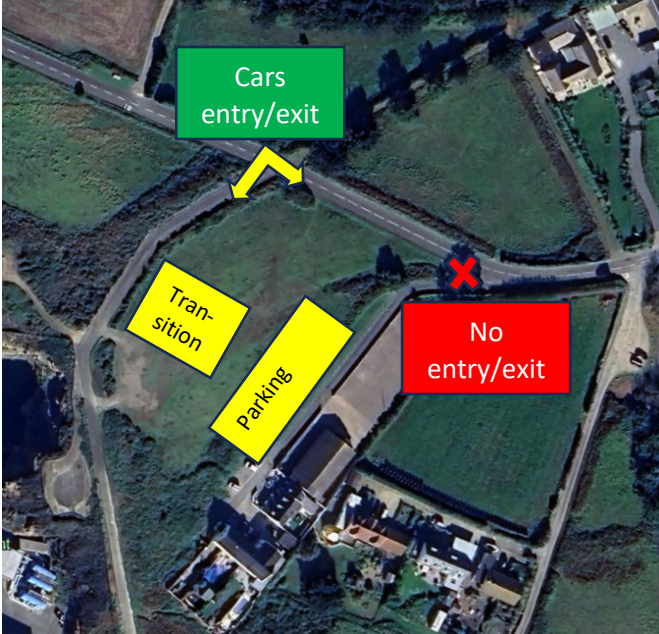


## 2026 JTC Ana Leaf Corbiere Duathlon

### Athlete Brief

<b>Date</b>	Sunday 12 <sup>th</sup> April 2026
<b>Location</b>	<b>Bosdet Field, Corbiere (by the desalination plant and Jehovah's Witness Church)</b>
<b>Registration</b>	From 06.30 to 07.00
<b>Race brief</b>	07.05
<b>Start</b>	07.15
<b>Facilities</b>	Public loos by Corbiere Phare
<b>Arrival, Parking and departure</b>	<p>Park in the field where transition is set up. When arriving and leaving, please don't use the private track to the Church. You must use the concrete road to the desalination plant. When leaving, a marshal will guide you past the start/finish if the race is still going on. Please be patient and take care.</p> 
<b>Distances</b>	<p><b>Sprint</b> 5km run / 20km bike / 2.5km run</p> <p><b>Standard</b> 5km run / 40km bike / 10km run</p>
<b>Format</b>	<ul style="list-style-type: none"> <li>• A conventional run/bike/ run.</li> <li>• Non drafting bike</li> </ul>
<b>Equipment required</b>	<ul style="list-style-type: none"> <li>• A road worthy Road bicycle (Time trial bikes are allowed)</li> <li>• Cycle helmet</li> <li>• Running shoes</li> </ul>

	<ul style="list-style-type: none"> <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> – The forecast is mild, light wind, but likely to be damp.</li> <li>• <b>Road conditions</b> – If there is moisture on the road, take care. The bike course is fast, so be cautious on the descents. It is most important to stay alert, ride with you head up, and take good notice of the marshals at all the junctions.</li> <li>• <b>The Race is on Open Roads</b> – The rules of the road apply, regardless of your position in the race.</li> <li>• <b>Pedestrians</b> – Be courteous to pedestrians, dog walkers etc. They have priority!</li> <li>• <b>Marshal instructions</b> – Always take heed of any warning from a marshal and obey any instruction that they give.</li> <li>• <b>Run on the left side of the road on run 1</b></li> <li>• <b>Run on the right side of the road on Run 2</b></li> </ul>
<b>Race rules</b>	<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>• Mount and dismount your bicycle before the lines.</li> <li>• Rack your bike before unclipping your helmet fastener.</li> </ul>
<b>Etiquette</b>	<ul style="list-style-type: none"> <li>• Respect slower and less experienced athletes, passing with plenty of space and giving a little verbal warning.</li> <li>• Be courteous to the public. The Club's reputation is at stake.</li> <li>• Do not litter the course. The Club's reputation is at stake.</li> <li>• Stop to assist a fellow athlete in distress or if requested to assist by a marshal, regardless of your position in the race.</li> <li>• Enjoy your own challenge, whether that be racing your socks off (if you wear socks) or are taking on you first club race. This is for everybody.</li> </ul>

## **Run 1 – 5.0km or 5.0km i.e. Both Standard and Sprint**

From the start head towards the prison and on to the T-junction, then turn left back towards Petite Port and turn right up the railway walk. Dead turn at the road into the housing estate and return all the way back down the railways walk to the Corbiere Phare and return to transition.

