

## 15<sup>th</sup> February 2026 JTC Ana Leaf JFTU Southfork Duathlon

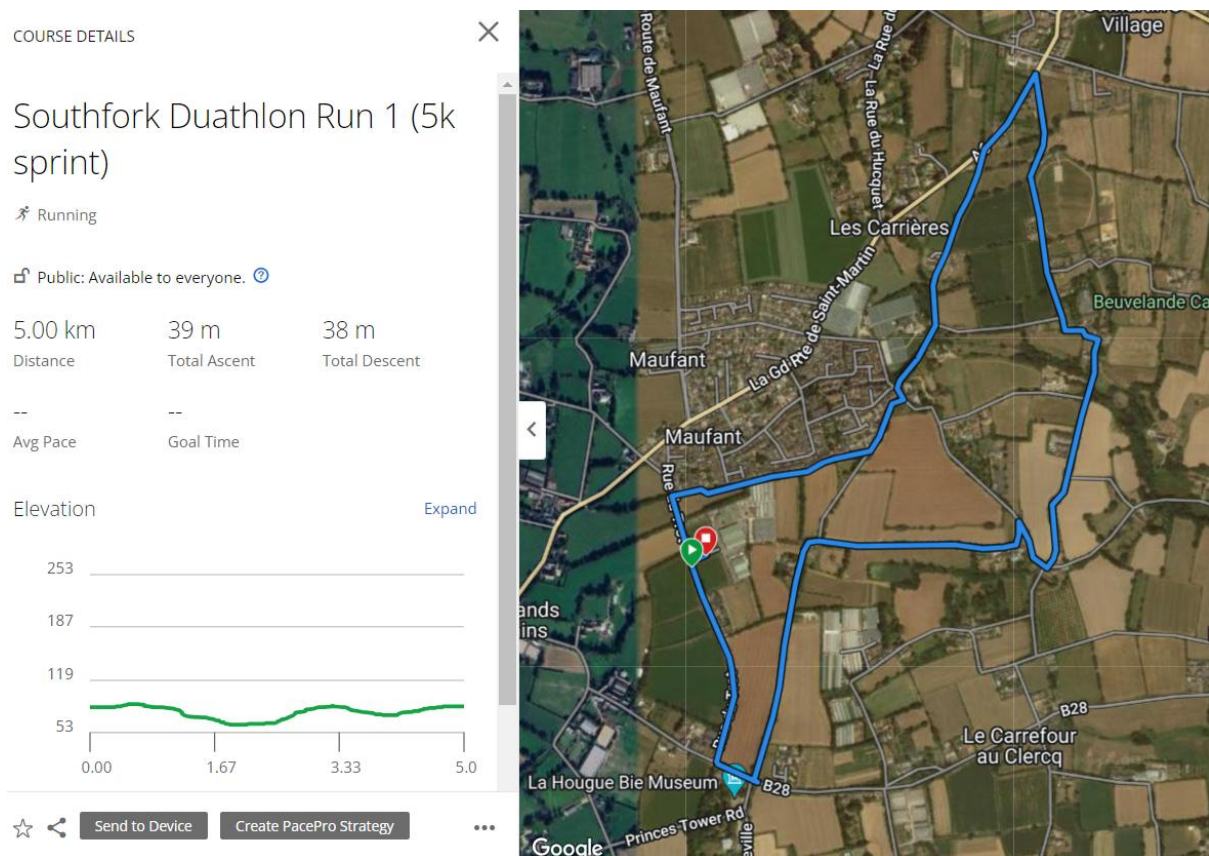
### Athlete Brief

<b>Date</b>	Sunday 15 <sup>th</sup> February 2026		
<b>Location</b>	JFTU Southfork carpark, Maufant		
<b>Registration</b>	From 07.15 to 07.30		
<b>Race brief</b>	07.35		
<b>Start</b>	07.45		
<b>Facilities</b>	Portaloo in JFTU carpark.		
<b>Distances</b>		<b>Sprint</b>	<b>Super sprint</b>
	<b>Run 1</b>	5 km	3 km
	<b>Bike</b>	21 km	7km
	<b>Run 2</b>	2km	2 km
<b>Format</b>	<ul style="list-style-type: none"> <li>A duathlon, raced either individually or as a team relay.</li> <li>This is a non-drafting bike leg (stay 12m from the bike in front unless overtaking)</li> </ul>		
<b>Equipment required</b>	<ul style="list-style-type: none"> <li>A road worthy bicycle.</li> <li>Cycle helmet</li> <li>Running shoes</li> <li>Race number to be worn on a belt or pinned to your back.</li> </ul>		
<b>Risk mitigation</b>	<ul style="list-style-type: none"> <li><b>Weather</b> – This is February, so be mindful of the temperature forecast and precipitation. Plan and dress accordingly for a winter race. You can change as much clothing as you like in transition between run and bike legs.</li> <li><b>Road conditions</b> – The roads are in good condition but could be wet. Beware metal covers and keep off white lines as they are slippery. Take special care in the fast section down to St Saviours Hospital and around the top of the reservoir.</li> <li><b>Rules of the road</b> – This is an open roads event, and you must follow the rules of the road.</li> <li><b>Maufant pedestrian crossing lights</b> – There will be a marshal here to encourage pedestrians not to use the lights. However, if they go red you must stop. The Marshal will record any lost time and make an adjustment.</li> <li><b>Marshals</b> – 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.</li> <li><b>Run routes</b> -The lanes for the run route will be marked with big yellow signs. Take care to follow the arrows, particularly at 1.8km and 1.9km on the 5km run route (sprint Run 1). There is a very sharp left turn at 1.9km. Don't miss it!!</li> <li><b>Other athletes</b> –</li> <li>Ride with you head up!</li> <li>When being overtaken, hold your natural line. The overtaking rider must keep clear.</li> <li>When overtaking give a verbal signal that you are overtaking.</li> </ul>		

Race rules	<ul style="list-style-type: none"> <li>• Drafting is not permitted on the bike.</li> <li>• Race belt number to be on front for runs, and on back for cycling (or on back if pinned).</li> <li>• Helmets on before taking bike from rack.</li> <li>• Rack bike before unclipping helmet.</li> <li>• Mount your bike after the mount line and dismount your bike before the lines.</li> <li>• Rack your bike before unclipping your helmet fastener.</li> </ul>
Etiquette	<ul style="list-style-type: none"> <li>• Listen and obey any Marshal's instruction. It is for your own safety.</li> <li>• Respect less experienced athletes, passing with plenty of space at all times.</li> <li>• Be courteous to the public. The Club's reputation is at stake.</li> <li>• Do not litter the course.</li> <li>• Stop to assist a fellow athlete in distress or if requested to assist by a marshal, regardless of your standing in the race.</li> </ul>

