

THE IPSWICH DUATHLON 2008

(Held under British Triathlon Federation rules)

SUNDAY 21 SEPTEMBER 2008: FIRST WAVE STARTS AT 8.10 AM

Dear Duathlete,

Ipswich Triathlon Club thanks you for entering The Ipswich Duathlon 2008. We hope the following instructions will make the day go smoothly for you. Please ensure you read them before the event.

MINOR CHANGES FROM LAST YEAR

- Car parking in the Event Car park is now free. However this car park will be closed during the duration of the race.
- The Event Car Park (and the transition area) will not be open until 7am (Registration at Stutton Village Hall opens at 6:30am).
- Finish line set slightly further back in to the transition area.

RACE HEADQUARTERS

The Race HQ & Registration is at Stutton Village Hall, Stutton, near Ipswich (see location map).

Competitors may also park at the start / finish area at Alton Water Leisure Park which is approx. 1 mile from HQ.



HOW TO GET THERE

From A14 - leave the A14 onto the A137 (sign posted Manningtree). At Brantham Bull public house bear left to Stutton and follow this road through Stutton village. Stutton Village Hall is on the left. Look out for 'Ipswich Triathlon Club' signs.

PARKING

- At Stutton Village Hall or at Alton Water Leisure Park. Please do not park on the road outside Village Hall or on approach roads to the start/finish area at Alton Water Leisure Park. Car Parking in the event Car Park at Alton Water is free. However for participants safety this car park will be closed during the race.

REGISTRATION

- You must register and collect your race numbers from Stutton Village Hall (not at Alton Water!) before the event. Registration will open at 6.30 am and close at 7.45 am prompt. **If you have entered as a BTA licence holder you will need to show your licence at registration or pay a £3 charge for day membership.**

WAVE ONE WILL START AT 8.10 AM (All ladies + Men Cats I>) – Race nos. 1-69

WAVE TWO WILL START AT 8.20 AM (Men Cats G & H) – Race nos. 70-129

WAVE THREE WILL START AT 8.30 AM (Men Cats C-F) – Race nos. 130-170

RACE BRIEFING – There will be one mandatory race briefing in the transition area at Alton Water at 7.50 am. Please ensure you allow enough time to get there from registration, familiarise yourself with the courses, attend the briefing, ask any questions and to prepare for the event.

RACE NUMBERS - Two body race numbers will be provided. Please ensure that the numbers are securely fixed, one to the **FRONT** of your running top and one to the **BACK** of your cycling top. Please ensure they are firmly fixed with at least one pin in each corner and not folded.

Number belts are permitted providing numbers remain visible at all time. Your number should be displayed on your back when cycling and on your front when running.

TRANSITION - The transition will consist of scaffold racking. Please ensure that you rack your bike at your number neatly throughout the event and familiarise yourself with the entry / exit system being used. For security, only competitors and officials will be allowed in the transition area. At registration you will be given a race number to fix to your bike and you will be asked to match your race number & bike number before you will be allowed to remove your bike from transition after the event.

RUN SECTION (5km) - The start will be adjacent to the transition area within the Alton Water Leisure complex. The course consists of an undulating single lap on mainly hard roads with a short stretch of firm grass. Within the first kilometre competitors run along the reservoir dam wall with Alton Water providing a picturesque backdrop. A short sharp (up)hill greets competitors between km's 3 and 4 but once that is over the rest is flat all the way back to finish near transition (T1).

BIKE SECTION (23 km) - On leaving T1 you must ensure that your cycle helmet is on and fastened before you remove your bike from the racking and it remains fastened until you replace your bike. If not, you will be stopped. Mount / dismount at the sign only, no cycling in the transition area.

The bike section will be held on a well proven local road race circuit and will consist of a single 23-km lap. The course is single carriageway undulating roads with a few hilly bits in the second half including the delightful climbs of Bourne Hill, Brantham Hill and "The Stutton Struggle". **Within 1 km of the start there is a sharp left-hand bend at the bottom of a hill in Holbrook Village. Please take care. Crossing the central white line to take this bend at speed will lead to disqualification.**

Whilst on the bike section normal rules of the road must be observed at all times, please respect other road users.

