

# CLUB DUATHLON



(WITH TEAM OPTION)

**LOCATION** Skidby (near Skidby Windmill)

**DATE** Thursday 28<sup>th</sup> June 2018

**TIME** Please arrive by 6.30pm latest for briefing at 6.35pm  
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 (Ferriby10 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 kindly provided by Mark Henderson.

## STANDARDS

GOLD AWARD	SUB HOUR
SILVER AWARD	SUB 75 MIN
BRONZE AWARD	SUB 90 MIN

## AFTERWARDS

Buffet provided at the Half Moon Pub at 8.30pm - £3 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 £3 REQUIRED BY FRI 22nd JUNE (you must enter in advance)**

**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 on 07753 797481 or [email](#)**