

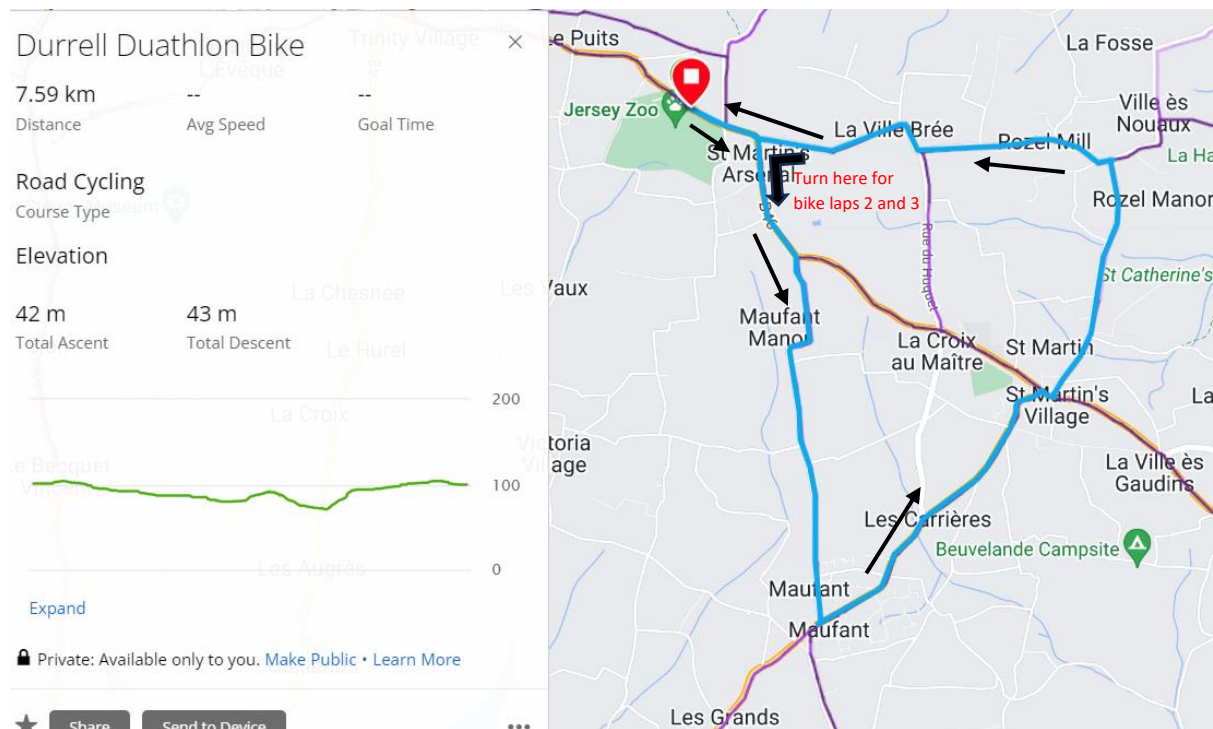
16th March 2025 JTC Ana Leaf Trinity Duathlon in support of Durrell

