

**BARNET ATHLETIC CLUB  
CLUB BIATHLON CHAMPIONSHIP**

**SUNDAY 25<sup>th</sup> AUGUST 2013**

**SARACENS RUGBY CLUB  
BRAMLEY SPORTS GROUND**

**STARTS AT 08.00AM  
(Please arrive in plenty of time)**

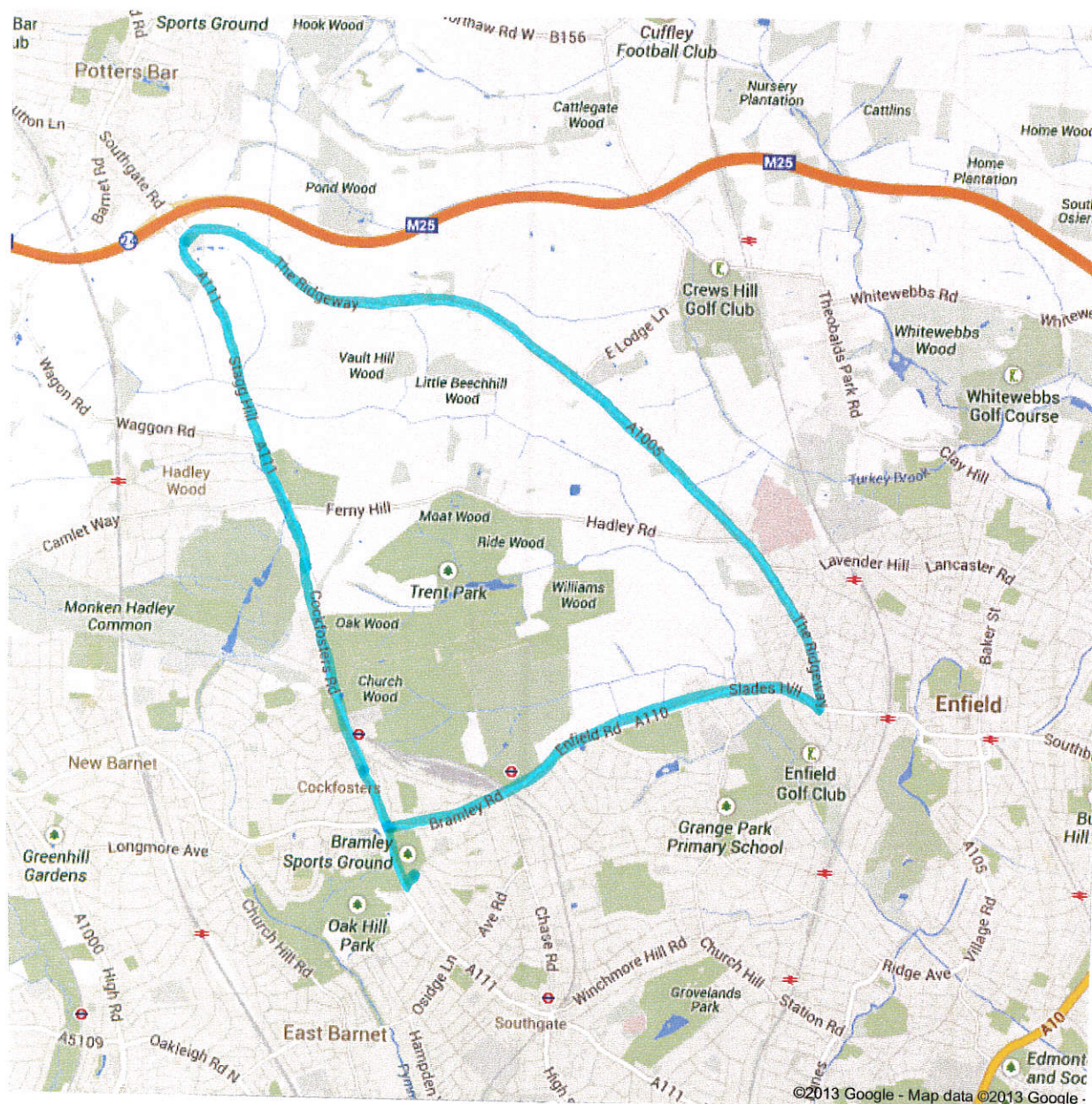
**Breakfast will be served in the club house  
following the event**

## BIATHLON BIKE RIDE – SINGLE 10 MILE LOOP TO BE RIDEN IN AN ANTI-CLOCKWISE DIRECTION)

Highlight main DANGER POINTS:

- All corners, particularly at start/Finish
- Traffic lights at Oakwood Station
- Mini Roundabout after bottom of Slades Hill
- Mini-roundabouts on Ridgeway at Lavender Hill and Stag Hill
- M25 Roundabout
- Mini roundabout on Cockfosters Road
- Cat Hill Roundabout

All riders must follow highway code. Responsible for their own safety and safety of others. Appropriate cycle clothing should be worn including helmet and bright clothing. (lights if conditions are dark). Bikes should be checked by competitors before start.





# BIATHLON RUN – 3 x 1.5 MILE LOOP

