



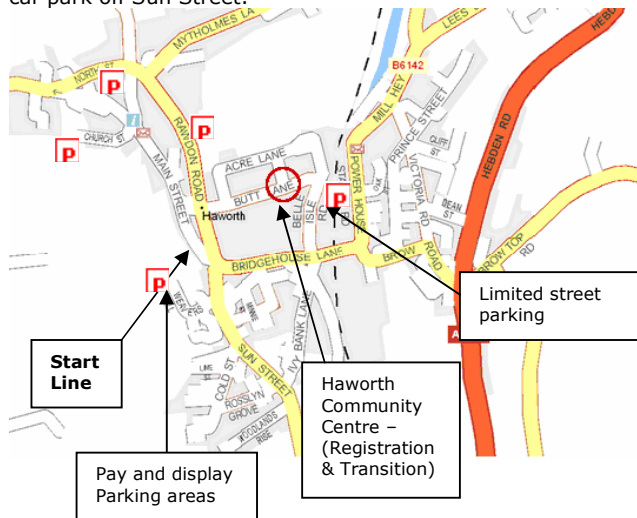
## Race Information

### Venue & Directions -

This year's event will be based at the Haworth Community Centre, Butt lane, BD22 8QJ. The centre has toilets / changing facilities.

### Car Parking -

There will be **no** car parking directly available at the community centre but there are plenty of Pay and Display car parks around the village as well as limited street parking on Rawdon Road & Belle Isle road, just below the community centre. We advise the best parking to be in the main tourist car park off Sun Street.



number and bike frame no. Should you wish to take a bike out (this is for security reasons) there will be one main entrance to the transition area before and after the race, through the TRANSITION CONTROL. It is important that you understand where all the entrances and exists are and where your bike is in relation to these! Also make sure you set out your equipment, so that when you come into transition from the first Run, your bike stuff is ready to go and similarly, when you return from the bike leg, your running gear is ready to go.

### Racing as a Team?

Only one person from each team will be expected to register. Each team will receive 3 race numbers (one for the cyclists back, one for each of the runner's fronts), 2 x number stickers for the bike and helmet and a coloured rubber band that must be passed between competitors at each change over. The 1<sup>st</sup> change over will be at the bike. The 1<sup>st</sup> Runner will run into transition area and tag the cyclist (next to the bike). The cyclist will then be able to un-rack the bike and make their way out of transition on the bike leg. On returning, the cyclist must first rack the bike and then tag the runner (waiting next to bike rack no.). The 2<sup>nd</sup> runner will then complete his/her leg and finish at the finish line.

### THE EVENT-

#### Run (1) - 5km (Longer loop) - (Download map from website)

On starting at the bottom of the main street, head straight up the cobbled street to the church. You will be directed right onto church lane and out past the Parsonage and across the fields towards Penistone hill. You exit the fields onto west lane and then immediately take the left hand fork onto cemetery road. Continue to the cemetery where you will turn right and head down the track towards the water works and Lower Laithe Reservoir. At the next road junction you will be directed left, up the sharp climb past intake farm. You will then come to a cross roads at which you will turn left back towards Haworth. On approach to the cemetery, you will be directed right, up onto Penistone hill. Follow the signs and single-track bridleway across the moor until you reach the road (dimples lane) opposite, which is a track that leads down into the main car park. Stay on this road through the car park (beware of cars), descending to Sun Street, where you will be directed left (past the bottom of main street and along Rawdon Road. At some point you will need to cross the road (take care, there is a zebra crossing at the butt lane junction if you require). Approx 150m along Rawdon Road turn right onto Butt lane and head towards the transition area.

**Please note:** At certain point you are required to cross the main road, please do so with care!

#### Bike - 20km MTB - (Download map from website)

You must have your helmet fastened, before you can touch your bike and make your way out of the BIKE OUT channel. On existing the bike out channel, you will mount your bike at the MOUNT LINE. DO NOT mount your bike before this point; or you will be disqualified as this is for your own safety.

**Please note;** All the roads used in this route are open to the public. You are expected to adhere to all rules of the Highway Code, this means giving way to traffic at junctions and all roundabouts. Also many bridleways are been used in this event so please be aware of walkers and horses as they have the same rights as you. Please may we also ask that you close any gates that you do go through although there are

### Registration - Provisional time 8am- 9am

The will take place in the community centre hall. We advise all competitors to be at registration for 8am so we can start on time. Before registering, please find your race no., on the start entry list (available on [www.4lifeeventsuk.co.uk](http://www.4lifeeventsuk.co.uk)) and on entering the registration area. If you are a BTF member, please show you BTF Licence or you will be asked to pay the day licence fee (£3). If you are not a BTF member then you pick up a day licence from registration. All competitors will receive two race numbers (to be pinned at all 4 corners to your front and back or on a back to back on a race belt). You will also receive 2 number stickers, one for your bike frame and one for your helmet. The numbers must be visible on your front for the run and on your back for the bike section, so if you do wear a number belt please turn it round accordingly.

### Race briefing - 9am

The will be one short (5mins) briefing at 9am in the Community Centre. This will be your best opportunity to ask questions to the event directors and race referee.

### Race Start - 9:30am

**Please note:** the Start line is located at the bottom of Main Street. Approx 500m from the transition/registration area, it will be signposted. Please make sure you are on the start line by **9:20am** as the race will start as **9:30am**.

