

10-12 June 2022

EVENT START LOCATION: EVENT HQ, RACQUETY FARM, LARCHWOOD STUDIO, WYECLIFF, HAY ON WYE, HR3 5RS

All teams must arrive at the Event HQ for team registration between 07:30 and 08:00.

Kit checks will end at 08:15 with the event day briefing taking place promptly at 08:20

All teams must register a maximum of 7 participating team members for the day upon arrival.

ALL STAGES ARE ELECTRONICALLY TIMED IN 2022. PLEASE WEAR YOUR TIMING TAG AT ALL TIMES AND PASS OVER THE TIMING POINT AT THE START AND END OF EACH STAGE.

Stage 4	Mountain Bike	
Distance: 8km	Start: SO223424 End: SO24133857	Height Gain: 402m
<p>(On Clock) From the Event Hub cross the timing point take the track to the road junction. Turn right and head over the River Wye into the town.</p> <p>- Turn right and follow the road through the town. Pass a well signposted turn on your left (Info Centre and Parking) and take the next left.</p>		

- After a short while follow the road to the left then after a straight section take a right fork in the road

(Directional Marshals will be in place along this section of the route to assist)

- The next section follows the same lane up a long and winding hill.

- At the summit you will reach a crossroads and take a left turn to start heading downhill

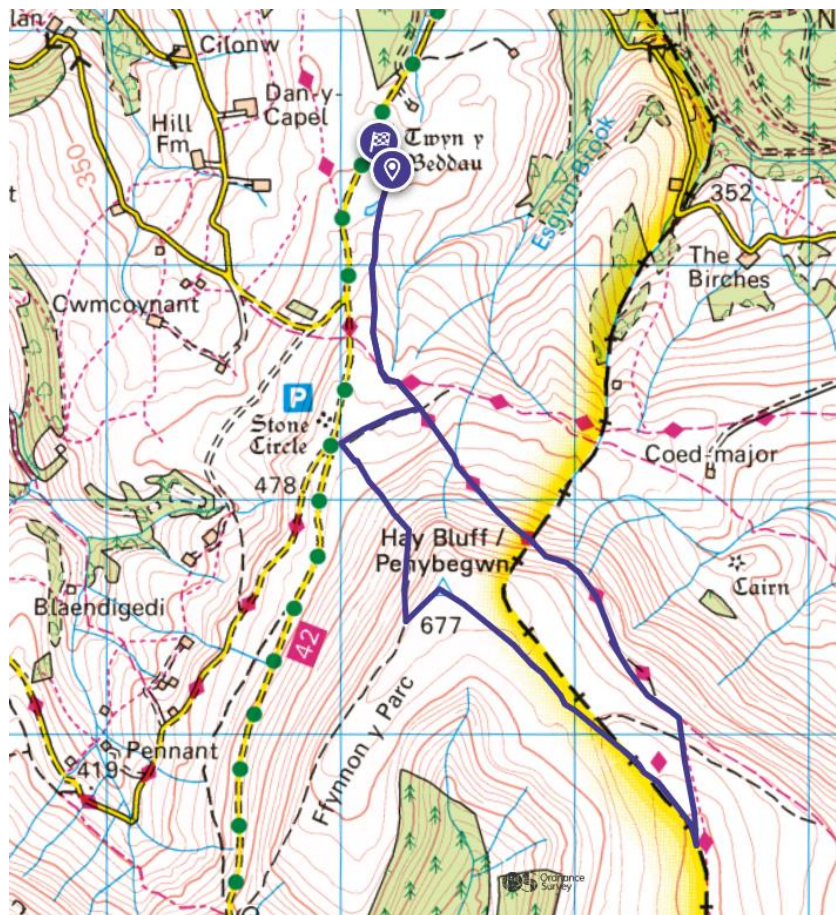
- Take the next left and follow this to the transition point which will be visible ahead

(TRANSITION) Please follow the instructions of the marshals to ensure your bikes are placed correctly in transition

NOTE: This stage is on the road. The first part of the route is through the town and you will have to give way to traffic at all times. During the second part there may be limited passing places for vehicles and care is needed. Marshals will be in place along this whole section to assist with directions and to warn traffic