Athlete Brief

Date	Sunday 16 th March 2025		
Location	Jersey Zoo Car park, Trinity		
Registration	From 07.00 to 07.15		
Race brief	07.20		
Start	07.30		
Facilities	Portaloo in the carpark.		
Distances		Sprint	Super sprint
	Run 1	5 km	2.5 km
	Bike	21 km	14km
	Run 2	2.5 km	2.5 km
Format	<ul style="list-style-type: none"> • A duathlon, raced either individually or as a team relay. • This is a non-drafting bike leg (stay 12m from the bike in front unless overtaking) 		
Equipment required	<ul style="list-style-type: none"> • A road worthy bicycle. • Cycle helmet • Running shoes • Race number to be worn on a belt or pinned to your back. 		
Risk mitigation	<ul style="list-style-type: none"> • Weather – The forecast is looking wet, but not too cold. Plan and dress accordingly for a wet, early spring race. You can change as much clothing as you like in transition between run and bike legs. • Road conditions – The roads are in good condition but could be wet. Beware metal covers and keep off white lines as they are slippery. • Rules of the road – This is an open roads event, and you must follow the rules of the road. • Marshals – There will be marshals at the main road junctions. They have warning lollipops, but their job is to give you warnings, not to stop traffic. • Run routes -Very easy and marked with arrows. Basically just keep turning left at every junction from the zoo. On the main road run on the left hand side with the flow of traffic. • Other athletes – • Ride with your head up! • When being overtaken, hold your natural line. The overtaking rider must keep clear. • When overtaking give a verbal signal that you are overtaking. 		

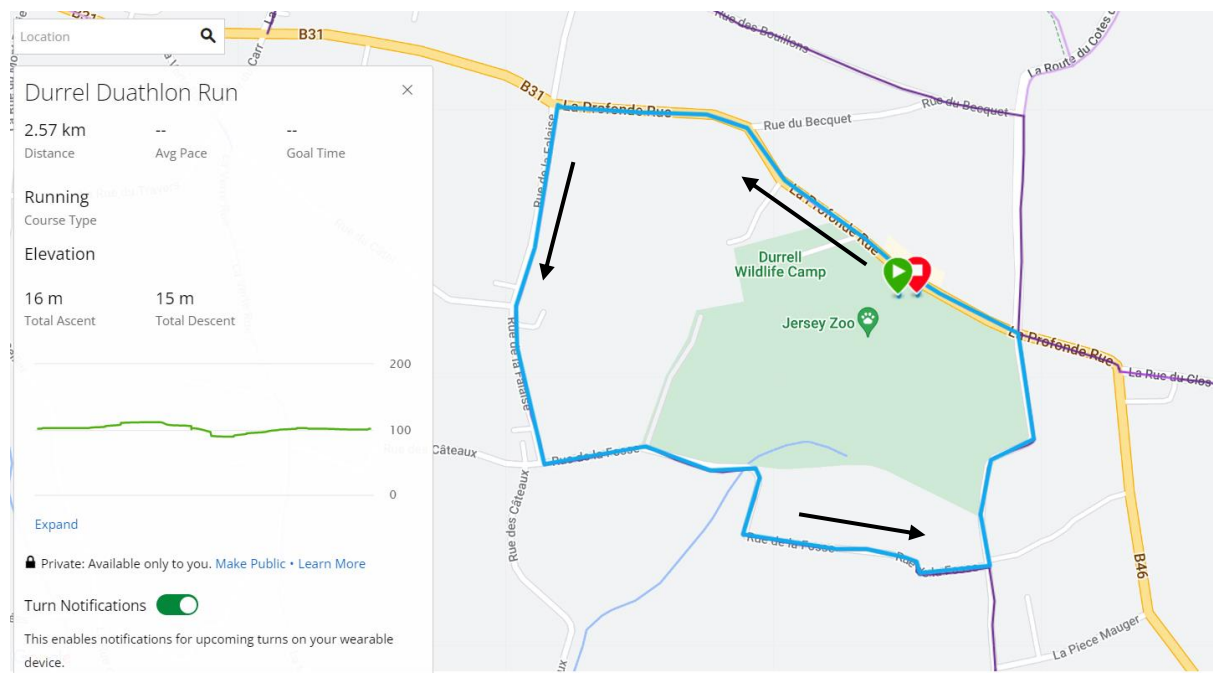
Bike – 21km (3 laps Sprint) or 14km(2 lap Super sprint)

<https://connect.garmin.com/modern/course/54456819>



Run 2 – 2.5km (1 laps Sprint) and 2.5km (1 lap Super sprint)

<https://connect.garmin.com/modern/course/54456312>



Transition

