

www.memorialduathlon.co.uk

The Ian Hesketh Memorial duathlon

2019

Run  **Bike**  **Run**

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Organiser Tony Hesketh

**Telephone: 01204 668183 between 6.30pm and 8.00pm
for queries only please.**

Ian Hesketh Memorial Duathlon

Dear Competitor

Thank you for entering the above event. Registration will take place at Rivington Primary School from 7.45am. **Please do not park on Horrobin Lane between the Bowling Club and Rivington Primary School (transition area).** This is for competitors safety. On registration please show your BTA Licence if you have entered as a BTA member. Please wear the number provided on the front of your vest. Take your bike to the racking provided, including any change of clothes/shoes etc that you may require.

Race briefing will take place 15 minutes before race starts.

Helmets MUST be worn on the cycle course.

On completing the event you will be given a t-shirt in exchange for your numbers.

Prior to these instructions you can reccy the courses on www.memorialduathlon.co.uk

Run 1 and 2 (5k)

The run is mostly on paths and tracks around the Lower Barn. It will be marshalled and marked with sawdust arrows. The run starts at Rivington Primary School. After 100yds turns left along the track, before joining a path to Rivington Lower Barn. After passing the Barn, bear right along a narrow path to Rivington High School car park. Take a right turn here, which takes you onto a wide track to Lever Castle (old ruins). Bear left approx 100 metres before you reach the Castle onto another wide path, this takes you behind the Lever Castle. You follow the path along the waters edge, keep on this path toward the school. After a small climb you turn left, returning to Rivington Village Primary School and Transition area and finish.

Cycle Route 22k (3 laps)

The cycle route is all on tarmac and is open to other road users so beware of traffic and obey the rules of the road. After completing the run you enter the transition area. Before removing your bike you **MUST** put your Helmet on. Leave the transition area as directed and only mount your bike at the MOUNT BIKE line. and join traffic when it is safe to do so (watch out for pedestrians near the Church). Follow the road between the reservoirs and up the hill to the T junction. At the junction turn left, (it is recommended that you stop at this junction). Follow the road to the Millstone Restaurant. Bear left onto the A672 (it is recommended that you stop at this junction). Follow this road for 3/4 of a mile then turn left up Dryfield Lane. Follow the road till Lever Park Avenue is reached at Rivington High School (it is recommended that you stop at this junction). Turn left and keep on this road for a mile and a half and return to Rivington Primary School. Repeat this route a further two times (3 laps). On re-entering the Transition, rack your bike **BEFORE REMOVING YOUR HELMET**. Then complete the second Run (same route as first run).

Finish

This will be marked. Please call out your race number at the finish.

Results will be available on Horwich RMI Harriers Web Site www.horwichrmiharriers.co.uk & www.memorialduathlon.co.uk as soon as possible. Prize giving will take place within one hour of the last competitor finishing, inside the village hall where refreshments will be available to purchase.

Any digital photographs of the event can be e-mailed to info@memorialduathlon.co.uk for inclusion in the web site and would be appreciated.

HORWICH R.M.I DUATHLON 2019

The following checks must be carried out prior to coming to the event and preferably on the morning of the actual competition before placing your bike on the racks provided.

CHECK LIST

Frame	whether in track (wheels in line when straight) for cracks in tube or lugs.
Saddle	for tightness of seat pillar in frame for tightness of saddle fixing itself
Handlebars	for tightness of handlebar stem in frame for tightness of handlebars in stem
Brakes	that there is no wheel rotation when applied and clear rims when released tightness of fixing to frame wear of brake blocks and tightness of fixing nuts wear of cables tightness of fixing of levers to the handle bar
Bearings	for play or tightness in bottom-bracket or head set (steering)
Chain set	tightness of chain wheel bolts and cotterless axle bolts if used
Pedals, cleats, tow clips, straps	bearings, fixing of clips, straps are sound
Chain	for wear
Gears	all fixings, cables for wear, free wheel for smooth running and wear operation, particularly for over-shooting on top and bottom gears
Wheels	for true running spokes for slackness or breakage's bearings and fixing to frame rims, particularly the braking surfaces for dents etc.
Tyres	inflated to correct pressure tread for cuts, small stones and bulges tubular (if used) for adhesion to rims and spare tyre(s)
Accessories	pump is firmly in place on frame tools and spare tyre, inner tube are securely fastened (if taken) bottle cage(s) are firmly fixed to frame and fixing is not cracked

Please note a virtual tour of both the run and cycle courses can be followed on www.memorialduathlon.co.uk



The above information is provided for your safety whilst entering this competition and riding your cycle

DECLARATION (To be signed and handed to Registration)

I hereby declare that I have carried out all the appropriate checks as listed above, on the bicycle I shall be using in today's competition. I am satisfied that the bicycle is in a safe and road worthy condition and accept full responsibility for any mechanical failure, breakdown, accident to myself or other third parties that occur during to-day's event. It is compulsory to wear a safety helmet

Signed Dated

RISK ASSESSMENT CHECK LIST

HORWICH DUATHLON 2019

RIVINGTON PRIMARY SCHOOL



5K RUN

The majority of the route is off road, take care crossing the road before the lower barn as this is the entrance to the car park

When you are on the run please watch out for Tree Roots, Slippery Uneven Paths, Small Rocks, Dogs, Pedestrians and Young Children.

