

Scunthorpe Triathlon Club

presents

Summer Duathlons 2018

Start time	Date	Distance			Notes
		Run	Bike	Run	
6.30pm	4 th April	1	11	1	
6.30pm	18 th April	2	13	1	Burton
6.30pm	2 rd May	2	11	2	Charity Handicap race(donate and race)
6.30pm	16 th May	1	15	2	
6.30pm	30 th may	2	14	1	
6.30pm	13 th June	Brand	New	Route	Burton
6.30pm	27 th June	2	11	2	Staggered start Handicap
7pm	11 th July	2	10	1	Barton
6.30pm	25 th July	2	11	2	
6.30pm	8 th Aug	1	14	1	
6.30pm	22 nd Aug	2	13	1	Handicap Burton

* Please arrive 15 minutes prior to start time

** A race briefing will be held in transition 10 minutes prior to the event start

***Please note that all the above are training events only, however the following rules apply:

a) No drafting, (10mtrs front and 3mtrs side), time penalties will be applied.

b) A British standard cycling helmet must be worn on the ride section. The helmet must be fastened prior to mounting the bike and may not be unfastened until the bike has been racked.

c) Obey the instruction from all marshal's, failure to do so may lead to a time penalty being applied.

Participants will be set of in 4 waves according to ability (this to be set by the individuals 1 mile run time) all abilities are welcome.

-On dark overcast night we advise that participants use front and rear lights.

-To qualify for an award in the Grand prix series you must have completed seven of the 11 events. Best seven results will count.

-The winner of the first handicap must have completed events 1 and 2. The winner of the second handicap must have completed a minimum of 4 prior events within the series. The winner of the final handicap must have completed a minimum of seven events.

Location

Majority at South end of Burringham village (next to the river bank) 3 miles West of Scunthorpe. Please note: no cars/ vans to be parked on the road at the North end of transition. There is adequate parking along the grass verge to the South end of the start line. Please park responsibly.

Burton event postcode is DN159BL off moat lane Barton is DN186ED Burnham road

Cost

Entry fee's £2.50 per race or £15.00 for the series

Contacts Jason Frary 07947146988 Jeff Chappil 07850545790

