

Fast & the Furious

Duathlon

SUNDAY 6th April 2008

RACE BRIEF

RUN 5K, CYCLE 23km, RUN 5 km

Anthony Roper Primary School, Eynsford, Kent DA40AA

Dear Triathlete

Thank you for entering the First running of the Fast & Furious Duathlon. We will be having a 2 wave start 8.45am and 9.00am.

REGISTRATION

The school gates will be open at 7.30 and registration will start at open at 7.45

Every competitor must register at **Anthony Roper Primary School** at least 15min prior to competing. Race numbers will be issued at registration.

The first Wave will be starting at **8.45am** so please make sure you are there on time.

PRESENTATIONS

The presentation will take place very soon after the last person finishes to the following category winners:-

Men's / Ladies Open	1 st to 3 rd Places
Men's / Ladies Vets	1 st to 3 ^d
Men's / Ladies S vets	1 st

First Run 5K

After completing one lap of the school grounds you turn left out of the school and head towards Farningham. Turn left into the High street cross the bridge then left into spaerpeny lane. At the end turn left into Riverside rd cross over the river and at the end of the road turn left back to the school. **If the school grounds are to wet there will be a small change to the run route**

23 km BIKE (1 Lap Course)

On leaving the school you must cross the road on foot before you can mount your bike.

You then head to Otford. Take care going through the Village Then follow the signs to Sevenoaks. Just before you get to Sevenoaks you will come to the turn around point the round about by Mc Donald's .

Then head back to Eynsford the way you came. **Please take care when you go back through Otford as the roads are narrow.**

Second Run 5K

On racking you bike head strait out of the school and follow the first run. When you get back to the school you will have to do one lap of the school grounds to get to the finish.

Water Point

Water will be available at the finish of the 1st run and at the finish.

COMPETITORS PARKING

Please note there is limited parking in the school grounds

Please do not park out side the school as this will endanger the riders coming out of the school

Thank you in advance for your co-operation.

