



Athlete Guide 2016



Welcome

Welcome to the second Storm The Castle Duathlon. After a great deal of planning and working with the local community, who have been incredibly supportive, we are very proud to return to Ludlow with the UK's Toughest Duathlon.

We would like to ensure that each of you arrive at the race well prepared and this Athlete Guide is intended to answer any questions that you may have and maybe some that you had not thought of.

There is some important race information that you must know so please do take the time to read this guide.

We will continue to send out communications to athletes via email and social media so please do keep an eye out for all updates.

Finally, we wish you a successful race day and look forward to cheering you over the finish line, when you 'Storm The Castle!'

The Storm The Castle Team

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Pre-Race Information

Timeline of Race Weekend

Sat 16 April

TIME	EVENT	LOCATION
13:00 – 16:00	Registration & race pack pick-up	Ludlow Brewery

Sun 17 April

TIME	EVENT	LOCATION
06:00 – 07:15	Registration & race pack pick-up	Ludlow Rugby Club
05:45	Car park opens	Ludlow Rugby Club
06:00	Transition opens	Ludlow Rugby Club
07:15	Car Park closes	Ludlow Rugby Club
07:30	Transition closes	Ludlow Rugby Club
07:40	Race briefing	Ludlow Rugby Club
08:00	Race begins	Ludlow Rugby Club
10:00 (approx)	1st athletes finish	Ludlow Castle
11:30-11:45 (approx)	Final athletes finish	Ludlow Castle
11:20 (approx)	Prize giving awards ceremony	Ludlow Castle
11:45-12.45 (approx)	Junior Storm Races	Ludlow Castle

Key Addresses

Ludlow Brewery – The Railway Shed, Ludlow, Shropshire, SY8 2PQ

Ludlow Rugby Club – The Linney, Ludlow, Shropshire, SY8 1EE

Ludlow Castle – Castle Square, Ludlow, Shropshire, SY8 1AY

Getting to Ludlow

On race day you will need to access Ludlow by car. Ludlow is situated on the A49 trunk road which runs from Warrington, through Shrewsbury and Hereford to Ross-on-Wye. From Birmingham, head west on the A456 through Kidderminster. From the M5 leave at junction 3 and continue on the A456 through Kidderminster. Please allow plenty of time to get to the race in the morning. **Please note - the B4361 at Ludford Bridge is closed for repair.**

