



## Distance

Half Iron Distance Duathlon – 5km Run/ 85.6km Bike/ 20km Run

## Information To Competitors

Congratulations on rising to the challenge and participating in The Fugitive Half Iron Distance Duathlon.

In order to make your race day go as smoothly as possible, please take the time to read the following instructions very carefully. If you have any questions please do not hesitate to contact the event organisers on [enquiries@f3events.co.uk](mailto:enquiries@f3events.co.uk)

## Event Location

Higginson Park, Lower Pound Lane, Marlow, SL7 2AE

## How To Get There

Marlow is best approached from either Jct4 of the M40 or Jct8/9 of the M4. Both take you onto the A404 (Marlow Bypass). Follow this to the Bisham roundabout and head through Bisham to Marlow Bridge. Cross over the bridge and turn left at the mini roundabout into Pound Lane. Higginson Park can be accessed either from the public car park at Court Garden Leisure Centre or by carrying on another 100m and turning left into the cricket club.

## Parking

Parking will be available on the football pitch behind the cricket ground/ sports centre for a fee of **£5 per car**.

**Address: Higginson Park, Lower Pound Lane, Marlow, SL7 2AE**



**OFFICIAL CAR PARK £5 PER CAR**



**NOTE: CASH ONLY - Please bring the correct £5 change to avoid any queues and delays.**

Alternative parking is available in the public car park, next to Higginson Park Leisure Centre.

## Timings

Please note that event timings are non-negotiable! We ask you to be in the right place at the right time. Timings will proceed as follows, with or without you!

SATURDAY	
14:00 – 18:00	Event Car Park & Village Open
<b>14:00 – 18:00</b>	<b>Athletes Registration</b>
SUNDAY	RACE DAY
05:00 – 15:00	Event Car Park & Village Open
<b>05:00 – 06:45</b>	<b>Transition &amp; Bike Racking Open (SUNDAY ONLY)</b>
06:45	All Athlete's Event Briefing
<b>07:00</b>	<b>All Half Iron Distance Athletes Start</b>
Circa 11:30	Prize Presentation
15:00	Event Cut Off Time

Please remember that REGISTRATION can be done on SATURDAY.

BIKE RACKING can ONLY be done on SUNDAY in the morning before the race.

## Race Registration

Registration will be open from **2:00pm – 6:00pm** on **SATURDAY and SUNDAY from 6am onwards.**

Race Registration is located in the Main Event Marquee in Higginson Park, Marlow.

Here you will be issued with your race numbers, bike stickers & timing chip. You must have your numbers visible at all times during the race. If we cannot see your number, you may not get a time.

Your timing chip is allocated to your race number. This chip will be affixed to a velcro band. On race day, you must place the velcro band around your ankle. (Either one) **Not your wrist.**

**NO TIMING CHIP = NO TIMING SPLIT OR FINISH TIME**

**If you lose it, we will charge you £10, SO DON'T LOSE IT.**

If you lose your timing chip during the race, you will not receive timing splits, but we will endeavour to record a finish time for you if you **shout your race number** as you cross the finish line.

Please note: It is advisable to arrive at least one hour before your start time. This then gives you plenty of time to understand the layout of the event and take in the event atmosphere.

## Transition

To help with security, only competitors with numbers will be allowed in transition.

Please use the number provided at registration to label your bike and keep your race number to enable collection of your bike after the race. There are 2 access points to the transition area –Run In/Bike In, Bike Out/Run Out. These are to be used only during the competition.

Whilst we will do our best to keep your bike secure, we cannot be held responsible for any loss or damage.

**NOTE: PLEASE MAKE SURE THAT YOU HAVE REGISTERED AND HAVE ALL YOUR EVENT ITEMS READY WITH YOUR STICKERS AND TIMING CHIP ON YOUR ANKLE BEFORE ENTERING TRANSITION AREA.**

## Relay Teams

Each team will be issued with just **ONE NUMBER & ONE TIMING CHIP**, which will have to be handed over from one team member to another where the bike is racked in the transition area.

**The bike must be racked at the time of handover.**

## 1<sup>st</sup> Run Course – 5km

The first Run of 5km is a single lap run from Higginson Park. It heads directly up the River Thames Tow Path for 2km, before turning right around the back of Harleyford Lane and returning back into Higginson Park – via Lower Pound Lane.

**A full description and map of the run route is detailed on the second run below.**

We will endeavour to start everyone at the same time, but will need to identify congestion possibilities on the course whilst setting participants off.

## Bike Course – 85.6km

**Please make sure that you understand the bike course instructions below.**

Your bike must be safe and road worthy. Bikes will be checked when they go into transition and if they are not road worthy will be directed to be repaired. You will not be allowed to start until the bike is repaired.

**YOU MUST WEAR AN ANSI/SNELL/BSI APPROVED HELMET;** this must be fastened before removing the bike from its racked location and not taken off until the bike is re-racked. In addition the use of iPod's or any musical devices are strictly prohibited throughout the bike stage.

