

KINGS WOOD MOUNTAIN BIKE DUATHLON

INFORMATION

EVENT DATE - Sunday 19th February 2012

START – 09:00

RUN/BIKE/RUN FORMAT

Start & Finish = Kings Wood Forestry Commission Main Car Park, Off White Hill Road, Challock, Ashford, Kent TN25 4HB

Directions To Kings Wood

Challock is the nearest village.

Directions by car

- **From the M2** take the A251 towards Ashford.
- **From the M20** take the A28 towards Canterbury and the A251 towards Faversham.

The car park and entrance to King's Wood is situated off White Hill Road, off the A251, signposted to Wye.

Multimap Event Location - follow this link :-

<http://www.multimap.com/s/hwb7te4C>

Car Parking

There is parking available in the main car park by Transition, However the woods are popular and this car park fills quickly. There is a large car park at the village hall Off Blind Lane in Challock. It is a good half mile away from the start. Please leave plenty of time for a walk/jog/cycle from the car park to Transition.

Multimap Location of alternative parking :-

<http://www.multimap.com/s/RgqGuhG9>

REGISTRATION & ON THE DAY ENTRY – 07:30 to 08:45

Remember - Register for your numbers prior to racking your Bike!

Registration is in the Gazebo just off the main car park by Transition.

You will need to show your BTF Race license to receive your £3 refund.

Collect your race numbers and goody bag.

Check your Bag. You should have –

- Big Race Number. To be worn on the front of you while running and the back when riding.
- 2 Smaller Sticker Numbers (One for your Hat and one for your Bike)
- Goodies!

TRANSITION – Open 07:30 to 08:45 for racking.

Only Competitors and Race Officials will be allowed in Transition. You need to show your race number to get in!

RACE BRIEFING – 08:45 By Registration

It'll be about the race and it'll be brief!!

RACE STARTS 09:00 PROMPT BY TRANSITION

RACE RULES

The Duathlon will take place under the BTF Rules. Please familiarise yourself with the Rulebook. There will be a BTF Referee at the event!

Check them out at WWW.britishtriathlon.org

Approved cycle hats must be worn during the cycle section of the race. Its got to be on and clipped before you touch your bike and until you rack it again.

No cycling in the transition area. Dismount then jog/walk/waddle to your rack please.

All our Marshalls and race officials are volunteers so please don't abuse them. A DQ will result!!

Remember there is wildlife at large in the Woods so watch out!!

TEAMS

Consist of 2 members. One completes both run sections while the other member completes the 3 laps of the bike section.

Each team member receives a goody bag.

FACILITIES

Toilets will be provided near the Transition area.

Nearest Showers are at the Stour Centre in Town 5 miles away!?!

REFRESHMENTS

There will be a Tea Wagon/Burger Van in the Car park so you can replenish those calories burned.

POST RACE

Presentations/Prize giving will shortly take place after the last competitor has finished. This will be near the Registration area.

Race Results will be on display on our Website as soon as humanly possible after the race has finished.

COURSE ROUTE DETAILS AS BELOW

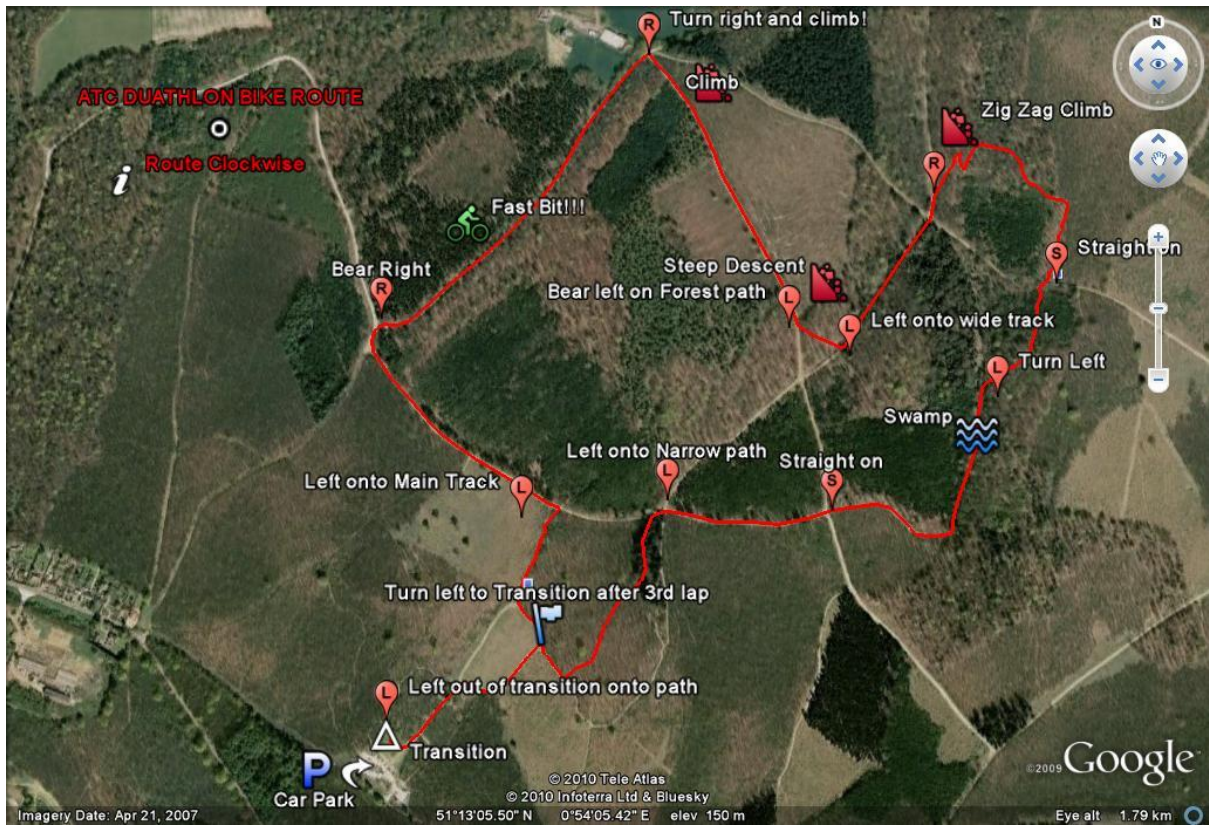
RUN ROUTE = 3k per lap

2 LAPS = 1 AT START AND 1 AFTER BIKE LEG



BIKE ROUTE – approx 14k in total

3 LAPS



Many Thanks for entering our event.

Enjoy!