


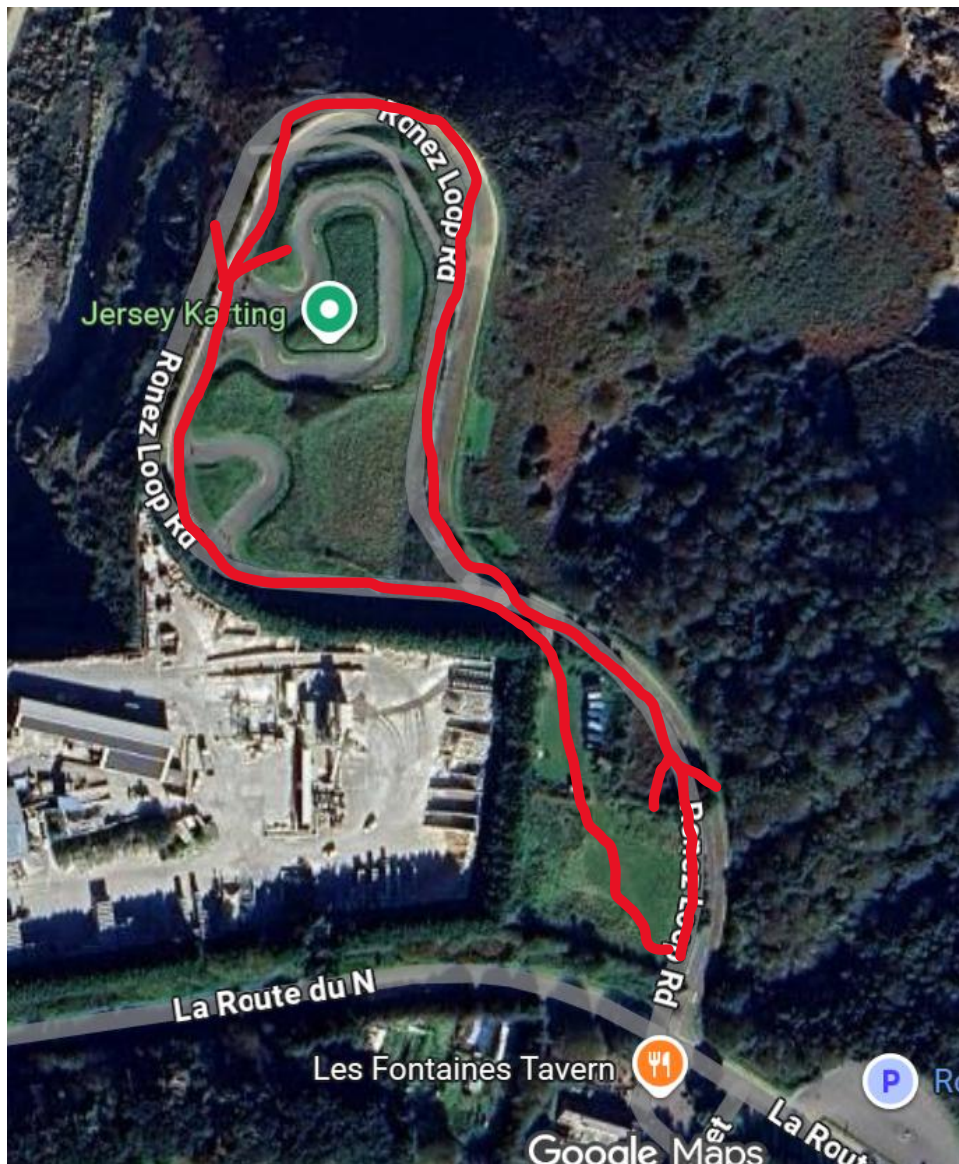
**2<sup>nd</sup>-9<sup>th</sup> 16<sup>th</sup> and 23<sup>rd</sup> April 2026 Full gas evening duathlon at the Ronez Loop road**

**Athlete Brief**

|                     |   |             |                                 |
|---------------------|---|-------------|---------------------------------|
| <b>Date</b>         | Every Thursday in April   |             |                                 |
| <b>Location</b>     | The Kart Club track on the Ronez Loop road, St John. Opposite Les Fontaines Tavern  |             |                                 |
|                     |    |             |                                 |
| <b>Registration</b> | From 17.45 until 18.24 (if you are there in time to grab a chip and get to the race brief, you can race. This is very relaxed. Last minute is fine. |             |                                 |
| <b>Race brief</b>   | 18.25   |             |                                 |
| <b>Start</b>        | 18.30   |             |                                 |
| <b>Facilities</b>   | Sneak into the pub  |             |                                 |
| <b>Distances</b>    |   | <b>Long</b> | <b>Short (hardly worth it!)</b> |
|                     | <b>Run 1</b>  | 1.6 km      | 0.8 km                          |
|                     | <b>Bike</b>   | 9 km        | 5km                             |
|                     | <b>Run 2</b>  | 1.6 km      | 0.8 km                          |

|                           |  |
|---------------------------|--|
| <b>Format</b>             | <ul style="list-style-type: none"> <li>• A very short duathlon.</li> <li>• Draft legal bike, so road bikes only (no tri-bars that extend beyond the brake hoods)</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>•</li> </ul>   |
| <b>Risk mitigation</b>    | <ul style="list-style-type: none"> <li>• <b>Weather</b> – Could be anything across Thursday evenings in April. Check the forecast, but this is full effort racing for about half an hour, so you'll warm up, but have warm clothes for the finish.</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 it easy on the dead turn.</li> <li>• <b>Rules of the road</b> – This is closed roads, so no traffic risk.</li> <li>• <b>Marshals</b> – There won't be marshals on the course, but the RD is never more than 300m away. Always assist another athlete in trouble.</li> <li>• <b>Run routes</b> -Whilst running around the outside of the loop anti clockwise you must stay either on, or immediately adjacent too, the gravel side walk. There will probably be bikes still on the course coming the other way whilst you are oin your second run. You must stay well to the right.</li> <li>• <b>Other athletes</b> –</li> <li>• Ride with you head up!</li> <li>• This is a drafting race, so enjoy it, but concentrate and don't overlap the wheel in front other than when passing.</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> |
| <b>Race rules</b>         | <ul style="list-style-type: none"> <li>• Drafting <u>is</u> permitted on the bike.</li> <li>• No race numbers, just a chip</li> <li>• Helmets on before taking bike from rack.</li> <li>• Rack bike before unclipping helmet.</li> <li>• Mount you bike after the mount line and dismount your bike 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>• Listen and obey any Race Director 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 and Run 2 – 1.6km (2 laps long) or 0.8km (1 lap Short)



Bike – 9km (10 laps long) or 4.5km(5 laps short)

