



## Hercules Festival of Sport – St Albans Scootathon and Kids Duathlon Briefing

**Name of Event:** Hercules Festival of Sport – St Albans  
**Date:** 17 September 2017  
**Location:** Westminster Lodge Leisure Centre, Holywell Hill, St Albans, Hertfordshire AL1 2DJ

**Map:** <https://www.google.co.uk/maps/place/Westminster+Lodge+Leisure+Centre/@51.7456119,-0.3455999,15z/data=!4m2!3m1!1s0x0:0x4082da50f7b5ff6e>

**Registration:** Saturday 16 September - 2:00-5:00pm (**Highly Recommended**)  
Sunday 17 September (Race Day) from 05:30 – 11:00am

**Briefing:** 11:15am (at enclosed running track)

**Start:** 11:30am

**Event:** Scootathon and Kids Duathlon

This is your race briefing to bring you up to date on the event and what to expect on the day.

### **Registration**

Registration will take place in the event HQ. The Event HQ will be in a marquee on the grass area immediately opposite Westminster Lodge Leisure Centre.

Registration will be open on Saturday 16 September from 2.00pm – 5.00pm and Sunday 17 September (Race Day) 05:30 – 11:00am. **YOU ARE VERY STRONGLY RECOMMENDED TO REGISTER ON SATURDAY 17 SEPTEMBER**, so as to allow you to have a relaxed race day and so that you can familiarise yourself with the course.

At registration, you will be issued with your race numbers and Event T-Shirt.

Please bring a form of ID with you for registration.

You will not be able to collect the race pack of another person without prior consent sent by email to: [admin@herculesevents.com](mailto:admin@herculesevents.com)

### **Parking**

**NO PARKING WILL BE PERMITTED AT THE VENUE, WESTMINSTER LODGE, ON RACE DAY, SUNDAY 17 SEPTEMBER.**

You may park in the Westminster Lodge Car Park on Saturday 16 September for registration. Parking is free, on receipt of a ticket, for two hours.

There are plenty of alternative car parks very close to the Event Venue. The two closest Car Parks (which are only a 5 min walk down the hill to the venue) are:

**The Maltings Car Park**, Victoria Street, St Albans. It is open 24 hours a day and is only £1 to park on Sundays. The address of the Maltings Car Park is Victoria Street, St Albans. **Use AL1 3HL for Sat Navs.**

**St Christopher's Place Car Park**; which is open from 6am to midnight and is only £1 to park on Sundays. It is accessed from **Upper Dagnall Street, St Albans. Use AL35DQ for Sat Navs**

A link to a map and directions for all Car Parks in St Albans can be found here:

[http://www.stalbans.gov.uk/transport-and-streets/parking/Car\\_Parks/Car-parks-in-St-Albans/default.aspx](http://www.stalbans.gov.uk/transport-and-streets/parking/Car_Parks/Car-parks-in-St-Albans/default.aspx)

### **Changing rooms and toilets**

The Male and female changing rooms and toilets may be found in the Abbey View Golf and Running track clubhouse, in the enclosed running track area 100 m beyond Westminster Lodge Leisure Centre. There are no lockers available. **Competitors who leave valuables unattended do so entirely at their own risk as the event organisers have no control over security in the Centre or Park.**

### **Start time and briefing**

At 11:15am you must be ready at the enclosed running track area for the pre race briefing.

Your event will start at 11:30am.

Both the Scootathon and Kids Duathlon will be conducted in the enclosed running track area to the right of Westminster Lodge Leisure Centre

### **Duathlon (Ages 7 – 14)**

The Kids Duathlon will involve – 400m run, followed by a 1.2k cycle, and then conclude with a 400m run.

You must be aged between 7-14 to participate.

We will supply bikes for the kid's duathlon but you are more than welcome to bring your own

### **Scootathon (Ages 4-8)**

Scootathons are a fantastic addition to multi-sport events, allowing budding kid Olympians to take their first steps in multi-sport eventing.

The Scootathon involves a 150m run, followed by a 400m scoot, finishing in a 400m cycle to the finish line.

We will supply scooters and bikes but you are more than welcome to bring your own.

Children younger than 6 years old will have to bring their own bikes and scooters.

## **Finish**

At the finish you will receive your medal.

## **Prize Giving for Adult's events**

St Albans Deputy Mayor will be officiating at the Winners' ceremony, which will be held near the Registration tent from 9.30am.

There will be other races taking place, on the morning on your event. Your support for those competitors would be greatly appreciated. Please also show support for your fellow competitors by remaining for the prize giving ceremony that will follow.

## **Refreshments**

There will be food vendors on site for event day and they will be located in the sports village. There is also a café in Westminster Lodge.

## **Photos**

New Pixels Event Photography will take your photographs on the day and provide a view and buy website [here](#), where you can view and purchase prints or downloads of your images.

## **Massage**

Massage therapists will be available for pre and post race massages.

## **Conclusion**

It is important to us that this is a highly enjoyable and safe event for you.

If at all possible, REGISTER on Saturday 16 September between 2.00pm and 5.00pm, to give you plenty of time to register and to look around the course.

Be on time for the race briefing. Follow the directions of the marshals and race officials.

Look out for, and take care of, fellow competitors and they will look out for you.

Most importantly, we will be working flat out to ensure you have a great day, so enjoy yourself! If you have any questions or special requirements, please email us as soon as possible so that we can try to help and support you. Good Luck!

We look forward hosting you and we hope you have a great race.

## **Contact information:**

**Website:** [www.herculesevents.com](http://www.herculesevents.com)

**Email:** [admin@herculesevents.com](mailto:admin@herculesevents.com)

**Telephone:** 01923 883 177

Regards, The Event Team