### Corbierre 5km run

Running

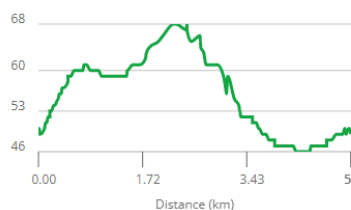
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5.15 km      25 m      24 m  
Distance      Total Ascent      Total Descent

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Avg Pace      Goal Time

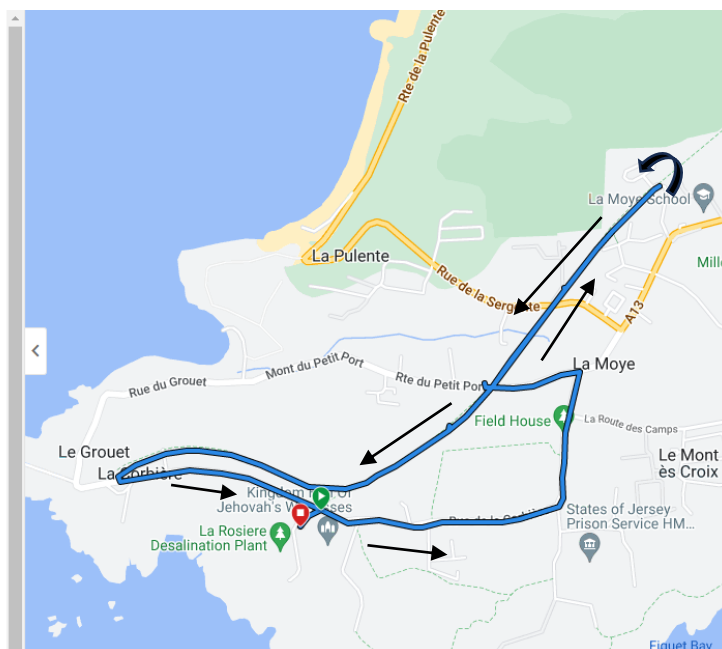
Elevation

Expand



TURN NOTIFICATIONS

This enables notifications for upcoming turns on your wearable



## **Bike – 40 km or 20km**

## Standard Distance 2 laps, Sprint 1 lap

From Transition turn left towards Corbiere and back up to La Moye Garage. Down La Pulente, along 5 mile road and up Hydrangea. Dead turn near Rue Coentyn and return, turning left after Poplars Tea Room , past the Prison and to Transition.