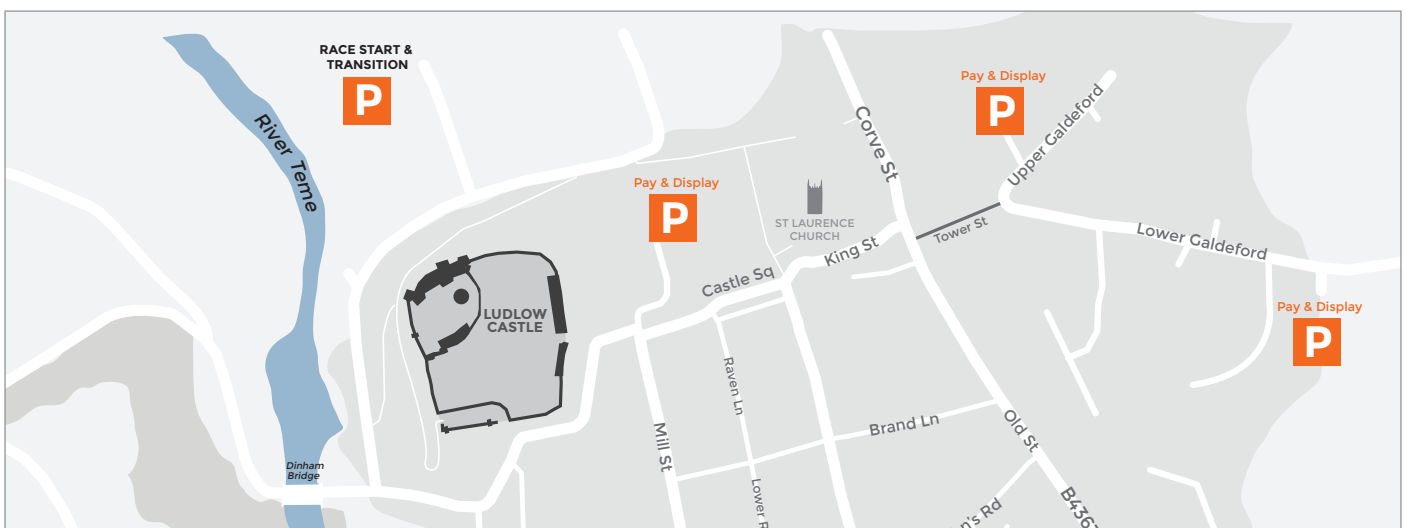
Car Parking

The main athlete car park on race day will be at Ludlow Rugby Club. There will be space for approximately 200 cars, this will be on a first come first served basis. Access to this main car park will open at 5.45am and close at 7.15am.

IMPORTANT - PARKING AT THIS CAR PARK WILL COST £5 FOR THE WHOLE DAY.

ALL PROCEEDS WILL GO TO LUDLOW RUGBY CLUB, who offer us the use of their venue, facilities and staff, free of charge. Your support helps to secure the ongoing running of the club. CASH PAYMENT ONLY - PLEASE ENSURE YOU HAVE THE CORRECT CHANGE TO PAY FOR PARKING BEFORE YOUR ARRIVAL.

There are also three main car parks in the centre of Ludlow - at Upper Galdeford (Co-op Supermarket), Lower Galdeford (Smithfield), and Castle Street (behind Pizza Express on Castle Sq.). They operate on a pay-and-display basis.





Pre-Race Information

Registration

You will be able to register and pick up your race pack on Saturday 16th April from Ludlow Brewery between 1pm – 4pm. We would strongly encourage you to register on Saturday afternoon if possible. This will allow you to be more relaxed more on race day.

When you arrive at registration you must bring with you a form of picture ID. BTF members must bring their BTF membership card with them to registration. Non BTF members will be issued with their race day licence during registration.

At registration you will be issued with the following:

- **1 x Race number**
****Please note that as you will only be issued with 1 x race number then YOU MUST USE A RACE BELT DURING THE RACE****
- **ID bike and helmet stickers**
- **ID wristband**
- **Goody bag**



Race Day Information

Registration

You will be able to register and pick up your race pack on Sunday 17th April from Ludlow Rugby Club between 6am – 7:15am. However, we would strongly encourage you to register on Saturday afternoon if possible.

When you arrive at registration you must bring with you a form of picture ID. BTF members must bring their BTF membership card with them to registration. Non BTF members will be issued with their race day licence during registration.

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- **ID bike and helmet stickers**
- **ID wristband**
- **Goody bag**

Timing Chip

You will collect your timing chip on Sunday morning. This **MUST** be worn around your **LEFT** ankle during the whole race. When you have finished the race you must ensure that the timing chip is handed back to the marshalls.

If you lose the timing chip you will be charged £5.

Transition

Access to the transition area will open at 6am on race morning. You will need to show your wristband and race numbers to access transition. Only athletes will be allowed to access the transition area.

Access to the transition area to set up for the race will close at 7:30am.

Any valuables left in the transition area will be left at your own risk.



Race Day Information

Bike Racking

The race officials within the transition area will tell you on which row you will rack your bike and set up your transition space. We would ask that you are considerate of other athletes and do not bring very large bags or boxes into the transition area.

Changing Rooms & Toilets

There are excellent changing areas and toilets at Ludlow Rugby Club and access to these will be open all day. There are separate male and female changing rooms with showers. Please do not leave valuables in the changing rooms.

There will be no toilets on the race course. If you need the toilet during the race you must use a public toilet or wait until you get back to transition where you can use the Rugby Club toilets.

Race Briefing

There will be a mandatory race briefing at 7:40am. This briefing will include specific safety measures in place on the course to ensure that all athletes have a safe race experience.

Wave Start Times

The Race start is 8am. There will be 3 wave starts. Wave starts will be approximately 3 mins apart.

WAVE 1

Male & Female 'Peasants'

WAVE 2

Male & Females 16-44yrs

WAVE 3

**Male & Females 45yrs
+ & Relay Teams**



Race Day Information

NEW FOR 2016 - Transfer Bag

For 2016, we will be offering a bag transfer service. At registration, you can request a Transfer Bag and label to fill in - return this to the bag collection point and we will transfer it to the finish line in the Castle, where you can collect it.

