



LOCATION

The event starts & finishes at [Dinton Activity Centre, Sandford Lane, Hurst, RG10 0SU](#). Please note this is NOT the entrance to Dinton Pastures where the cafe is!



REGISTRATION

You will collect your event number from the registration table outside the Dinton Activity Centre between 8.15am – 9.15am. We ask that everyone sanitises their hands when they arrive at the event.

Those hiring paddleboards for the event will need to collect a paddleboard and paddle from Dinton Activity Centre staff.



PARKING

There is ample parking onsite. We advise you pay via the [RingGo App](#) to avoid queues at the ticket machines.

If you are bringing your own board, please park in the first car park on the right hand side as you enter the Activity Centre.

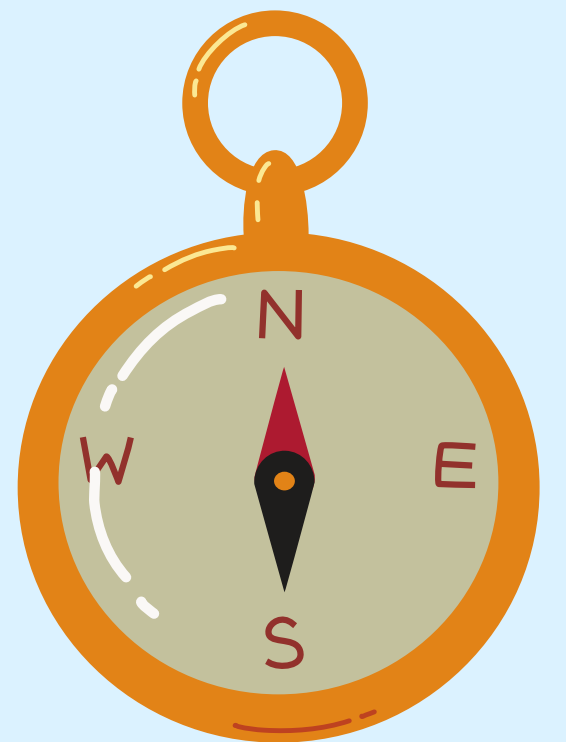


THE COURSE

The [Course map](#) can be found [here](#). Both the SUP and run course are 1 lap anticlockwise courses. The run course will be marked with large yellow arrows and is a different course to the 2020 event!

The start will be on the water inline with the jetty. Transition will be on the beach area of Black Swan Lake. The finish is on Lea Heath. There will be medals and fruit available for you to help yourselves to at the finish line.

Trophies for first male/female and first team will be posted.



RESULTS

Your result will be available once you cross the line via [EventChipTiming.com](#). There will not be any results available to view at the finish line – please use your own devices to search for results.

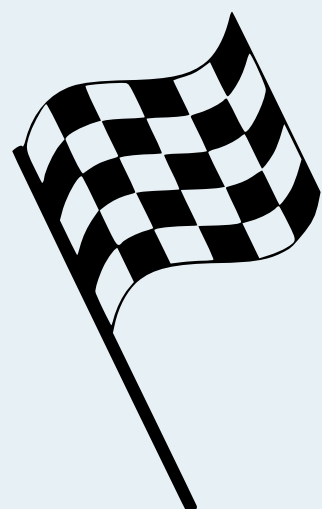


EVENT START/TRANSITIONS

You will be started in groups of 15 – 20 athletes on the water.

It is your choice whether you wear your trainers on the SUP or not. If you are not wearing them – you can leave them on the beach ready for when you come off your SUP.

Team transition will be on the beach – SUP athlete to high five the runner once firmly on dry land!!



REFRESHMENTS & FACILITIES

Please bring your own water for consumption during the event. We will have a water container available on the finish line to refill your own water bottles.

There is a brand new cafe at the Dinton Activity Centre which will be open from 10am.

Toilets and showers can be used in the Dinton Activity Centre.