Bikes must be racked correctly or a time penalty will be imposed. Numbers should be clearly visible. Bikes cannot be ridden until out of the park gate. When returning you must dismount before entering the park.

The cycle is **85.6km**. The route takes you from the park turning **LEFT** into Pound Lane. Pass one roundabout and then stay on this road until you meet the main T-junction with the Henley Road.

You must slow down and listen to the marshal(s) that will let you know if the road is clear. Failing to do as the marshal instructs will impose an automatic 2 minute penalty, plus a potential accident with a car, so please take due care.

Turn **LEFT** onto the Henley/ Marlow Road and follow the road where you will reach the outskirts of Henley and a roundabout. Turn **RIGHT** at this roundabout then proceed along Fair Mile/ A4130.

Before the start of the Dual Carriageway turn **RIGHT** onto Lower Assendon and follow the B480 towards Church Hill. Turn **LEFT** onto Red Ln and follow the B481 towards Nettlebed. Turn **LEFT** onto High St and continue down the A4130 on the Dual Carriageway. **CAUTION: SLOW DOWN** ready to turn **LEFT** onto Lower Assendon, completing your **1st Full Lap**. Continue to follow B480 round for your **2nd Full Lap**, following the same route. Once again **SLOW DOWN** ready to turn **LEFT** onto Lower Assendon, ready to start your **3rd & Final Lap**. As you turn **LEFT** onto High St on your **3rd & Final Lap** continue down the A4130 all the way back towards Henley. After reaching the roundabout in Henley, you will then turn **LEFT** riding back along the Henley/ Marlow Road back to the point at the bottom of the hill, where you turn **RIGHT** back into Pound Lane before turning **RIGHT** into the park.

You must dismount before entering the park at the gates. Re-rack your bike back at its original position (**before removing your helmet**) and proceed to the run exit at the far end of transition.

Drafting and side-by-side riding are not permitted. A distance of 10m must be be maintained behind the front wheel of the rider in front except when overtaking. When overtaking, the manoeuvre must be completed within 30 seconds. If overtaken you should drop back. BTF rules will be on display at the information desk and mobile marshals will be around the course.



## 2<sup>nd</sup> Run Course – 20km

The run is a 4 Lap course totalling 20km.

Your number must be clearly visible on your front at all times.

Leave transition by the RUN OUT exit and follow the path down to the river turning **RIGHT** over the footbridge. Follow the footpath along the river for 2km. Take the **RIGHT** hand turn at this point heading away from the river along the concrete path for 1km, until you turn naturally **RIGHT** through kissing gates and onto Harleyford Lane (this is a private road and please respect the owners land by trying not to drop gels on the floor).

Follow Harleyford Lane around to the **RIGHT** for 1km where you reach the main Henley/Marlow main road. Keeping on the **RIGHT** hand side following the road 200 metres to Pound Lane. **Please take due care of other road users as this is the end of the bike course.**

With just under 1km to go, follow Pound Lane keeping to the **RIGHT** hand side of the footpath (**NOT ON THE ROAD**) to Higginson Park turning **RIGHT** onto Lower Pound Lane, through the Cricket Club gates (**the same way as the BIKE IN section**) and follow the signs past transition. Follow the signs through the park to start your next laps. After completing your **4<sup>th</sup> Lap** you will then follow the signs in the park and head to the finish.

As soon as you have finished, please make sure you return your timing chip from your ankle to one of the marshalls at the finish line. Failure to return this could result in a £10 charge to replace the timing chip.



## **Drinks Stations & Fuelling**

While we will be providing multiple drink & feed stations around the course during the race, we do ask that all participants come prepared before the event with sufficient water and race nutrition to keep them fuelled throughout the whole event.

### **Bike Course:**

There will be a drink station located at the top end of the course shown on the previous route map.

The drinks station will only be available from the 2<sup>nd</sup> Lap allowing you to pick up water and gels twice out on the bike course.

### **Run Course:**

There will be a two drink stations on each lap shown on the previous route map.

The marshals will be holding out cups of water and additional energy fuel. Just after each station there will be orange fencing located on the side of the path for plastic cups and energy wrappers.

**Please Note – We do not allow litter on the course and we ask that all participants use the allocated rubbish drop off points in the orange fencing after each drink station.**

## **Finish and Results**

There will be water just beyond the finish, where you can also get an instant read out of your results from the large screen available, and print them off for your journey home.

All timing will be done by Stuwweb timing systems. Results can be found at [www.f3events.co.uk](http://www.f3events.co.uk).

We look forward to seeing you at the event and hope your training goes well.

We always welcome any constructive feedback in order to continually improve our races. If after the event you wish to communicate your thoughts to us please do so via [enquiries@f3events.co.uk](mailto:enquiries@f3events.co.uk).