This will allow you to pop on dry clothes and stay inside the Castle to enjoy the post race atmosphere, and grab some food & drink with your friends and family.

Please write your **name, race number** and **telephone number** clearly on the label, and attach it securely to your Transfer Bag.

Disclaimer: All items placed in Transfer Bags are done so at your own risk. Whilst we will take utmost care of your bag, we ultimately cannot be held responsible for any loss or damage to items placed in the Transfer Bag.

NEW FOR 2016 - Regal Hierarchy

We know how tough Storm The Castle is and that finishing the race is a huge achievement, but what if there was even more on offer. What if you could call yourself 'King or Queen of the Castle'?

Well now you can, and here is how it works. We are introducing a system of Regal Hierarchy whereby each year that you return and complete Storm The Castle you will climb the status ladder and you will receive a new title that will give you bragging rights over all of those beneath you. Once you have completed the race 5 times you will finally make it to the top and here is what each layer looks like:

1 completed event = Peasant

2 completed events = Knight

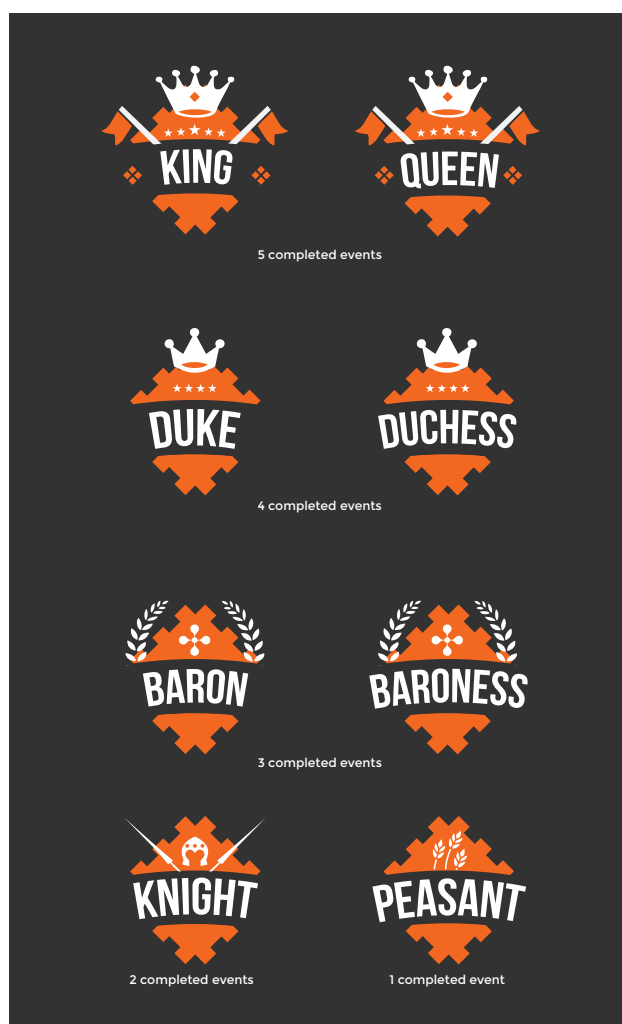
3 completed events = Baron / Baroness

4 completed events = Duke / Duchess

5 completed events = King / Queen

N.B. Please note that this only relates to athletes completing the race as an individual and not those taking part as a relay team.

You will be instantly recognisable each year as your title will be displayed on your race number and you will receive a finishers t-shirt with your new status emblazoned on it.





Race Day Information

Rules & Regulations

Storm The Castle will operate under the rules of British Triathlon. Click on the link to download the [British Triathlon Rulebook](#) for a full list of rules and we also highlight key rules here:

- **Abuse of a race official, volunteer or member of the public**
- **Littering outside of the marked areas at feed stations**
- **Use of music player, headphones, mobile phone, camera, video, listening or recording device**
- **Failing to use appropriate toilet facilities**
- **Nudity or indecent exposure**
- **Dangerous riding: including crossing the centre line, overtaking on the wrong side**
- **Drafting - riding within the designated draft zone**
- **Failure to fasten the helmet securely during the bike phase**
- **Blocking, riding before the mount line or after the dismount line**
- **Failure to clearly display your race number to the back during the bike leg**
- **Failure to clearly display your race number to the front during the run legs**
- **Running without shoes during any part of the run phase**
- **Being accompanied by spectators down the finish line**
- **Failure to clearly display your race number to the front**



Race Day Information

Race Courses

The race includes a 10km Run, 33km Bike and 5km Run.

