

# Itchen Biathlon

## Saturday September 15<sup>th</sup> 2018

### The Challenge:

A charity team biathlon following the River Itchen from Cheriton to the sea.

**Run:** Starting at 11.15am this is a cross country run starting very near the source of the River Itchen at Cheriton along the 22.5 miles of the Itchen Navigation Way, which passes through Winchester to eventually reach Southampton, where the river meets the sea at Woodmill.

**Swim:** Starting on high tide at Woodmill 4pm sharp, swimmers will follow the 2.5 km along the River Itchen towards the sea exiting at the Priory Road Slipway. Swimmers must be open water and sea competent, the Itchen is likely to be fairly cold at this time of year. **Wetsuits must be worn.**

**Relax:** Showers & Changing available at St. Denys Community Centre. BBQ and presentations to be held in the garden of The Junction Inn 5pm (just up from the Priory road slip where the swim finishes).

### Details:

The Biathlon is designed as a team event, with 4 runners & 1 swimmer. Age and gender handicaps will be applied with seconds being taken off for all competitors over the age of 40yrs and added on for those under 40!

Details for each leg are below with the first leg will start sharp at 11.15am near the source of the Itchen. Each runner must have completed their leg before the start of the next one so please consider this when putting your team together. The swim leg will start at 4pm from Woodmill. A canoeist will need to be supplied by each team for their swimmer, we will provide a lead and tail safety boat.

Prizes will be awarded to the fastest overall team and the fastest team after handicap adjustments. Each team will also have to supply transport to the start of each run and the swim.

Team managers must take responsibility for ensuring that all participants run the course **before** the event and make themselves familiar with road crossings and specific areas for safety. In places the course is difficult to follow, so a pre event recce is essential.

We will provide maps, instructions and GPX routes for you to download after you have registered.



Entry fee includes BBQ, event memento and winner's prizes.

This is a charity event raising money for our chosen charity Countess Mountbatten Hospice.

**Closing date for entries is 31<sup>st</sup> July 2018**

Run Leg one Cheriton to Itchen Abbas: Start time 11:15: Distance 6 miles

Run leg two: Itchen Abbas to Winchester: Start time 12:45: Distance 6 miles

Run leg three: Winchester to Bishopstoke: Start time 13:45: Distance 6.5 miles

Run leg four: Bishopstoke to Woodmill: Start time 14:45: Distance 4 miles

Swim leg: Woodmill to St Deny's: Start time 16:00: Distance

Race contact:

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