

2023 Doddler Duathlon.

The 2023 Doddler Duathlon is a Run-Bike-Run event and follows the same routes for the Bike section[s] and Run 2 course as previous years. For 2023 we have increased the distance of Run 1 course from 1km to 2km, not necessarily by popular demand but The Doddlers is a running club. The Run 1 course now involves two loops [see the map in this brief] that are at the centre of a figure-of-eight shaped route. There is the number "1" within a white circle on the map that marks the start and finish of the loops. Familiarise yourself with this.

There are two bike routes; one for sports bikes; essentially anything with drop handlebars that looks like a "racing bike", and one for mountain bikes. They remain the same and please be aware that there are two different routes; one for road bikes and a second, shorter one, for mountain bikes.

A reminder on some of the rules.

1. You are not allowed to ride your bike inside the transition area.
2. There will be a line, known as a "mount" and "dismount" line.

When you are starting your bike section you must run [or walk] with your bike from inside transition, to the mount-line, cross the line and then get on your bike *after* you have walked or run over the line with your bike.

When you are finishing your bike section you must get off of your bike before the dismount-line and then run [or walk] over the line and into the transition area with your bike.

3. You must put on, and fasten your helmet, before you touch your bike when starting the ride part of the race.
4. At the end of the bike section you must keep your helmet on until *after* you have entered the transition area and *after* you have placed/parked your bike in transition.
5. No drafting on the bike course.
6. You may draft on the run.

Run 1. (2000m)

1. From the start line run down the Sturfit access road.
2. Turn left at the Sturfit sign onto Honeymead Lane.
3. Continue along Honeymead Lane.

At North Fields turn right at the bend and continue along the road.

At Hosey Rd, which is on the left, turn right up the hill. You are still on Honeymead Lane.

4. Turn right off of Honeymead lane into Field Close [there is a sign marked "Field Close]
5. Follow Field Close to the end of the close where it comes back out onto Honeymead Lane. There are railings in front of you. You have completed the First Loop.
6. Turn right along Honeymead Lane and begin the second loop.
7. Continue along Honeymead Lane, turn right at North Fields and continue on the same route as Loop 1.
8. At the end of Field Close, turn right along Honeymead Lane. You have completed Loop 2.
9. Continue along Honeymead Lane to the junction of North Fields.
10. Turn left and up North Fields.
11. Continue up the hill on North Fields.

Ignore the road to the left marked North Fields.

Ignore the road to the right also marked North Fields.

12. Continue up the hill where you will see a grey painted lap-fence. Turn left at the fence.
13. Run along the tarmac path and you will see two green bollards.
14. Run through the green bollards.
15. Immediately after the green bollards turn right.
16. Enter the Sturfit car park.
17. Run through the car park to the transition.



Bike [Road Bike]. 15.18km. 79m of ascent.

After the bike mount-line cycle along the Sturfit access road.

At the end of the Sturfit access road turn left onto Honeymead Lane.

Continue along Honeymead Lane

At the end of Honeymead Lane there is a "T" junction.

Turn left at the "T" junction onto the B3091.

Continue along the B3091 through the village of Manston.

You will pass a pub called "The Plough Inn" on your right.

At the next left you will turn left along a road marked by a signpost as "Todber" and "Marnhull". You are on a road called "Ram's Hill".

Continue along "Ram's Hill" [Do not turn off of this road].

You will pass a farm on your right side as the road bends to the left. This is Hayes Farm.

About 100m after Hayes Farm you will come to a left turn. It is not signposted. There is a grassed triangle shaped island. Turn left before and alongside the triangle of grass.

You are now on a narrow lane.

At the end of this narrow lane, which is about 200m long, there is a junction. The road you are on is marked by a broken "give way" line.

Turn left onto the road.

About 350m along this road you will pass Moorcourt Farm on your left [it is marked by a sign]

About 350m past Moorcourt Farm you will arrive at a junction. There is a grass triangle in the centre of the junction.

Turn left and follow the road.

You will arrive at a junction. The junction has a grass triangle in the centre. There is a signpost in the middle of the grass triangle.

Turn right at the junction with the grass triangle. Follow the direction of the sign that says Hinton St Mary. You are on the road to Hinton St Mary.

Continue along this road. You will pass Marnhull Stone LTD. You are on Eastwell Lane. Continue along the road until you arrive a junction. There is a 40mph sign on your

left and a big white painted house at your 11 O'Clock position and on the other side of the road.

Turn left at this junction and onto Walton Elm Hill [road]. You will pass the large white painted house to your right after you have turned along Walton Elm Hill [road].

After 100m you will see a junction with a green triangular grass island in the centre. Keep to the left here.

You are on the B3092. You will see a signpost marked Hinton St Mary and Sturminster Newton.

Follow the B3092 towards Sturminster Newton.

Pass through Hinton St Mary.

You will see the Sturminster High School on your left.

Turn left into Honeymead Lane.

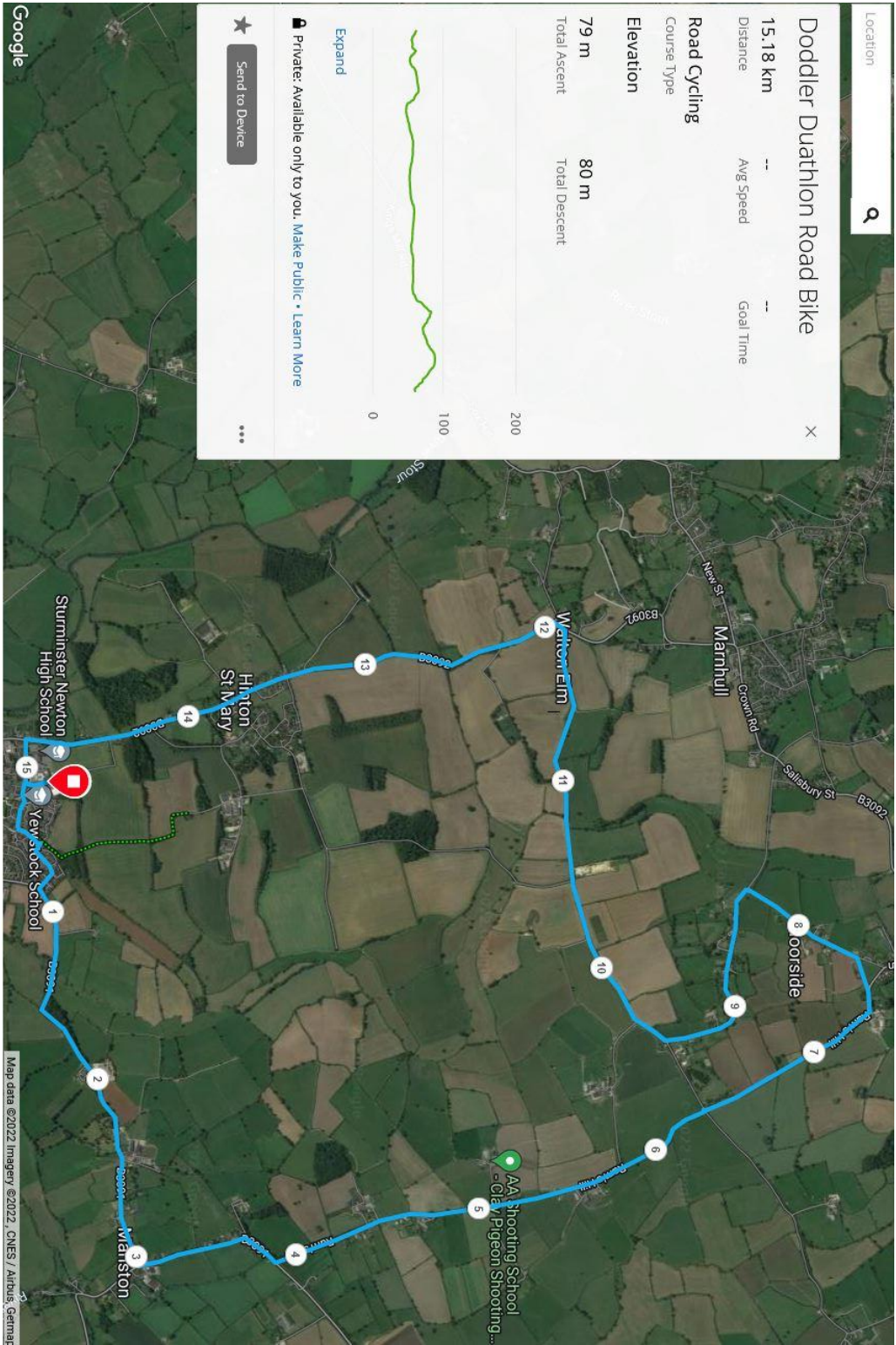
Turn left into the Sturfit Access road [marked by the big red-white-blue sign with the football club written on it.

Continue down the Sturfit access road.

Stop before the dismount line. Get off of your bike and pass over the dismount line by walking or running with your bike.

You have completed the bike section of the duathlon.

Park your bike and run



Bike [Mountain Bike]. 12.47km. 74m of ascent.

At the end of the Sturfit access road turn left onto Honeymead Lane.

Continue along Honeymead Lane

At the end of Honeymead Lane there is a "T" junction.

Turn left at the "T" junction onto the B3091.

Continue along the B3091 through the village of Manston.

You will pass a pub called The Plough Inn on your right.

At the next left you will turn left along a road marked by a signpost as "Todber" and "Marnhull". You are on a road called "Ram's Hill".

Continue along "Ram's Hill" for 2.5km [Do not turn off of this road].

After 2.5km you will arrive at a Cross Roads. Ram's Hill [road] is the priority road

Turn left off of Ram's Hill [road]. There is a metal railing fence on your left. When you turn left this metal railing fence is on your left.

You will pass Marnhull Stone LTD on your right.

You will come to a junction of Eastwell Lane [the one you are on] and Walton Elm Hill.

Turn left onto Walton Elm Hill [road]. There is a large white painted house at your 11 O'Clock and you will pass it to your right after you have turned along Walton Elm Hill [road].

After 100m you will see a junction with a green triangular grass island in the centre. Keep to the left here.

You are on the B3092. You will see a signpost marked Hinton St Mary and Sturminster Newton.

Follow the B3092 towards Sturminster Newton.

Pass through Hinton St Mary.

You will see the Sturminster High School on your left.

Turn left into Honeymead Lane.

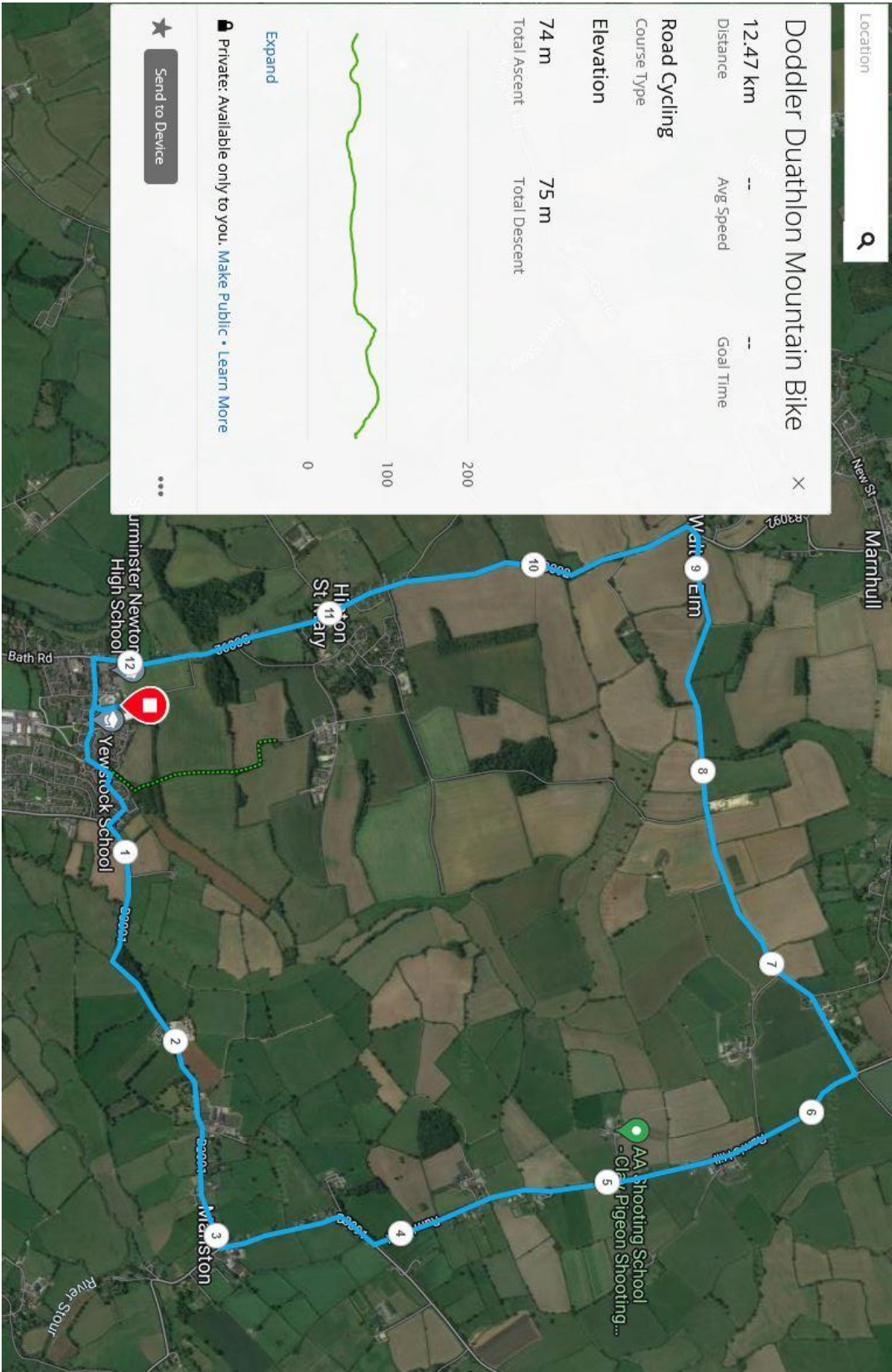
Turn left into the Sturfit Access road [marked by the big red-white-blue sign with the football club written on it.

Continue down the Sturfit access road.

Stop before the dismount line. Get off of your bike and pass over the dismount line by walking or running with your bike.

You have completed the bike section of the duathlon.

Park your bike and run



Run 2. 3500m. 46metres of ascent.

Run out of transition and along the Sturfit access road.

Turn right at the end of the Sturfit access road onto Honeymead Lane.

At the B3092 main road, turn right along the footpath that is alongside the High School.

Run up the hill and after about 600m you will see a tarmac road on the right that leads through a pair of gates and stone gate posts.

Run through the gates and up the tree-lined avenue.

At the top of the avenue of trees, and still on the road, pass through the wooden fence.

Continue straight ahead, keeping the stone wall to your right. You are now on Ridgeway Lane.

Run along Ridgeway Lane. Pass the church which is on your right.

At the end of the road you will come to a "T" junction. The White Horse Inn is in front of you.

Turn left along Stearts Lane.

Run to the end of Stearts Lane where there is a cross road junction. You are at the B3092.

Turn left on the B3092, downhill and towards Sturminster Newton.

Run along the B3092 to the High School which will be on your left side.

At the High School turn left onto Honeymead Lane.

Run down the hill to the Sturfit Access road [it is marked by a green-white-red sign with Sturminster Newton United Football Club written on it.

Run along the Sturfit access road and cross the finish line.

When you cross the line you have completed the duathlon.