Run 1 - 10km

The run is approximately a 5km loop. It is a tough and hilly run including sections of road and off road terrain. On the first run you complete two loops.

The first 2kms of the run is flat and gets you into your stride. Then it changes!! As you enter Whitcliffe Common you encounter the 'Lactic Ladder', a near vertical set of steps that will test the strongest of runners. Continuing around the common, you run across a viewing area giving the most incredible views of Ludlow, before descending off the Common, along The Breadwalk and back into Ludlow. The next stage of the run takes you up 'The Wall' to the Castle, where you will run around the perimeter walls before starting lap 2.

Bike - 33km

A challenging 33km with enough undulation to rival the hardest bike courses in the UK. This course includes approximately 500m of elevation and takes you on a route from Shropshire, into Herefordshire and back into Shropshire to finish back at transition.

The climbing comes in two main sections, including a 7km climb over Fiddlers Elbow and nearing the end of the ride, you climb through Mortimer Forest before a long, fast, descent to Whitcliffe common, then a final short descent back to transition.

CAUTION

In the final 1km of the bike course cyclists must be aware of runners and pedestrians when approaching Dinham Bridge from Lower Wood Road. Please check your speed and observe any instructions from marshalls to ensure the safety of fellow athletes and spectators.

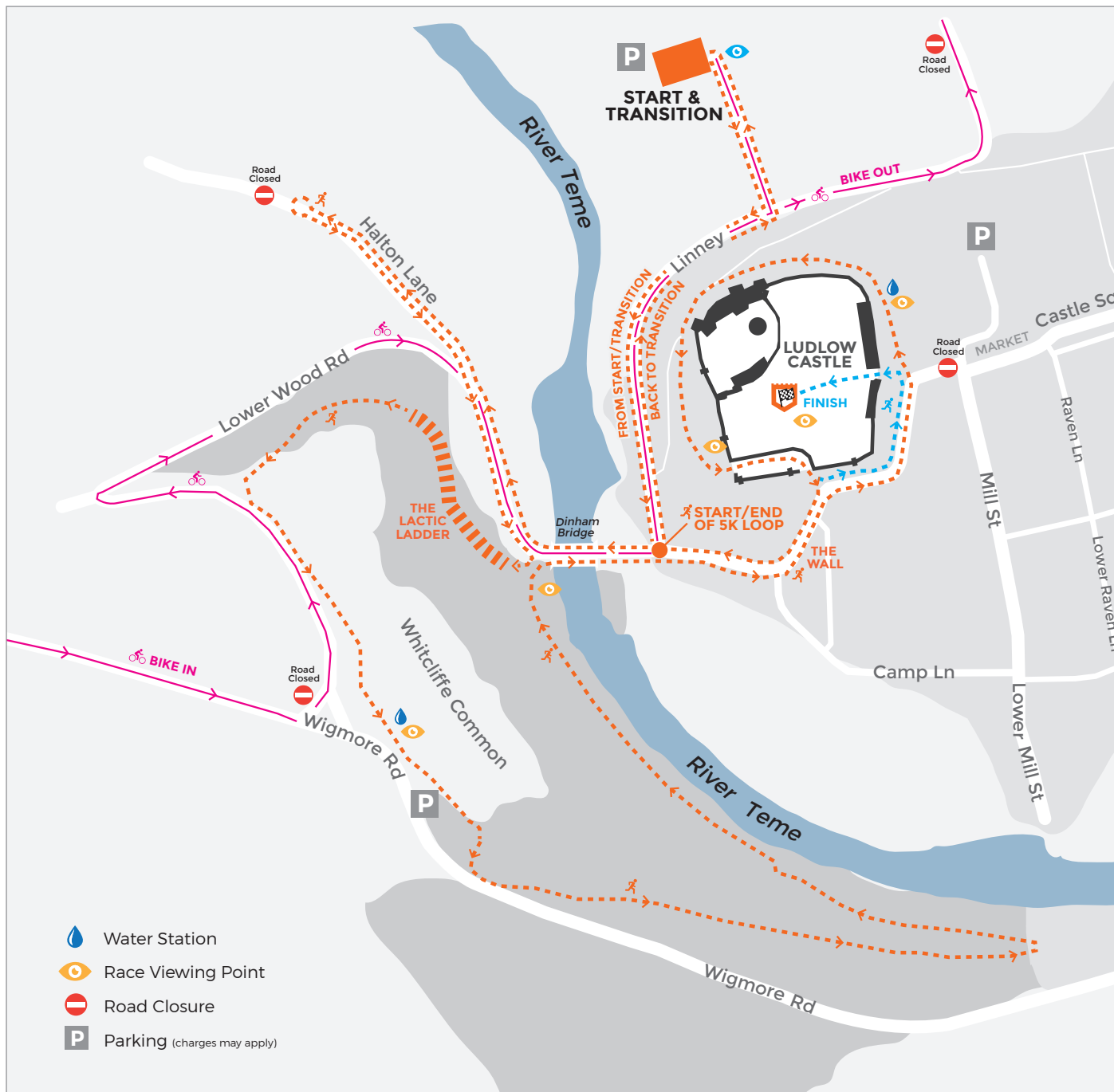
Run 2 - 5km

You will repeat 1 loop of the run course. You must circle the perimeter walls of the Castle, where you will collect a wristband to signify that you have completed the full course, before finally making your way into Ludlow Castle to collect your finishers medal.

