

# CIRENCESTER OFF ROAD DUATHLON

**2 mile run - 10 MTB - 2 mile run also 1 mile - 5 mile - 1 mile**  
**Sunday 12 November 2017 Start times 10am and 10.04am**

There will be a minutes silence at 9.59am to remember those who have given their lives so we may be free today!

## Venue

The beautiful Cirencester Park is part of the Bathurst Estate, Cirencester. The Dowager Countess Bathurst has kindly let us hire a quiet area of the park for this event. The roads into the park are private, so you can't drive into the park other than race day. **Cycling is not usually allowed in the park so please do not ride in the park prior to the event;** anyone found doing so will be banned from all future Tri Ferris events. There are toilets and water provided, but sorry no showers. Spectators welcome, sorry no dogs.

## How to get there

From London - M4, take junction 15 (Swindon), follow A419/A417 towards Cirencester. Take first Cirencester slip road, signed Cirencester Industrial Park. Follow road to Tesco's roundabout, take second exit and follow signs for Stroud/Tetbury (A419/A.429 ring road). Once on A419 Stroud Road - then see below.

From Wales - M4, take junction 17 (Chippenham), follow signs for Malmesbury/Cirencester as you come into Cirencester on A429 take first exit on roundabout just after Agricultural College towards Stroud - then see below.

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 - then see below.

**All Routes** - Follow Stroud Road (A419) for approximately a mile and a half, then take turning on your right into estate at Two Mile Lodge entrance, GL7 6JT. Once into the estate you will be on a one way system, follow signs to Polo Grounds and Leisure Area, near polo ground take right turn onto gravel track - see map below.

## Free Parking

Park on the grass to the **right** of the gravel track, just past transition. Please form three rows close to the gravel track.

## Registration 8.30am to 9.45am

A race pack with Race number, bike frame sticker and a timing chips/ankle strap with instruction how to fasten will be given to you. **Please show some form of ID.**

## Warming up

Please warm up to the right of the gravel track, **do not go onto the polo grounds** which are the areas of smooth mown grass. 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

My Skills For Life 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 walkers, horse riders, and the occasional farm vehicle. Please respect other park users.

## Refreshments/Photos

Hot refreshments will be on sale from 9am. Photos by <http://www.charleswhittonphotography.com>

## The course

**Start Short /Youth 10am, Long Event 10.04am. Run - A two lap** totally cross country run on grass and wooded trails (**short/youth one lap**).

**MTB - a two lap** mountain bike ride (**short/youth one lap**). It starts with an easy flat grass section around the edge of the polo grounds. Please keep to the left of the markers and under no circumstances stray onto the polo pitch. Then it's left along a gravel track, before turning left again onto wooded trails, there are also a few horse jumps and fallen logs - please do not attempt to go over them! At the end of each lap there is a short rutted section which can be muddy so take care, followed by a short steep grassy bank to climb.

You can follow as close as you like to the bike in front, please 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 the sharp climbs. 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, finishing at the top of the grassy hill (**short one lap**).

## Transition - Competitors Only Area

You must **check your bike in before 9.55am, you must have your race number, bike frame sticker, chip and helmet with you upon entry.** Transition will be open from 8.30am. Please do not leave large 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. 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 31/12/17). First Relay Team.

**Noah's Ark**

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