NOTE! - NO APPROVED (ANSI Z90.4, SNELL B90, EN 1078 or equivalent) HELMET, NO RACE

DRAFTING – Drafting rules apply to this race – marshals on the course will record and report to race referee race numbers of any competitors who they consider to be drafting, as stated in British Triathlon rules. The race referee will also be patrolling the course; if he stops you follow his instructions. For details on what constitutes drafting, please see the 2008 race rules document at www.britishtriathlon.org.

TRANSITION - T2 is same as first. Please ensure that you rack your bike at your number neatly, if not you will be sent back to do it properly!

RUN SECTION (5 km) - Same as the first, finish at the sign which is close to the transition area.

TIMINGS - Hi-Res Race Results Service will be on hand to record your splits, at the end of the first run before entering T1, at the exit from the transition area after T2 and at the finish.

PRIZE GIVING - Prizes will be awarded to the first three, first three ladies and age group winners male & female according to entry (some age groups may be combined). Prizes will also be awarded to the first team (3 to score) and first ladies team (3 to score). A full prize list will be posted at registration showing the level of prizes to be presented. These will be presented at Stutton Village Hall as soon as possible after the last competitor has finished.

RESULTS - A provisional set of results will be on display on race day and a set will be available on the Ipswich Triathlon Club website at <http://www.ipswich-tri.org> as soon as possible after the event.

VOLUNTEERS - All good events need volunteers and this is no exception. If you have a travelling friend who would like to lend a hand please let me know in advance or volunteer at registration on race day.

Nik Bestow - Race Director (01473) 625070 or Email at duathlon@ipswich-tri.org

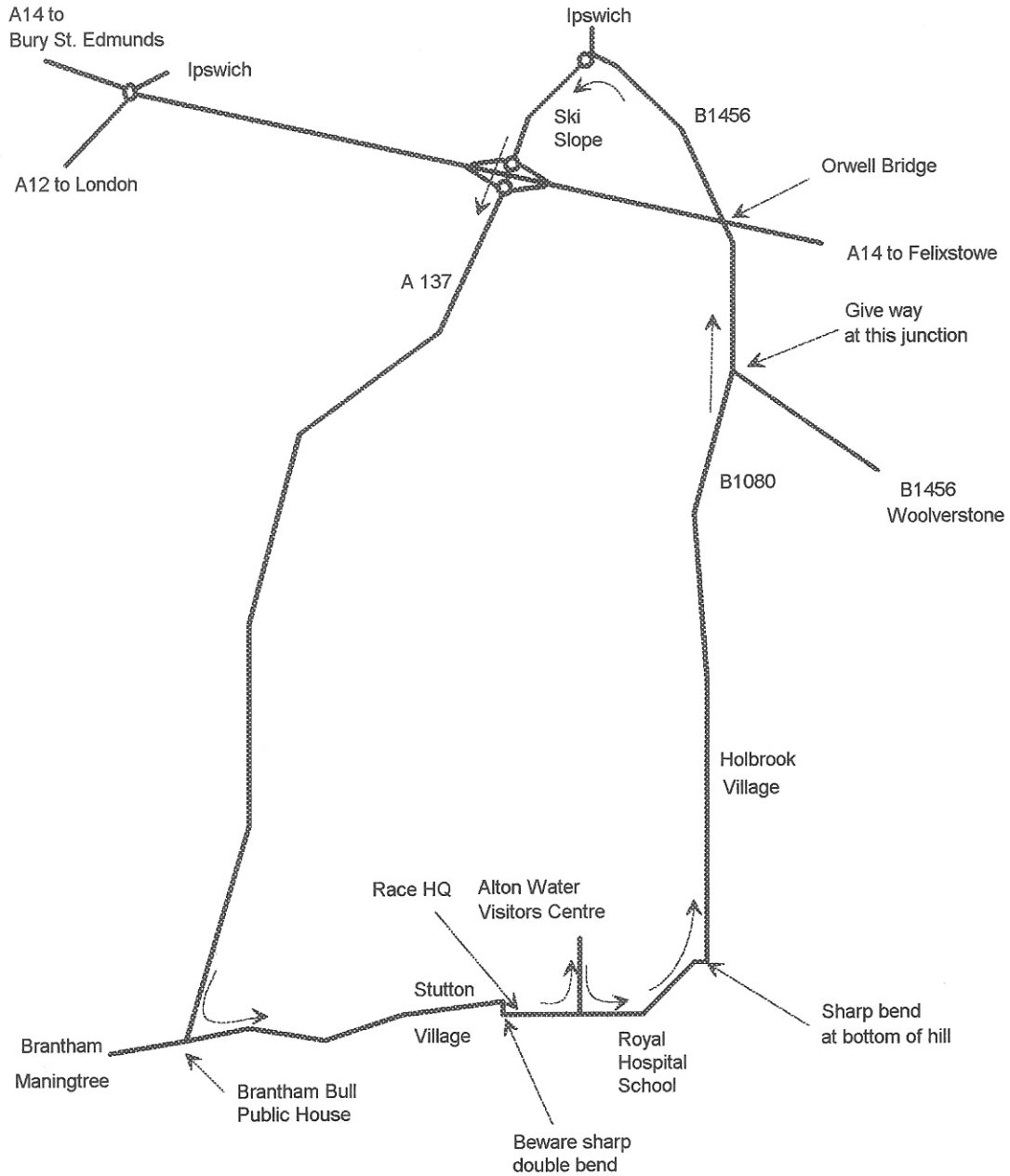
SCHEDULE OF EVENTS
(All times are approximate)