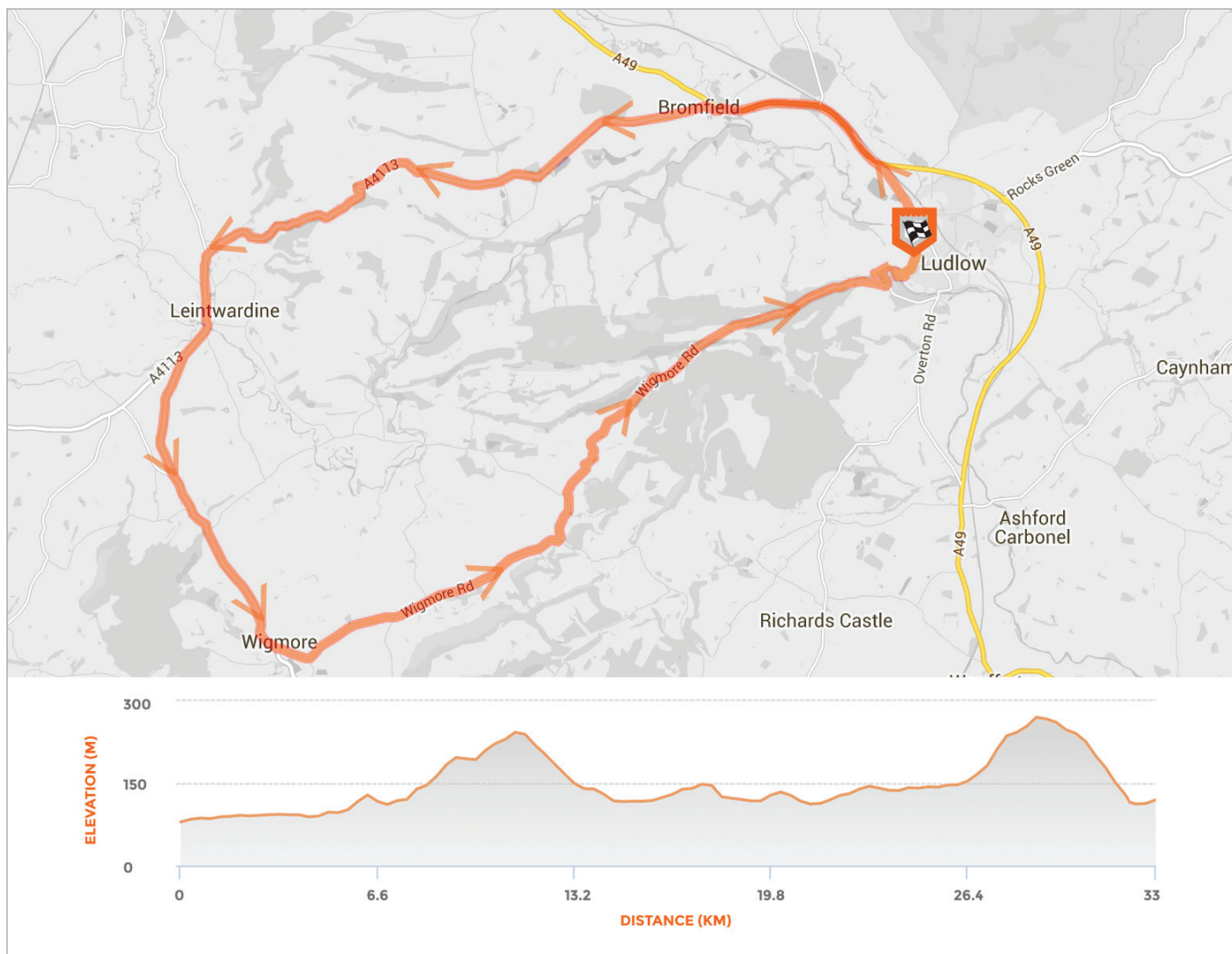
CAUTION

Runners must be aware of cyclists and pedestrians when approaching Dinham Bridge. Please observe any instructions from marshalls to ensure the safety of fellow athletes and spectators.

Run Route



Bike Route





Race Day Information

Withdrawal From Race

If you have registered to race and have collected your pack but then for whatever reason decide not to race, then you must inform a race official. If you need to withdraw during the race then you must inform a race official.

Aid Stations

There will be 2 aid stations on the run course. These aid stations will offer a mixture of water and sports drink. There will be no aid station on the bike course.

Littering

We will not accept littering by athletes on any level. During the run you will pass aid stations and there will be a bottle drop / bin at these aid stations. You MUST drop your litter here. Any athlete seen by a race official to be littering will be disqualified from the race.

Finish Line / Athlete Area

When you cross the finish line you will be able to collect your well deserved finisher's medal, t-shirt and limited edition bottle of Storm The Castle beer, courtesy of Ludlow Brewery. We do ask that only athletes run down the finishing chute, we cannot be responsible for any accidents if athletes choose to bring their children with them to cross the finish line. Once finished you will need to remove your timing chip and return it to a race official. Your friends and family will be able to meet you at the exit of the finish area.

Relay Team Specifics

All relay teams need to be aware of the specific differences in their event. This information must be shared with the whole team:

- There will be only 1 race number per team. This number must be attached to a race belt, and the race belt acts as your baton. The race belt is passed between team members at the handover point.
