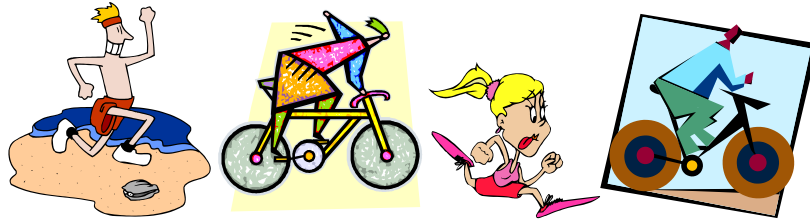


# CLUB DUATHLON



(WITH TEAM OPTION)

**LOCATION** Skidby (near Skidby Windmill)

**DATE** Thursday 30<sup>th</sup> June 2016

**TIME** Briefing 6.40pm  
Start 6.45pm

**PARKING** At Half Moon Pub in village or finishing straight used for Ferriby 10  
Please do not park in Skidby Mill Restaurant Car Park or near start/finish area on the hill

**FORMAT** RUN 2 miles  
CYCLE 10 miles (Ferriby 10 route)  
RUN 2 miles

**ROUTES** 1<sup>st</sup> RUN – a circular route with approx half off road. Head north from the start line near the windmill and turn left at the T junction into the village. Run through the village down Main St for approx 1 mile bearing left into Riplingham road and past the cemetery on the left. Take a left turn up the public right of way and continue for 300 yards. Turn left and run along the field edge heading towards the windmill. Go through a set of gates bearing left then right and head down the mill entrance to the main road. Turn right towards the start/finish area.

CYCLE – the cycle route is based on the Ferriby 10. All left turns and finish at the windmill transition area. You are strongly advised to wear a cycle helmet and familiarise yourself with the route. Any roadworthy bike is allowed. Please remember to observe the Highway Code, there are no special privileges for us in this event and your safety is paramount.

2<sup>nd</sup> RUN – as detailed above

## [ROUTE MAP](#)

**You can also enter as a duo, if one person wishes to run the two legs and the other cycle.**

**TIMINGS** This event is not an official race and there will be no official marshals. Your finishing time will be taken however and if possible split times for each of the above disciplines (both transitions will be included within your cycle time). Chip timing will be provided this year.

## **STANDARDS**

**GOLD AWARD      SUB HOUR**  
**SILVER AWARD    SUB 75 MIN**  
**BRONZE AWARD   SUB 90 MIN**  
(Teams don't qualify for awards)

## **AFTERWARDS**

Buffet provided at the Half Moon Pub at 8.30pm - £2 contribution must be paid prior to event to confirm attendance – **Payment to Andy Tate or Jacqui Dickinson**

**TO ENTER** [Email](#) Name & DOB (required for Vet Cats) and state if is food required.

**NAMES AND £2 REQUIRED BY FRI 24th JUNE (you must enter in advance)**

**FINALLY** Above all this is a fun event; please do not feel intimidated as everyone is capable of these distances. As usual, it is just that some will be quicker than others.

Any questions contact Andy 07753 797481 or [email](#)