



Woodhall Spa Duathlon Information

Following on from the success of the summer Aquathlons, let this be an addition to your winter training.

These are fun, friendly and informal events which are open to all abilities. You can go as easy or as hard as you like, it's up to you, as long as you enjoy yourself.

The format of the event is as follows:

3k run

10 mile bike

3k run

The event is based on a simplistic approach:

Arrive and register, you'll have to complete a registration form on your first event, receive a race number, find a place to put your bike (no racking but can lean against the play area fence, or place on the ground - informal transition area), then go as hard/easy as your wish.

As this is manual timing you'll need to shout your number out at the end of each leg and at the end as this will enable me to work out your splits. Results will be published the next day on the Woodhall Spa Duathlon Facebook page.

To take part you **MUST** be at least 16 years old

Cost of the event: £5:00

Start time: 9am

For further information give me a call on: 07943102739

Dates:

20th October 2018

17th November 2018

15th December 2018

More dates to follow, but generally they'll be on the 3rd Saturday of each month.

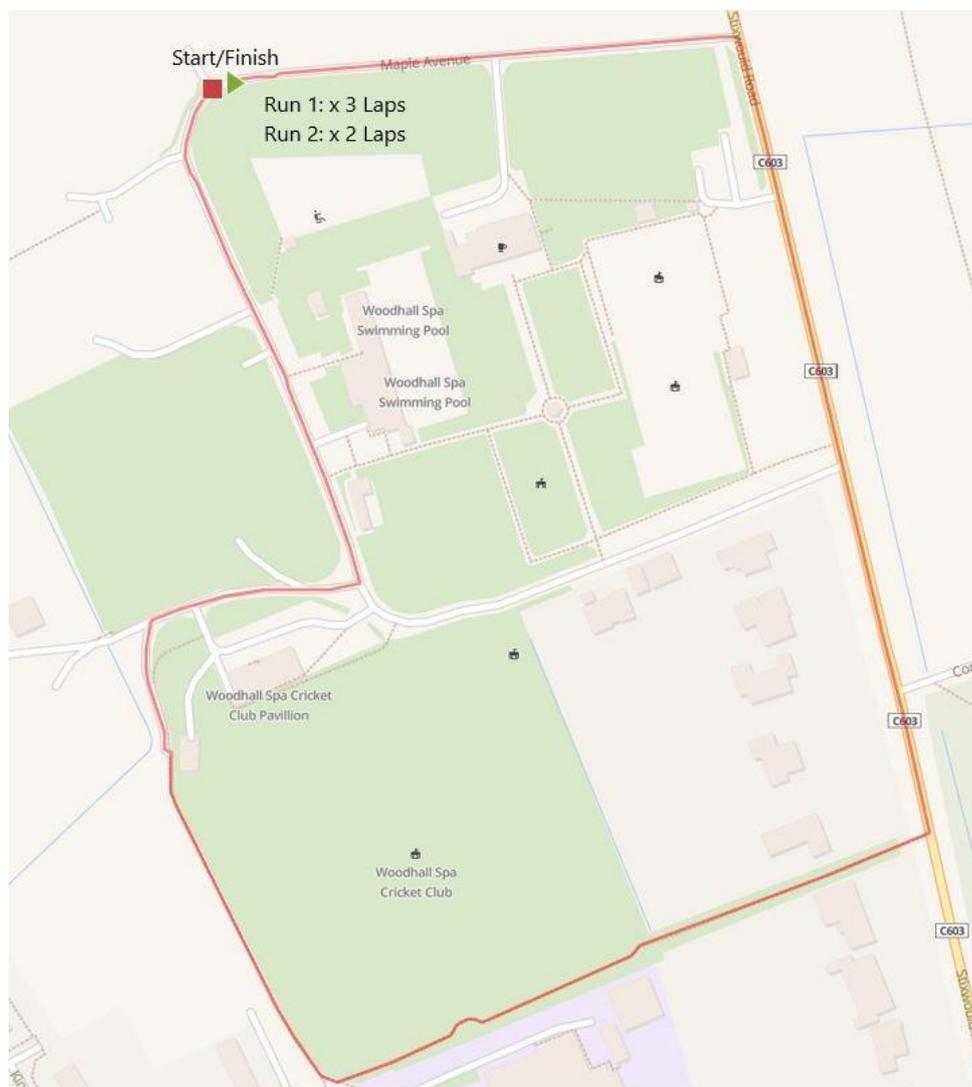
EVENT ROUTES

The Run Course

1st Run: Complete 3 laps

2nd Run: Complete 2 laps

From the start exit the park and turn right. After approximately 400m turn right again along an off road track that takes you to the back of the cricket pitch. Cross the cricket pitch, with the school to your left, until you reach the path at the other side. Turn right and then carry on back into the park and follow the road back to the start; this is 1 lap of approximately 1k.