- Each relay team will be issued with 1 x timing chip. The timing chip must be passed between team members at the handover point. The timing chip MUST be worn on the left ankle.
- There will be a specific area in the transition designated for the handover of timing chips and race numbers. The team members must wait in the handover area for their teammate to bring them the race number and timing chip.
- The cyclist must ensure that their bike is securely racked before passing the race number and timing chip to their teammate.
- On finishing the race the relay team members will be allowed to congregate at the bottom of the finishing chute and run across the line together.



Post Race Information

Results

We will be joined by [Split Second Timing](#) who will be looking after the results section. There will be a live results screen on hand to quickly find out your result. We will then aim to have a link to the full results later in the day. This will go live onto our website.

Prize Giving

A prize giving ceremony will take place in Ludlow Castle after the event has finished. We anticipate that this will be approximately 11.20pm.

There will be prizes in the following categories:

Male 16-24.....1st, 2nd, 3rd
Female 16-241st, 2nd, 3rd

Male 45-54.....1st, 2nd, 3rd
Female 45-541st, 2nd, 3rd

Male 25-34.....1st, 2nd, 3rd
Female 25-34.....1st, 2nd, 3rd

Male 55+1st, 2nd, 3rd
Female 55+.....1st, 2nd, 3rd

Male 35-44.....1st, 2nd, 3rd
Female 35-441st, 2nd, 3rd

Relay Teams1st, 2nd, 3rd

Fastest Bike Split

(this does not include cyclists from the Relay Teams)

Fastest Ludlow Athlete

Photography

We are delighted to be joined by [Darren Musgrove](#) and he and his team will be with us all day taking images of the race. In the week following the event we will load images to our Facebook page and will be free to view.