### Transition Area - Open from 8am - 9:15am

This will be located next to Community centre on Butt lane. Entry to the transition area will require you to show your race

very few. Any competitors seen to not be adhering to these rules or riding dangerously will be disqualified. **It isn't worth taking unnecessary risks for the sake of a couple of seconds!!!!!!**

#### **Route:**

On exiting the community centre drive turn right onto Butt lane. At the junction of the main road (Rawdon road) turn Right and continue on this road out of the village for approx 1.5miles, turn left onto Cemetery lane (part of run route) and then immediately left and climb up Dimples Lane. Upon reaching the top of the hill, you will meet the crossing point for the runs sections, turn right onto the moor and take the left hand Bridleway track, across Penistone Hill. Continue on this track (do not turn off it, until you see a sign/marshal!) for approx. 1.5km. After crossing Penistone hill, you will rejoin the moor-land road (moor side lane) and descend towards Oxenhope. Roughly half way down the decent, after approx 1km, you will come to a cross roads (Moor Side) and will need to turn right on Lees lane, towards Bodkin Farm. Follow this track as it starts to ascend up the infamous 'Stairs'. Continue on this track (do not turn off it!). Climb over the top of the 'Stairs' and descend to the junction at Lane ends, turning a sharp left and go through 'Whitehole farm's' yard. At the other side of the Yard you will rejoin the winding bridleway taking you up to a gate where you turn left on to the A6033 at Cock Hill. Please take care on joining this road as it is the main link road to Hebden Bridge and can get quite busy. Follow this road as it descends towards Oxenhope. After approx 1.5km you will turn right into and through the 'Wagon & Horses' pub car park (again please take care!). Follow this track up, along and then down a steep decent before turning sharp right onto Hill House Edge lane and climb again. Follow this road over the cattle grid and then turn left, off the road (signposted and marshalled) just after the major right hand bend. Follow this track as it winds up onto the ridge above Leeming Reservoir. You will join a road/track (Hambleton lane), follow this as it goes past Thornton Reservoir and descends down Sawood lane to the major crossroad junction at the 'Dog & Gun' Pub. Take care at this junction, head straight across onto Trough Lane and follow this for approx 1.5km. **After the sharp left and right bends, continue straight on Trough lane for approx 0.5km and turn left (signed and marshalled) to head across Black moor through Hallas Rough Park.** Pass through the gate and onto Crumack lane (passing Upwood camp site). Exit this lane, turning right onto Black moor road. Descend on this road to a tight left turn onto Brow Top Road (extreme caution is required at this junction). Approx 150metres later you come to the cross roads of Brow Top and Hebden Bridge Road. Head straight over at this cross roads and follow the sharp decent of Brow Road, round to the left and continue the descent to the bottom. At the junction of Bridgehouse lane turn left, onto Bridgehouse lane and follow it over the railway line. Before the road starts to climb, turn right onto Belle Isle Road. After 300-400m turn left onto Butt Lane and follow this back up to the Transition area.

Dismount at the DISMOUNT LINE and then run with your bike into transition and rack it in exactly the same place you left from. Once your bike is racked, you are permitted to take off your helmet, change to your running gear and head out of transition.

#### **Run – 3km (Shorter loop) - (Download map from website)**

Exit transition through the RUN OUT channel and head up butt lane. At the top you will need to cross Rawdon road at the zebra crossing, please watch for traffic here as we cannot close this road unfortunately. Once crossed over, head up the sharp climb to the main street where you will join the 1<sup>st</sup> run course. Follow the course out Penistone hill where this time, instead of taking a right at the cemetery and dropping down to the water works, you will join the 1<sup>st</sup> run route by taking a left just after the cemetery and heading up the climb onto Penistone hill. Follow the same route across the moor and down through the car park, sun street, Rawdon Road, to the community centre and through the finish line!!.

#### **Spectators –**

At 4Life, we are always conscious of trying to make our events as spectator friendly as possible. All we ask it that spectators don't jump fences and respect the barriers put in place. This is as much for your safety as the competitors. Given that the race covers almost 20miles of countryside, you will obviously not be able to stand and watch the whole event from one place. We welcome you watch around the course, all we ask is that you don't 'dump' your cars just anywhere and that you take care if you are travelling round the course and be aware of the competitors as well as the general public.

#### **Race Rules –**

This event will be held in accordance with the BTA rules. Approved helmets and road worthy cycle are mandatory. All competitors will require third party insurance either via a BTA Day Licence or as part of the BTA Membership. If you need any more information on these please visit [www.britishtriathlon.org](http://www.britishtriathlon.org)

#### **Results –**

A provisional set of results will be published on the day with finish times only; any disputes or amendments must be made immediately via the race director. A full set of results will be available on [www.4lifeeventsuk.co.uk](http://www.4lifeeventsuk.co.uk) by Tuesday following the event.

#### **Prizes –**

The presentation will be approx 10mins after the last finisher. Prizes will be awarded to the top 3 Males & Females overall, 1<sup>st</sup> Team overall and then to the 1<sup>st</sup> Male & Female in each 10 year age group.

#### **Refreshments –**

Tea and Coffee will be available at the community centre and competitors will receive a complementary hot drink and soup & roll upon completing the event. For those wishing for more substantial food/drink, Haworth Main Street sports a wide variety of cafés, shops and pubs.

#### **Further information –**

Please contact 4Life Events on [info@4lifeeventsuk.co.uk](mailto:info@4lifeeventsuk.co.uk) or call Rich on 07815937558.

#### **Thanks –**

4Life events would like to thank all the marshals, whom without the event would never happen, Haworth Community Centre for been so supportive and helpful with getting the event 'off the ground' and Bradford City Council. Thanks also to the West Yorkshire Ambulance Service, RSS sports and of course...

All the competitors and spectators, who are crazy enough to actually want to do the event!

#### **Rich & Dean**

#### **4Life Events Directors**