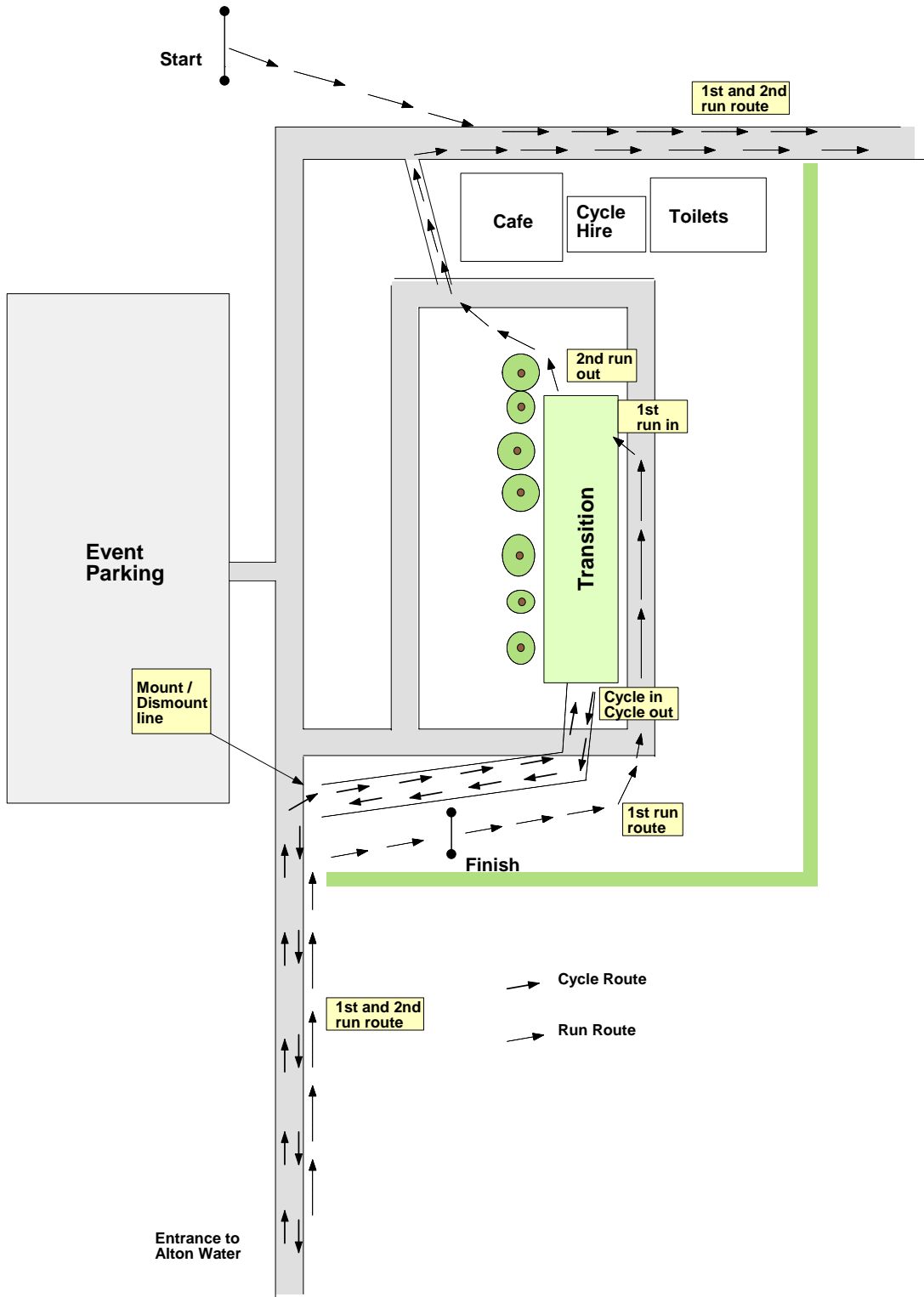
6.30 am REGISTRATION OPENS - At Stutton Village Hall
7.45 am REGISTRATION CLOSES - At Stutton Village Hall
7.50 am RACE BRIEFING - At Transition Area - Alton Water Leisure Park
8.10 am EVENT STARTS - At Alton Water Leisure Park
11.30 am (approx.) PRESENTATION - At Stutton Village Hall