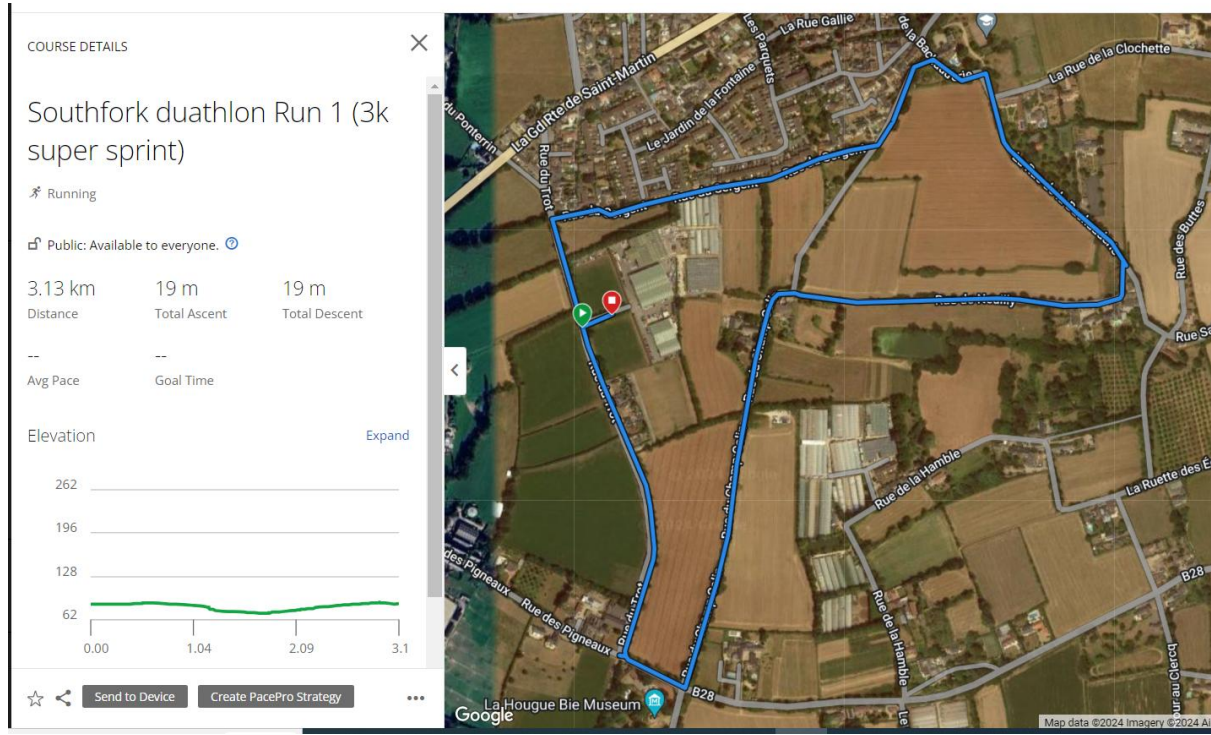
## **Run 1 – Sprint Distance 5km**

<https://connect.garmin.com/modern/course/92239931>



## Run 1 – Super Sprint Distance 3 km

<https://connect.garmin.com/modern/course/92239670>