Stage 5

Mountain Hike / Run



Distance: 7.81km

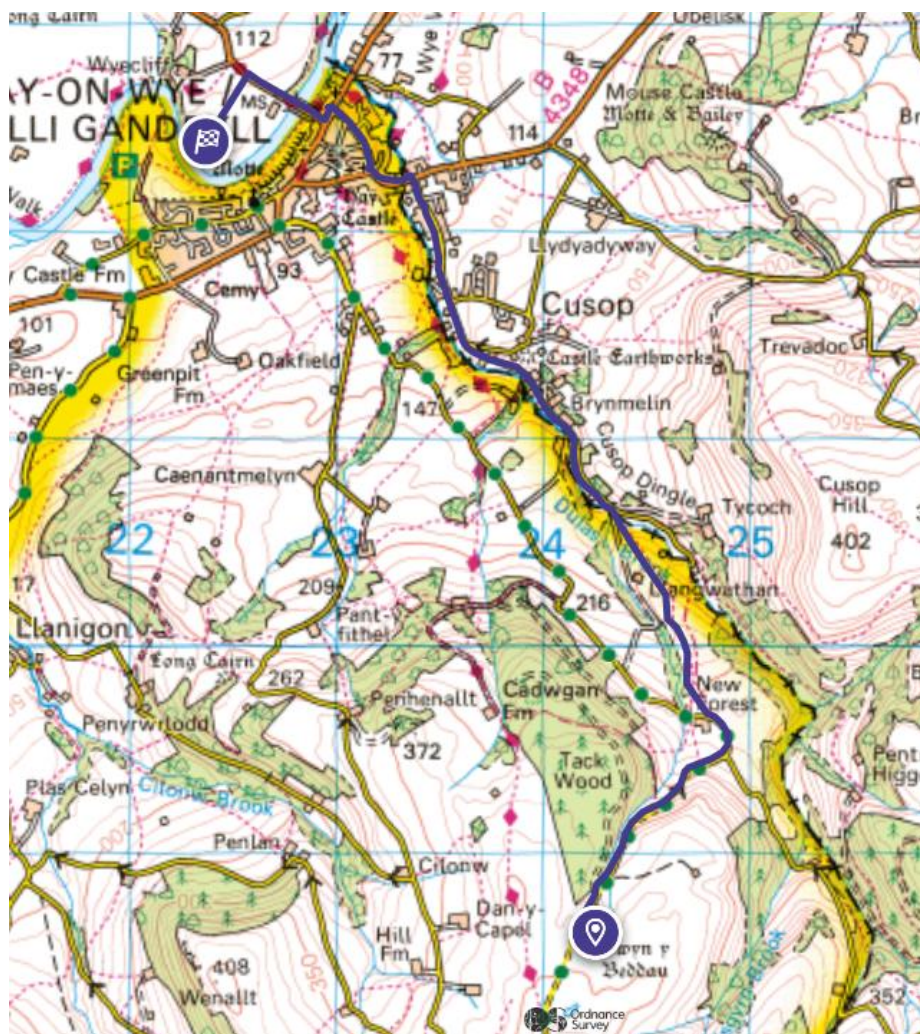
Start: SO24133857 End:
SO24133857

Height Gain: 336m

(On Clock) From the transition area head due south (back along the direction just cycled) following the grassy verge to reach a marshal.

- Turn right at the marshal towards the road and follow the obvious path towards the summit of Hay Bluff
- On reaching the summit ridge turn left to reach the summit proper and the trig point
- At the summit trig point, continue along the ridge until you see a path on your left which will take you steeply down the side of the mountain
- Follow this track back to the marshal point before retracing your route back to the transition

Stage 6	Mountain Bike
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Distance: 6.9km	Start: SO24133857 End: SO223424	Height Gain: 54m
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- (On Clock)** From the transition area follow the road downhill
- After you pass a right hand turn the road sweeps to the left. After the sweeping bend you will turn off the road to the right through a gate at New Forest Farm.
 - Follow this section off road through four fields and numerous stiles and take care descending towards the bottom of the valley
 - Cross the stream at the bottom using the small road bridge, turn left and continue along the road

- Follow this road until you will see the final timing point which will signal that you are now off clock.

(OFF CLOCK) Continue to the end of the road until you reach an obvious T junction with the main road.

- Turn left and then very shortly after take a right to leave the main road.

