

Denby Dale Travellers Away Day

The Ingbirchworth Duathlon (Run and Bike) – Tuesday 24 August 2010

Meet at 6.30pm by The Fountain Inn, Wellthorne Lane for a 6.45pm start

1. The event involves a multi-terrain run of 5.4km (3.35m) followed by a on-road cycle ride of 16.1km (10.0m). The event can be undertaken either individually or in teams of 2, as a relay.
2. If you would like to take part please give your name(s) to Pete Andrews or Andy Kirby, either in advance, or on the day from 6.30pm. The event will need to start at 6.45pm prompt to ensure that the cyclists finish in daylight.
3. The road sections are lightly trafficked, but please take special care when negotiating junctions, both when running and cycling. Cyclists are advised to wear a cycle helmet when taking part.
4. The run route starts on Annat Royd Lane, round the corner from the Fountain Inn and is shown below. The route takes you along the reservoir side, via Annat Royd Lane, Spicer House Lane and returning towards the reservoir via Horne Lane.
5. The route is on the road apart from the last half mile or so. Look for a gap in the roadside wall on Horn Lane to take the footpath around the reservoir to the finish.



6. The relay point for those taking part with a partner, is the barrier on the track, north of the reservoir. The transition area for those running and cycling is the short section of the track, north of the reservoir between the barrier and Annat Royd Lane.
7. The cycle route is a road route via Annat Royd Lane, Horn Lane, Broadstone Road, Dearne Dike Lane, Haddingley Lane, Hey Slack Lane, Grime Lane, Upper Maythorne Lane, Whitley Road (past the windmills), Royd Moor Lane (short steep hill) and Spicer House Lane, returning to the finish via Horn Lane and Annat Royd Lane.
8. The cycle route finishes on Annat Royd Lane, round the corner from the Fountain Inn. The road surface is in reasonable condition with not too many pot holes. Grime Lane and Upper Maythorne Lane have just been re-surfaced so watch out for loose chippings etc.



9. Volunteers to help with time keeping and keep an eye on kit during the event would be appreciated.