## Bike – Sprint Distance 3 laps (21 km)

## Bike – Super Sprint Distance 1 lap (7km)

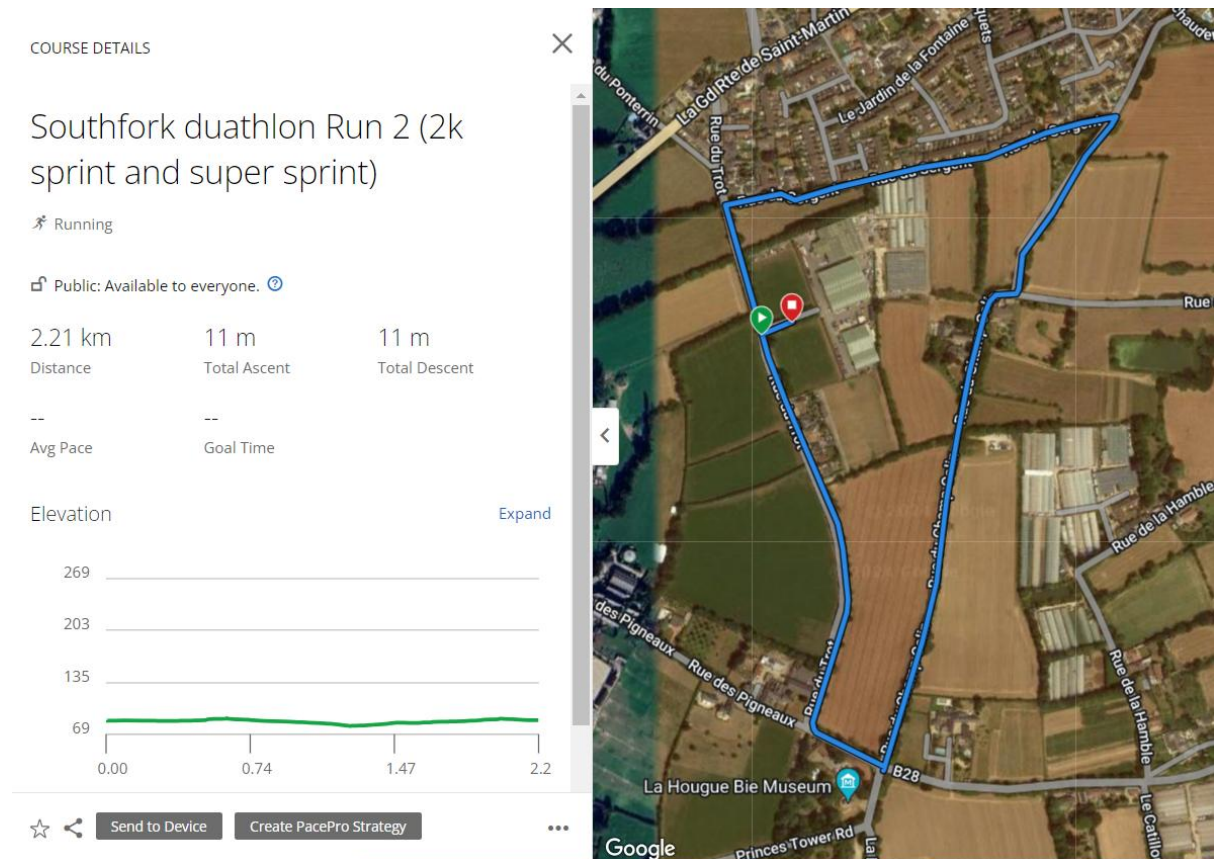
<https://connect.garmin.com/modern/course/92238754>





## Run 2 – Sprint & Super Sprint Distance 2km

<https://connect.garmin.com/modern/course/249889685>



## Transition