Obey all marshals' instructions.

In the event of an accident report incident to organiser.

BIKE ROUTE

When leaving the transition area walk with cycle till you are told to mount be wary of oncoming vehicles/pedestrians from your right. Keep inside the cones until you are clear of them this is for your own safety

When riding your cycle obey the high way code at all times.

When nearing a left turn obey any instructions from the marshal; dismount the bike if necessary.

Watch for dogs not on a lead, pedestrians crossing the road, potholes/ parked cars and other cyclists on the road.

Road could be slippery if wet.

Road works if any.

Take care when dismounting your bike at the transition are, helmets should still be worn until the bike is racked

Obey all marshals' instructions.

In the event of an accident, report incident/s to the organiser.

YOU HAVE A DUTY OF CARE TO OTHER ROAD USERS & PEDESTRIANS

Please note a virtual tour of both the run and cycle courses can be followed on www.memorialduathlon.co.uk



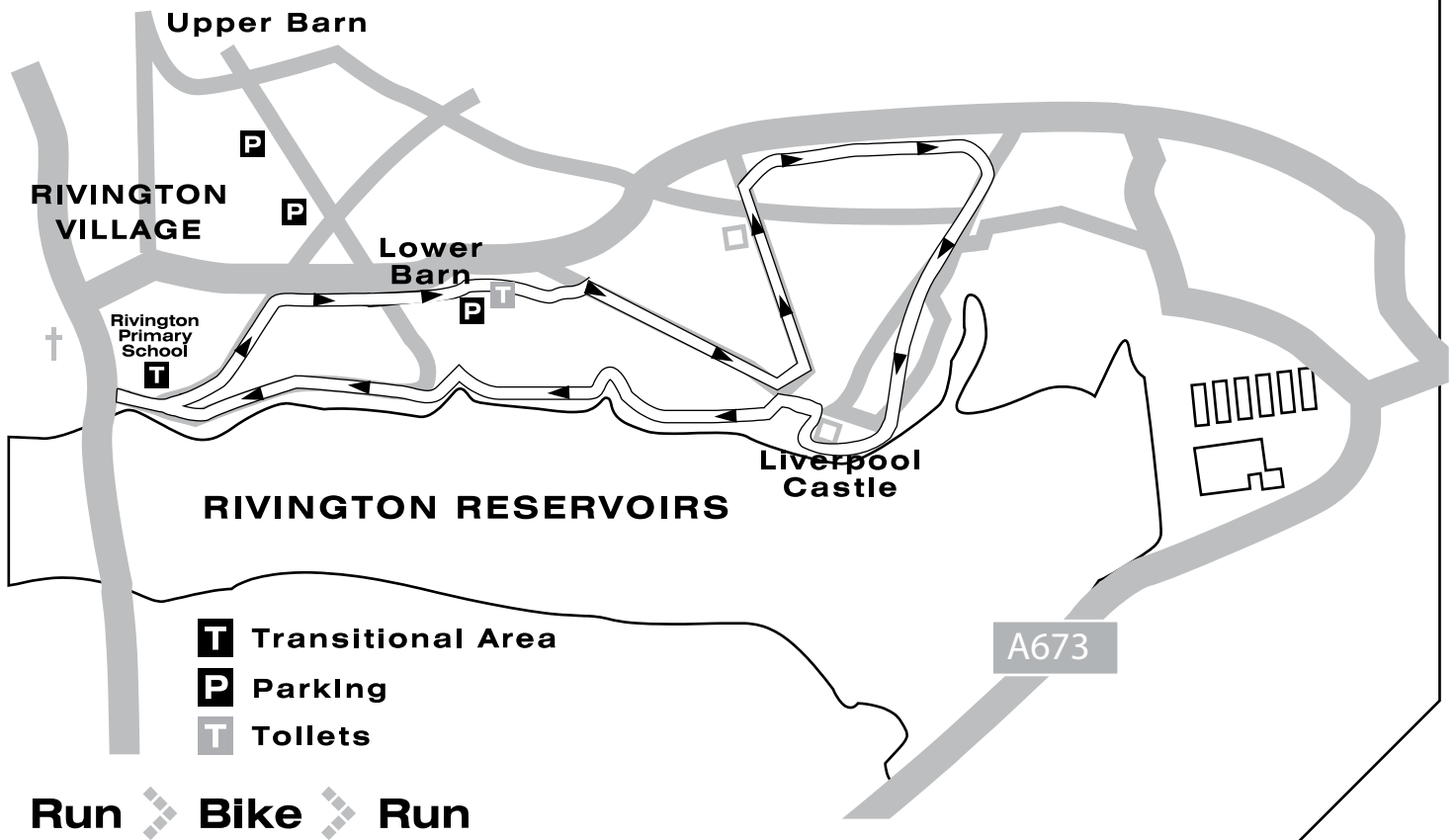
If you suffer from any illness, blood disorder or you are taking any medication you must report this to the organiser giving the name of your doctor or contact number in case of an emergency. In certain cases you may be refused entry into the event.



THE IAN HESKETH MEMORIAL
DUATHLON
5K RUN

TRANSITION
AND START

Run 1 and Run 2 - Distance 5k - 1 Lap



Bike - Distance 22k - 3 Laps