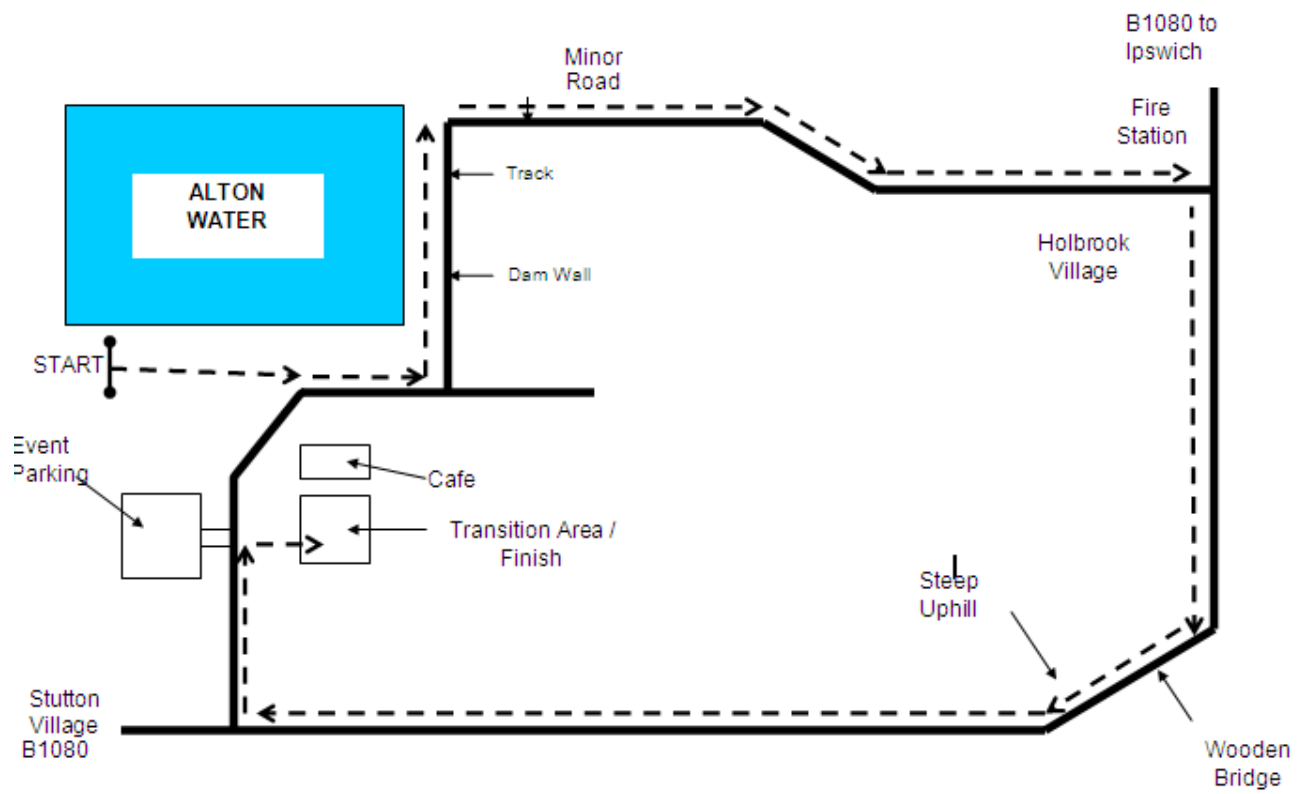
Thanks to the following without whom this event would not take place:

ANGLIAN WATER - Use of race venue
STUTTON VILLAGE HALL - Race HQ
ALPHASAFE - First Aid cover
JOHN REAVILL – Race Referee
BRITISH TRIATHLON FEDERATION - Event sanction
HI-RES RACE RESULTS SERVICE - Computer results
NICK PAINE – Massage Service
ALL THE COMPETITORS, VOLUNTEERS & HELPERS

Cycle Course for Ipswich Duathlon







RUN COURSE

Start List

Ipswich Duathlon 2008

Page 1

Number	Forename	Surname	Gender	Club	Cat	Age	Start Time
1	Ron	Bareham	Male	Ipswich Tri Club	N	72	08:10
2	Aimee	Canham	Female	The Saxons RC	D	20	08:10
3	Sophie	Tarrant	Female		D	20	08:10
4	Justine	Valentine	Female		D	20	08:10
5	Emily	Bowen	Female	Colchester Harriers	E	27	08:10
6	Clare	Donovan	Female	Mammouth Triathlon Club	E	27	08:10
7	Laura	Grimer	Female	Spalding Triathlon Club	F	30	08:10
8	Anna	Borghesani	Female		F	33	08:10
9	Lucy	Marshall	Female		F	33	08:10
10	Sarah	Wightman	Female	Newmarket Cycling and Triathlon	F	33	08:10
11	Sarah	Kemp	Female		F	34	08:10
12	Renee	Fox	Female		G	35	08:10
13	Amanda	Henry	Female	SUDBURY JOGGERS	G	35	08:10
14	Kim	Chatting	Female	Great Bentley Running Club	G	36	08:10
15	Teresa	Gillingham	Female		G	36	08:10
16	Debbie	Binks	Female	bsrc tri	G	38	08:10
17	Fiona	Coe	Female		G	38	08:10
18	Claire	Waters	Female	Saffron Striders	G	38	08:10
19	Angela	Joiner-Handy	Female	Bedford Ladies	G	39	08:10
20	Beverley	Mason	Female		G	39	08:10
21	Christine	Mowle	Female	East Essex Triathlon Club	G	39	08:10
22	Christine	Mowle	Female	East Essex Triathlon Club	G	39	08:10
23	Rachel	Duncombe	Female		H	40	08:10
24	Tonya	Antonis	Female	www.scientific-coaching.com	H	41	08:10
25	Cathy	Constable	Female		H	41	08:10
26	Michelle	Constable	Female	Ipswich Triathlon Club	H	42	08:10
27	Jacqui	Hassinger	Female		H	42	08:10
28	Wendy	Jones	Female	bury pacers	H	42	08:10
29	Amanda	Mallett	Female	Ipswich Triathlon Club	H	42	08:10
30	Janet	Burrows	Female	East Essex Triathlon Club	H	43	08:10
31	Zena	Shean	Female	East Essex Tri	H	44	08:10
32	Sue	Fuller	Female	East Essex Tri	I	46	08:10
33	Irene	Heathcote	Female	bishops stortford	I	46	08:10
34	Pauline	Stroud	Female	bishops stortford running club	I	47	08:10
35	Theresa	Brewer	Female	www.scientific-coaching.com	J	50	08:10
36	Auriel	Forrester	Female	www.scientific-coaching.com	J	50	08:10
37	Tina	Wilson	Female		J	50	08:10
38	Christine	Marsh	Female	woodbridge shufflers	J	52	08:10
39	Penny	Edwards	Female	Tri-Anglia	J	54	08:10
40	Seonaid	Brookes	Female	Bishop Stortford Running Club	L	60	08:10
41	Curtis	Caba	Male		I	45	08:10
42	Jonathan	Calvert	Male		I	45	08:10
43	Richard	Hudson	Male		I	45	08:10
44	James	Kane	Male	East Essex Tri Club	I	45	08:10
45	Mark	Shepperson	Male		I	45	08:10
46	Paul	Spowage	Male	colchester harriers	I	45	08:10
47	Ian	Suttle	Male	53-12	I	45	08:10
48	Philip	Thomas	Male	gobi desert canoe club	I	45	08:10
49	Steve	Fisher	Male	East Essex Triathlon Club	I	46	08:10
50	Ray	Robinson	Male	Army Tri	I	46	08:10

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Ipswich Duathlon 2008

Page 2

Number	Forename	Surname	Gender	Club	Cat	Age	Start Time
51	Michael	Rolfe	Male	Team Economic Energy	I	46	08:10
52	Mark	Schofield	Male	Essex Police Tri	I	46	08:10
53	Howard	Williams	Male	Walden Triathletes	I	46	08:10
54	Richard	Fuller	Male	East Essex Tri	I	47	08:10
55	Rob	Brewer	Male	www.scientific-coaching.com	I	48	08:10
56	James	Heath	Male	Stowmarket tri club	I	48	08:10
57	Mitch	Lock	Male		J	51	08:10
58	Malcolm	Penn	Male	stowmarket striders	J	51	08:10
59	Simon	Green	Male		J	52	08:10
60	Peter	Lennard	Male	Ipswich Triathlon Club	J	52	08:10
61	Graham	White	Male	Ipswich Triathlon Club	J	53	08:10
62	Frank	Gardiner	Male	great bentley running club	J	54	08:10
63	Martin	Wellsman	Male		J	54	08:10
70	Michael	Brown	Male		G	36	08:20
71	Chris	Hinitt	Male		G	36	08:20
72	Dan	Howson	Male		G	36	08:20
73	Glyn	Painter	Male	Army Tri Ass	G	36	08:20
74	Stuart	Putt	Male	Blackwater Tri Club	G	36	08:20
75	Lee	Martin	Male	Springfield Striders	G	37	08:20
76	Jason	Meachen	Male	Harwich Runners	G	37	08:20
77	Mark	Ramsey	Male		G	37	08:20
78	Keith	Tilley	Male		G	37	08:20
79	Danny	Cordt	Male	Edmonton Running Club	G	38	08:20
80	Nick	Grimer	Male	Spalding Triathlon Club	G	38	08:20
81	Mike	Harding	Male	Responders	G	38	08:20
82	Stuart	Bennett	Male	Colchester Swimming Club	G	39	08:20
83	Ian	George	Male	East Essex Triathlon Club	G	39	08:20
84	Richard	Hewitt	Male		G	39	08:20
85	Emmanuel	Lynch	Male		G	39	08:20
86	Stephen	Suter	Male	Ipswich Triathlon Club	G	39	08:20
87	William	Collins	Male		H	40	08:20
88	Patrick	Farley	Male		H	40	08:20
89	Martin	Franks	Male		H	40	08:20
90	Andrew	Garvie	Male		H	40	08:20
91	Baard	Grindberg	Male	Tri-Anglia	H	40	08:20
92	Gavin	Long	Male	Saffron Striders	H	40	08:20
93	Neil	Lynch	Male	East Essex Tri Club	H	40	08:20
94	Robin	Meehan	Male		H	40	08:20
95	Mark	Newnham	Male	Velo Club Baracchi	H	40	08:20
96	John	Wistow	Male		H	40	08:20
97	Daniel	Clifford	Male	Ipswich Triathlon Club	H	41	08:20
98	Simon	Hotchkiss	Male	Saffronstriders	H	41	08:20
99	Clive	Quantrill	Male	Ipswich Triathlon Club	H	41	08:20
100	Jason	Ridgeon	Male		H	41	08:20
101	Terry	Smith	Male	VC Revolution	H	41	08:20
102	Brian	Telford	Male	53 - 12 Multisports	H	41	08:20
103	Danny	Thorrington	Male	Ipswich Tri Club	H	41	08:20
104	Paul	Barton	Male	Hadleigh Hares AC	H	42	08:20
105	Paul	Blackwell	Male	great bentley running club	H	42	08:20
106	Matt	Dye	Male	Ipswich Triathlon Club	H	42	08:20

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Ipswich Duathlon 2008

Page 3

Number	Forename	Surname	Gender	Club	Cat	Age	Start Time
107	Dan	Foster	Male	great bently	H	42	08:20
108	Shunsuke	Kobayashi	Male	Cambridge Cycling Club	H	42	08:20
109	Simon	Markham	Male		H	42	08:20
110	Jon	Millburn	Male		H	42	08:20
111	Clive	Pinnion	Male	Hadleigh Hares Athletics Club	H	42	08:20
112	Harvey	Tomlin	Male	53-12	H	42	08:20
113	Doug	Grimwade	Male	Hadleigh Hares AC	H	43	08:20
114	Graham	Hart	Male	East Essex Triathlon Club	H	43	08:20
115	Brian	Spence	Male	53-12	H	43	08:20
116	David	Telling	Male		H	43	08:20
117	Gary	Funnell	Male		H	44	08:20
118	David	Gardner	Male	Felixstowe Road Runners	H	44	08:20
119	Phil	Jarvis	Male	Triathlon Essex	H	44	08:20
120	Steve	Lambert	Male		H	44	08:20
130	Joe	Giggins	Male	East Essex Tri/Heron CSA	B	17	08:30
131	James	Reed	Male	Colchester and tendering	B	18	08:30
132	Andrew	Rooke	Male	Ipswich Harriers	B	18	08:30
133	Will	Dorsett	Male		D	21	08:30
134	Aistis	Simaitis	Male		D	22	08:30
135	Kevin	Payne	Male	Portsmouth Triathletes	D	23	08:30
136	Chris	Sellens	Male	Colchester Harriers	D	24	08:30
137	Steven	Robinson	Male		E	25	08:30
138	Stuart	Mackenzie	Male		E	26	08:30
139	Andrew	Birch	Male	Army Triathlon Association	E	27	08:30
140	Mark	Crook	Male		E	28	08:30
141	Benjamin	Baumguertel	Male		E	29	08:30
142	Neil	Catling	Male		E	29	08:30
143	Wil	Kitcher	Male		E	29	08:30
144	James	Lewis	Male		E	29	08:30
145	Paul	Rooke	Male	West Suffolk Wheelers	E	29	08:30
146	Daniel	Wright	Male	Colchester Harriers	E	29	08:30
147	Toby	Lupton	Male		F	30	08:30
148	David	Marsh	Male	Ipswich Jaffa	F	30	08:30
149	Neil	Parker	Male		F	30	08:30
150	Dawid	Krige	Male	Ful-on-Tri	F	31	08:30
151	Neil	Reid	Male	stowmarket tri club	F	31	08:30
152	Ricky	Peachar	Male	Framlingham Flyers	F	32	08:30
153	Steve	Clark	Male		F	33	08:30
154	John	Moody	Male	Ipswich Triathlon Club	F	33	08:30
155	Stuart	Morton	Male		F	33	08:30
156	Matt	Taylor	Male	Serpentine Running Club	F	33	08:30
157	Ben	Caisey	Male	Stowmarket and District CC	F	34	08:30
158	Ian	Carver	Male		F	34	08:30
159	Dan	Clowes	Male	Trentham Running Club	F	34	08:30
160	Darren	Cook	Male		F	34	08:30
161	Graham	Coulter	Male	Ipswich Triathlon Club	F	34	08:30
162	Daniel	Gould	Male		F	34	08:30
163	Martin	Muldoon	Male	Serpentine London	F	34	08:30
164	Kevin	Murphy	Male	Woodford Green with Essex Ladies	F	34	08:30
165	Simon	Priest	Male		F	34	08:30
166	Bogdan	Tutoveanu	Male	Responders	F	34	08:30