### Corbiere/Hydrangea

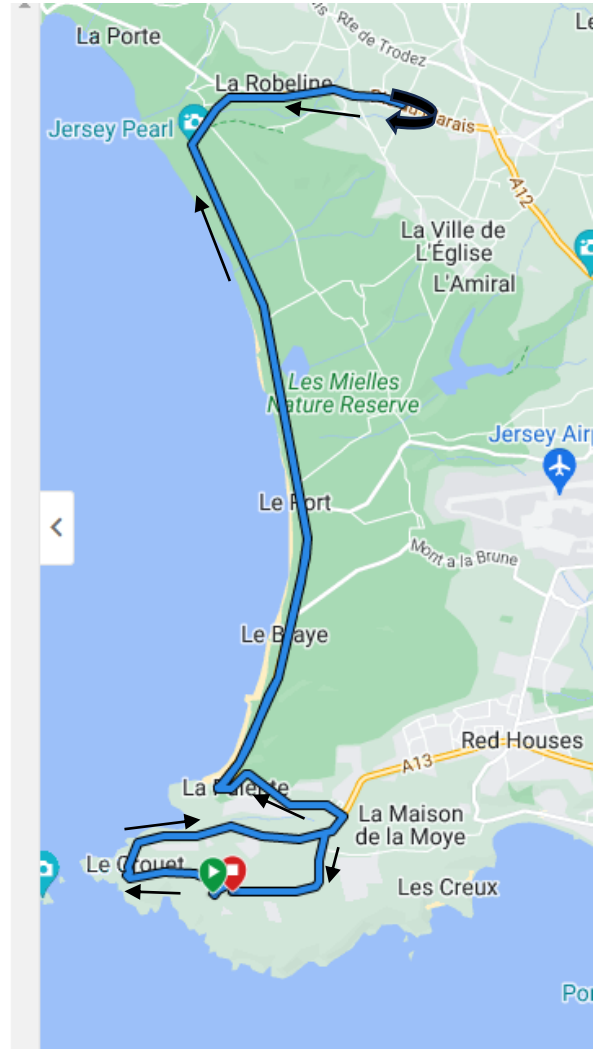
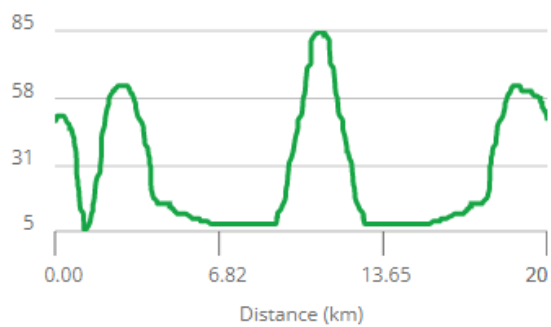
🚴 Road Cycling

🔒 Private: Available only to you. ⓘ

20.47 km	192 m	191 m
Distance	Total Ascent	Total Descent

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Avg Speed	Goal Time

Elevation Expand



**Run 2 – 10km or 2.5km**

## Standard Distance 4 laps, Sprint 1 lap

Left out of Transition towards Corbiere. Cut through to the railway walk at the track before the bus stop (towards the white pillars.) Run back up the railway walk until turning right down the track. Then turn right at the road and back to transition to transition.

### Corbiere 2.5 Km run

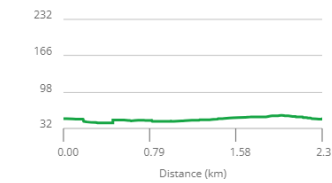
Running

Private: Available only to you.

2.37 km Distance  
18 m Total Ascent  
18 m Total Descent

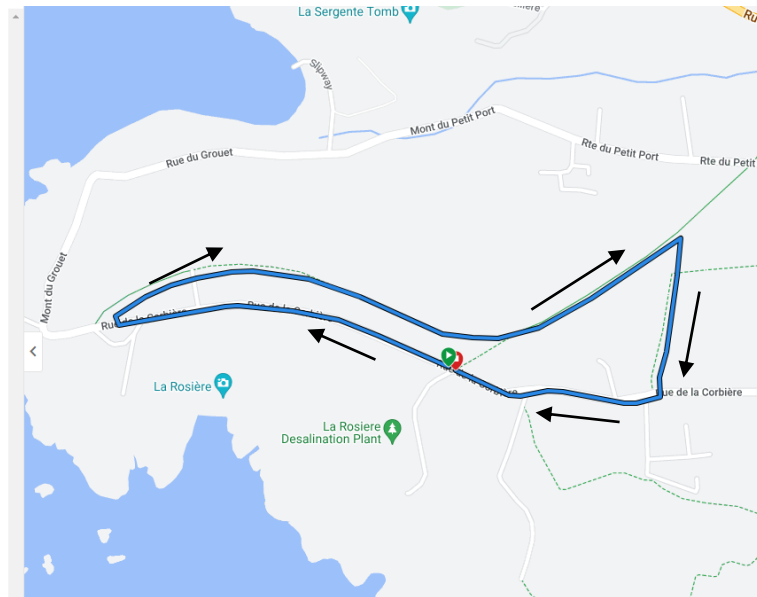
--- Avg Pace  
--- Goal Time

Elevation



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## Transition

### TRANSITION:

