

**Start / Finish / Transition Point:** St Leonards Parish Hall Playing Field  
**Kayak Transition:** SE side of Newground Road, SW side of canal

### TRAIL RUN CHECKPOINTS (CPs)

You must stay on the trails (public rights of way & permitted routes) at all times (see map key)

No.	CP	VALUE	DESCRIPTION
201	R1		
202	R2		
203	R3		
204	R4		
205	R5		
206	R6		
207	R7		
208	R8		
209	R9		
210	R10		
211	R11		
212	R12		
213	R13		
214	R14		
215	R15		
<b>TOTAL</b>			

#### Important Notes:

- Where different, follow signs on the ground rather than the routes as shown on the map
- You must not visit checkpoints for one discipline whilst undertaking a different discipline

Race Category:	Trio Masters	Trio Novices	Duo
Time limit:	6 hours	5 hours	5 hours
Max. Points Available: <small>realistically possible in the time limit</small>	1000	800	800
Points deducted for exceeding the time limit:	5 points per minute <small>(or part thereof)</small>	2 points per minute <small>(or part thereof)</small>	5 points per minute <small>(or part thereof)</small>

Penalties	Points Deducted
Late off the water after the end of your allocated kayak time slot	50
Going out of bounds / off the event map	200
Inadvertent use of a route which is not permitted <small>(e.g. taking a bike on a footpath or using a private road / track – see details on map)</small>	200
Losing EMIT card (electronic scoring device)	200 <small>(plus replacement cost)</small>

### MOUNTAIN BIKE (MTB) CHECKPOINTS (CPs)

Bikes are only allowed on roads, cycle routes and bridleways (see key on map).  
You must NOT take bikes on footpaths, or any other paths or tracks.

No.	CP	VALUE	DESCRIPTION
100	TP		Entrance to bike transition area (at St Leonards Parish Hall) <b>TRANSITION POINT – records MTB start and end time</b> <i>Punch when you enter transition to i) pick-up your bike to begin Mt biking and ii) return your bike having finished Mt biking.</i>
220	B20		
221	B21		
222	B22		
223	B23		
224	B24		
225	B25		
226	B26		
227	B27		
228	B28		
229	B29		
230	B30		
231	B31		
232	B32		
233	B33		
234	B34		
235	B35		
<b>TOTAL</b>			

### KAYAK CHECKPOINTS (CPs)

The marshals will need to see your race number when you get both on and off the water.

Kayak controls are attached to objects allowing you to reach them from your kayak. **DO NOT** pull on the control. Always be considerate to other water users; keep to the right-hand side of the canal.

No.	CP	VALUE	DESCRIPTION & NOTES
<b>TIMEOUT CONTROL - Punch when you arrive at KT (on bikes), and again when you leave KT (on bikes) having finished kayaking, to be timed out between controls i) 200 -&gt; 240, and ii) 246 -&gt; 200.</b>			
200	KT		Green metal gate at entrance to kayak transition, S side of road
240	K40		<b>YOU MUST PUNCH CONTROL #240 FIRST (kayak start time)</b> E side of canal, S side of bridge, opposite kayak transition
241	K41		
242	K42		
243	K43		
244	K44		
245	K45		
246	K46		<b>YOU MUST PUNCH CONTROL #246 LAST (kayak end time)</b>
<b>TOTAL</b>			

In addition to the penalties listed above, the Race Director reserves the right to **penalise** or **disqualify** if necessary, any participant or team that i) infringes the race rules, ii) doesn't adhere to the race information given, iii) breaks the Countryside Code, iv) trespasses on private land, v) shows unsportsmanlike behaviour, vi) does not respect the local community or vii) splits up (i.e. teams that do not stay together throughout).