The Bike Course (2 laps – 10miles)

The route takes you out of the park, left hand turn, and through the village of Stixwold, back towards Woodhall before completing another leg. On completion of the 2nd lap you return back to Jubilee Park ready for the 2nd run.



Terms and Conditions

The Terms and Conditions detailed below apply to all entrants participating in the Woodhall Spa Duathlon event. Completion of an entry form or purchase of an entry by every participant acknowledges acceptance of these Terms and Conditions by the participant.

1. Participating in this event is a hazardous activity. Each participant acknowledges that there is an inherent risk of physical injury that cannot be eliminated completely, including but not limited to an above-average risk of death and/or serious injury. Knowingly this, each participant voluntarily assumes all of the risks of participating in the event and take full responsibility for any and all damages, liabilities, losses, or expenses incurred as a result of their participation.
2. The participant is fully responsible for their actions whilst attending the event. This includes the event area and the event itself. TriCoachDoug does not accept responsibility for the actions of the participant nor the consequences of such actions.
3. The events involve a level of sustained physical activity. Each participant, upon signing the registration form, agrees that they are physically and mentally capable of completing the event.
4. Participants making the decision to take part must be satisfied that this activity is suitable for them as individuals. TriCoachDoug cannot be held accountable for aggravation to illness or injury sustained due to participation in this activity. Participants are recommended to seek advice from their medical practitioner prior to taking part in this event, and make provisions to ensure their safe participation.
5. Each participant agrees to abide by the events rules.
6. Participant agree to abide by all civil and criminal and traffic laws and regulations.
7. Each participant agrees to exhibit appropriate behavior at all times; demonstrate respect for all people, equipment and facilities; and participate with a cooperative and positive attitude.
8. The Event Registration Form must be completed by a person aged 18 years or over. Evidence of age may be requested. Participants under the age of 16 must be accompanied at all times by an adult who is responsible for them.
9. TriCoachDoug reserves the right to shorten or alter the published route at any time; participants do not have the right to claim a refund if the route is shortened.
10. Each participant will be fully responsible for any fees or costs incurred or arising from an accident either involving or caused by them. This includes, but is not exclusive to, fees from Police, Air Ambulance, Fire and Rescue and the Ambulance service in and outside the United Kingdom. If the situation arises that you are not capable of making the decision to call the emergency services, the Participant agrees that a member of UK Running Events or a member of the public may call for them. In this situation, the rider still accepts the costs and consequences of such actions.
11. Event entry fees cannot be refunded or transferred under any circumstances.
12. TriCoachDoug reserves the right to cancel or alter the event due to extreme weather conditions.
13. Participants agree that the bike section is self supported and will carry all required equipment necessary should as problem arise.
14. It is recommended that bike should have a front and back light fitted and turned on. However, in the event of reduced visibility this will become a requirement.
15. Participation in this event is at your own risk.
16. Alcohol is not permitted at the event. TriCoachDoug reserves the right to remove anyone who is under the influence of alcohol, whether consumed prior to commencement or during the event.
17. TriCoachDoug may immediately dismiss anyone who disobeys any rules, directions, instructions, decisions, or laws, or whose behavior endangers safety or negatively affects a person, facility, or property of any type or kind.

By signing the Event Registration Form participants, or Parent or Guardian of a participant, if under the age of 16, affirm they have read the above terms and conditions and understand its content and voluntarily agree to abide by them.

Event Registration Form

First Name: _____ Surname: _____ DOB: _____

Contact Details

Personal

Emergency

Phone No: _____ Name: _____

Email: _____ Phone No: _____

Allergies/Medical

In case of emergency are you allergic to any medication? Yes/No

If yes then please list:

Have you any current medical conditions Yes/No

If yes please give details:

Have you any current medication

Yes/No

If yes please give details:

By signing this form you agree to abide by the Terms and Conditions (available on request) and the Disclaimer below.

Signed _____ Date _____

Disclaimer

1. I agree and abide by the BTF rules and any other additional rules introduced for the event.
2. I understand that I enter the event at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event.
3. I understand the organisers reserve the right to alter the arrangements and conditions should circumstances require.