You will also have the opportunity to view all the images on Darren's website as well as purchase prints - please visit the site for full information.



Post Race Information

Equipment Checklist

We would suggest that you bring the following equipment with you on race day.

PERSONAL

Photo ID
BTF Membership card
Car parking money

RUN

Running Shoes
Tri Suit / Race Clothing
Socks
Sunglasses
Run cap / Visor
Number Belt

BIKE

Bike
Bike Shoes
Bike Helmet
Bike Pump
Bike Tools
Inner Tubes

OTHERS

Water Bottles
Nutrition
Vaseline

Spectators

Storm the Castle Duathlon and our Junior Storm races are free to watch along the entire course - even the finish inside the grounds of Ludlow Castle.

Whilst some of the roads in Ludlow will be closed for the race, this is mainly for vehicles - pedestrians are free to watch anywhere on the course. However, please be careful when walking along the race route itself, as although the road may be officially closed, you will be sharing the road with runners and cyclists.

Please bear in mind that if you venture out to watch some of the cycle route, access and parking near the race route may be restricted when returning to Ludlow, due to road closures.

Some suggestions for where to watch the race are on the following page.



Post Race Information

Watching the race

RUN ROUTE

(pedestrian access only unless stated)

Race Start & Transitions

Ludlow Rugby Club

Wave the athletes off from the start. Also, see them return after the first run leg and set off on the cycle route.

The Lactic Ladder - Whitcliffe

Starts next to the River Teme, near Dinham Bridge (opposite side from the Castle). One of the hardest parts of the course, this climb will be tackled twice on the first run and once on the second run.

Whitcliffe Common

Limited parking available at the layby at the top of the common. After cresting the climb of the Lactic Ladder, the athletes enjoy a flatter section before descending back down to the riverside path. Enjoy the breathtaking and famous view of Ludlow.

Ludlow Castle

The athletes will circumnavigate the Castle twice on the first run, and once on the second run, before entering the Castle itself through the stone archway, to finish in the Outer Bailey.

Enjoy the atmosphere of the finish area - there's plenty of room to sit and relax on the large lawn. There will be food and drink available to buy here, along with a bouncy castle for the children.

After the main race, why not stay for the prize giving, then watch the kids have their turn to race in our three Junior Storm events.

