

Thank you for entering the Easter Duathlon

Please read this carefully as there will not be a race brief before the race start.

The Covid19 Virus infections are still happening so please keep apart at all times for your own safety

Please do not to turn up if they feel unwell.

Can you all please fill in the form (LINK BELOW). There is also a link on the web site for the form and bring it along on the day.

[Please print form](#) and bring it along on Sunday

We will have some on a table but it would be easier and safer if you could do it before hand,

Please Read the information below for your own safety.

There will be no registration but your name will be ticked off as you arrive on site.

The start list with your race number will be added to the web site Friday evening.

There will be a hand sanitizer on a table please use it before entering the transition area. Then use it again as you leave the race site

Your race number will be attached to the bike racking in number order.

This will be done using protective gloves. Please bring your own race belt or pins.

The bike racking would be set for all competitors to be 2 meters apart and each row will be 4 meters apart

The race will now be starting at 7.45am.

The race will now be run as a time trial.

You will form 2 lines going backwards from the start line.

Please keep 2m apart at times

The first 2 runners will start at 7.45am and then every 10 seconds. If you over take another competitor, please leave a 2m gap on the run and bike.

This will help would spread out all the competitors right from the start.

There will now be a one-way system in Transition so there will be no cross over points.

For safety reasons we will not have a water table now so please bring your own water.

There will be bottles to take out for the 2nd run and at the finish

As all the competitors finish, they would be asked to pick up all their race kit and leave the site to avoid people crowding at the finish.

Race times would be sent out by e-mail after the race along with Trophies for the winners.

There are toilets on site but they are on your right as you leave the main building.

We will be trying our hardest to keep everyone safe but you are entering this event of your own free will and we (Bridge Events) except no responsibility over you catching the Corona virus

If you feel ill after the race and feel that you may have the corona virus, you must tell us straight away so we can tell everyone else.

Race 1 - Long distance 10k Run/ 30k Bike/ 5k Run

Race 2 - Sprint 5k Run / 20k bike / 5k Run

Race 3 - GORtri 2.5k run / 12.5k bike / 2.5k run

Race run through for the Sprint and long course.

You head out of the cycle park and up the hill and turn right at 800m over the A2. Then follow the signs that will take you on the 5k lap. There is a map on the web site.

For the longer race you will turn left coming down the hill to do your 2nd lap

Then back onto the track for a 20k bike (8 laps) Is easy to keep count if you have a speedo. If you don't have one just time your first lap then just keep adding that time to each lap. You will get a bit slower but you should still be able to work it out.

For the longer race its 12 laps on the track.

Its then back out onto the second run and that's the first 5k loop again. We will have water bottles to take out at the start of the second run.

For the GOTri you will turn right just before the bridge that goes over the A2. You will then head back to the cyclopark down the hill. Your second run will be the same.

There will be someone there to turn you.

Any questions please ask.

We hope you enjoy the race.