- Continue along this through the backstreets of the town to rejoin the main road

- Take a left and an immediate right over the bridge from the start of stage 4.

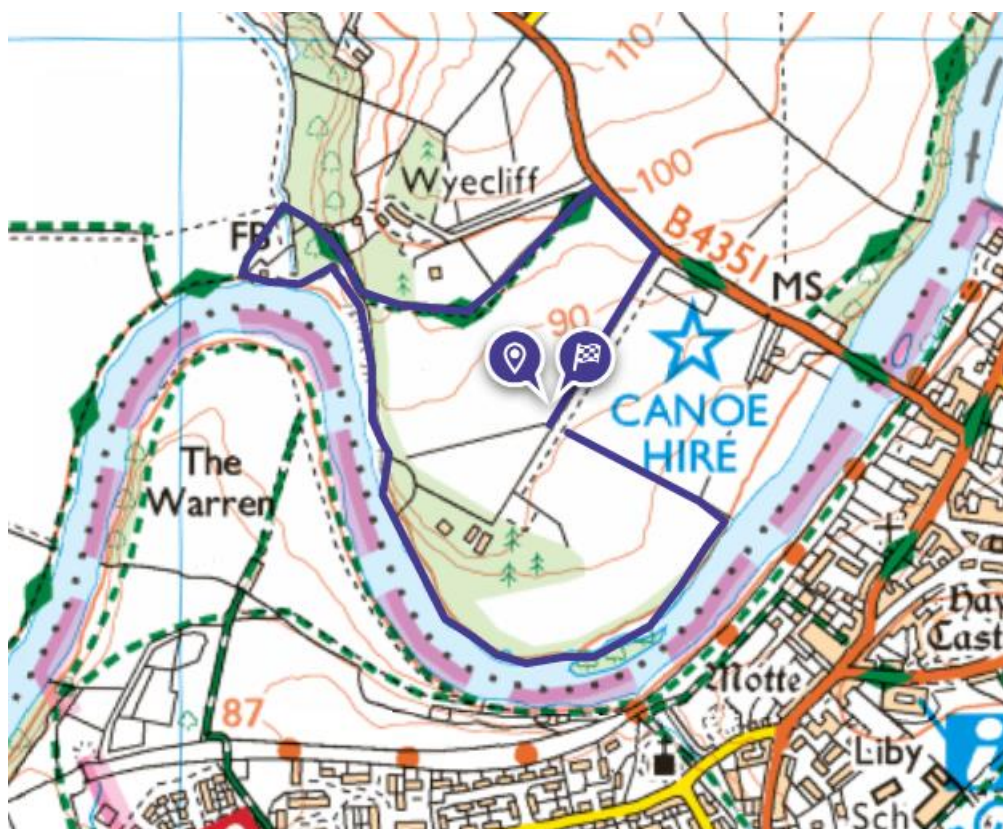
- Shortly after the bridge turn left into the event HQ and the end of stage 6

NOTE: This final part of this stage is on the road but OFF CLOCK. Please give way to traffic at all times. Marshals will be in place along these sections to assist with directions and to warn traffic

Cut off time for return – 13:30

Stage 7

Archery-Run Duathlon



Distance: Short 2.1km / Long 4.2km

Start: SO223424 End: SO223424

Height Gain: 49m

(OFF CLOCK) After completing stage 6, each team will be directed to the archery zone to complete their archery challenge.

- Every team member will have two arrows to fire, **one of which must land within the yellow, red**

or blue rings. Failure to do so will result in a 5 second time penalty being added to your run.

- Time will be made available on Saturday afternoon after stage 3 for teams to have a practice and safety briefing.

- After completing the archery challenge, your team will need to split into two groups of three. One group of three to complete the **short** route and one group of three to complete the **long** route. **We will be waiting for all teams to complete stage 6 before completing stage 7**

(ON CLOCK)

- Teams will assemble in penalty boxes according to their archery results (5 seconds, 10, 15, 20, 25, 30). These penalty boxes will determine when your team is allowed to start the run route.

- Once released, each group of three must complete the course around Racquety Farm together.

Short = 1 lap, Long = 2 laps.

- Each member of the team will be timed with a cumulative total time being taken as your stage time.

- The route is fully marked and marshaled.

- **Presentations will follow the completion of the stage at 15:00**

Day 2 Total 28.9km 841m Height Gain