room to pass.

Please shout your number to the officials each time you pass or enter transition.