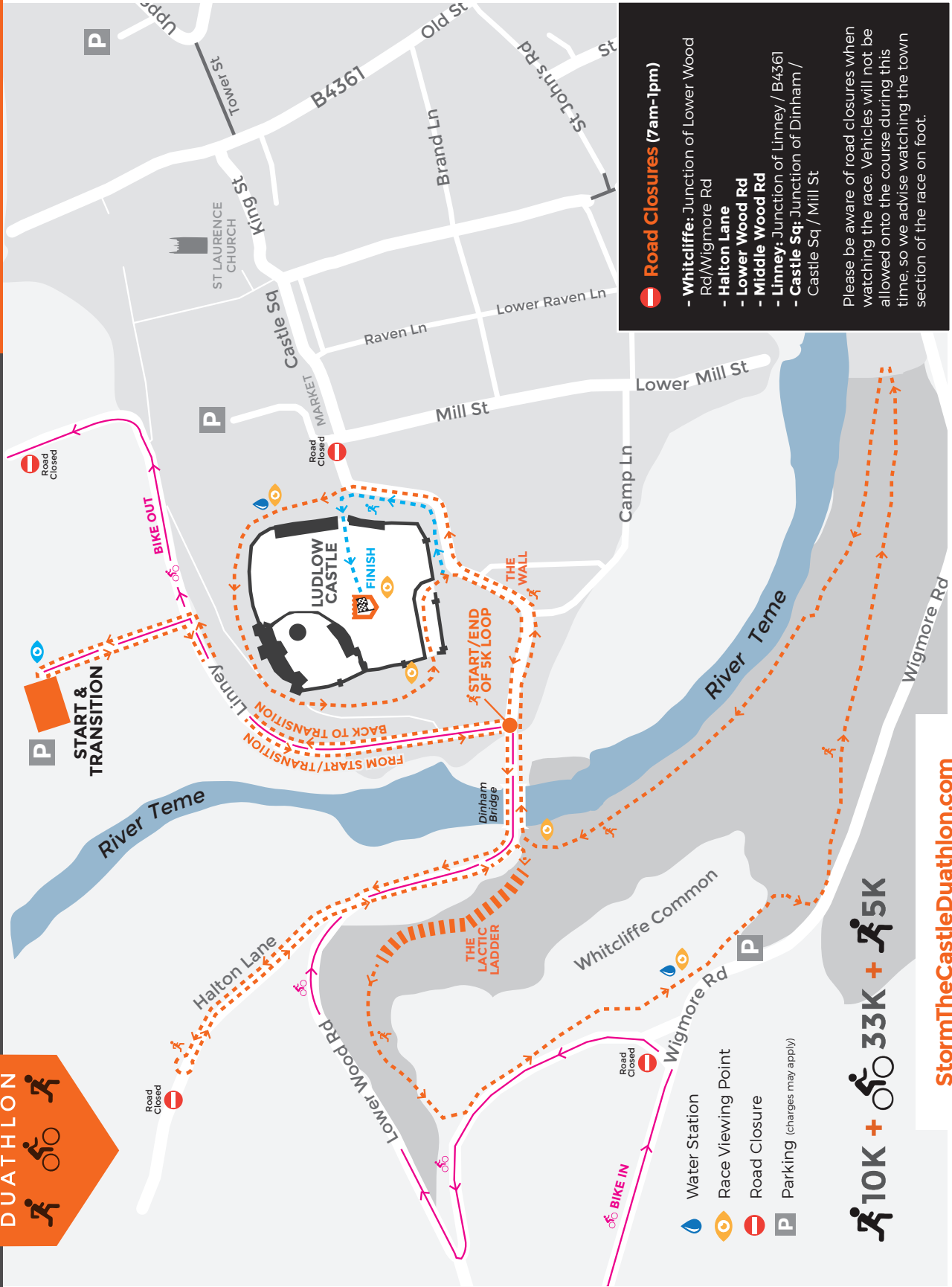
CYCLE ROUTE

Once out of the town and onto the open roads, you can watch the cyclists anywhere along the course without the restriction of road closures.

SPECTATOR INFO

Race Route - Ludlow Town Centre

Sunday 17 April 2016



The Route

Run 1 - 10km (2x 5km loop)
Starting from the Rugby Club, athletes run along Linney, cross Dinham Bridge and head towards The Cliffe hotel. Turning back towards Dinham, they enter the off road section, and climb Whitcliffe via 'The Lactic Ladder'. After descending off the common, they return back over Dinham Bridge and up 'The Wall', heading to Castle Square. After an anti-clockwise circuit around the Castle, they return back down 'The Wall' and begin a second lap.

Bike - 33km
From the Rugby Club, athletes will leave Ludlow heading north on the A49 for a short section. They turn left at Bromfield and head towards Leintwardine, tackling the Fiddler's Elbow climb, and then Wigmore. A left turn at Wigmore will lead them back to Ludlow via High Vinnals, and then a long descent back into the town and return to transition.

Run 2 - 1x 5km loop
A repeat of the first run, only 1 lap this time. Athletes will turn to finish inside the Castle grounds.

Viewing Points

Although the race is open to spectators anywhere along the route (subject to road closures), some of the key viewing points are indicated on the map.
Please be wary of athletes when moving around the course.

Road Closures (7am-1pm)

- **Whitcliffe:** Junction of Lower Wood Rd/Wigmore Rd
- **Halton Lane**
- **Lower Wood Rd**
- **Middle Wood Rd**
- **Linney:** Junction of Linney / B4361
- **Castle Sq:** Junction of Dinham / Castle Sq / Mill St

Please be aware of road closures when watching the race. Vehicles will not be allowed onto the course during this time, so we advise watching the town section of the race on foot.

- Water Station
- Race Viewing Point
- Road Closure
- Parking (charges may apply)

10K + 33K + 5K

StormTheCastleDuathlon.com



SEE YOU THERE.