

**STORM**  
**THE CASTLE**  
DUATHLON



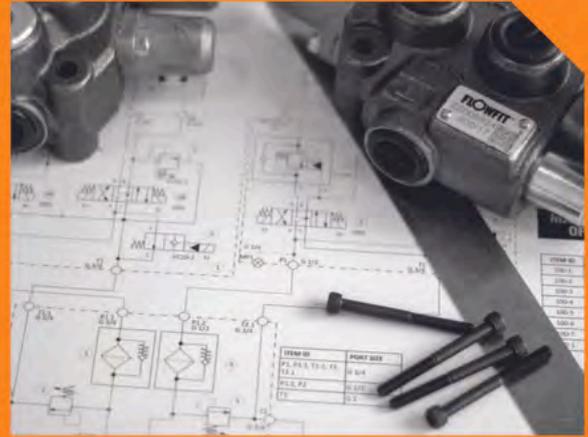


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## Welcome

Welcome to Storm The Castle 2025! Whether this is your first time racing this brilliant event or you are a seasoned Stormer, we are absolutely delighted to have you with us for this epic adventure, for the 11th edition of this race.

We would like to ensure that each of you arrive at the race well prepared and this Athlete Guide is intended to answer any questions that you may have and maybe some that you had not thought about.

There is some important race information that you must know so please do take the time to read this guide. Please remember to sort out your British Triathlon Race Pass before race day.

We are so lucky to be able to organise this event, but would not be able to do so without support from our amazing Main Sponsors Flowfit and our Event Village sponsors the Ludlow Guide, plus the many more sponsors who enable us to deliver this fantastic event. We couldn't do it without them!

Finally, we wish you a successful race day and look forward to cheering you over the finish line when you 'Storm The Castle'.

**Andy and Harriet**



**ANDALI EVENTS**

Storm The Castle Duathlon is promoted by Andali Events.  
All information correct at time of going to press.  
The organisers reserve the right to change any aspect of the event if necessary, due to unforeseen circumstances.

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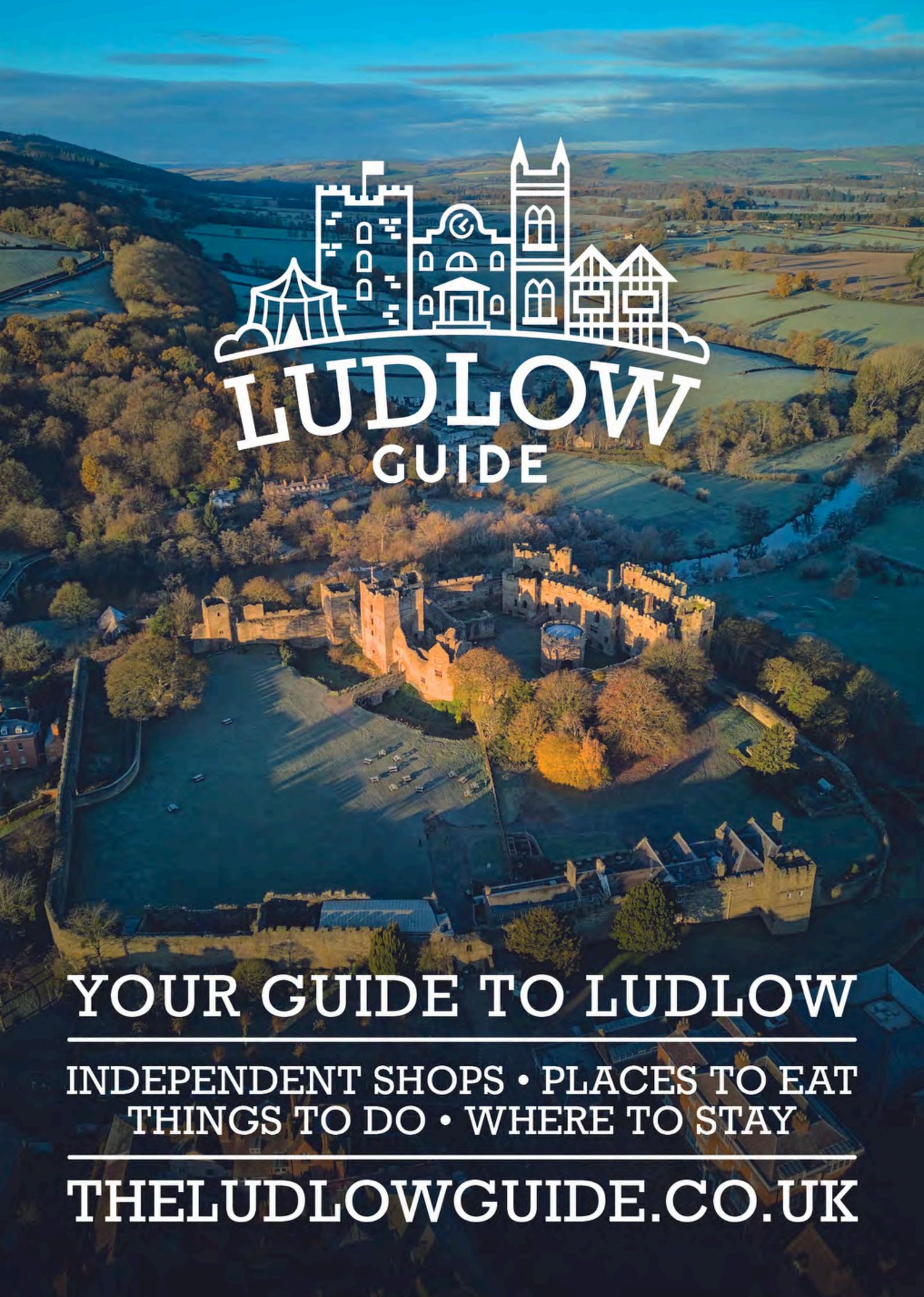
# Pre-Race Information

## Timeline of Race Day

**\*\*Please note registration is on Sunday only.\*\***

**Sun 18th May**

TIME	EVENT	LOCATION
0600	Car park opens	Ludlow Rugby Club
0600	Registration and race pack pick-up	Ludlow Rugby Club
0600	Transition opens	Ludlow Rugby Club
0715	Car park closes	Ludlow Rugby Club
0730	Transition closes	Ludlow Rugby Club
0745	Race briefing and warm up	Ludlow Rugby Club
0800	Race begins	Ludlow Rugby Club
1000 (approx)	1st athletes finish	Ludlow Castle
1120 (approx)	Prize giving awards ceremony	Ludlow Castle
1145 (approx)	Final athletes finish	Ludlow Castle



# LUDLOW GUIDE

**YOUR GUIDE TO LUDLOW**

---

**INDEPENDENT SHOPS • PLACES TO EAT  
THINGS TO DO • WHERE TO STAY**

---

**THELUDLOWGUIDE.CO.UK**



# Pre-Race Information

## Key Addresses

**Ludlow Rugby Club** – The Linney, Ludlow, Shropshire, SY8 1EE

**Ludlow Castle** – Castle Square, Ludlow, SY8 1AY

## Getting to Ludlow

On race day you will need to access Ludlow by car. Ludlow is situated on the A49 trunk road which runs from Warrington, through Shrewsbury and Hereford to Ross-on-Wye. From Birmingham, head west on the A456 through Kidderminster. From the M5 leave at junction 3 and continue on the A456 through Kidderminster. Please allow plenty of time to get to the race in the morning.

## Car Parking

The main athlete car park on race day will be at Ludlow Rugby Club. There will be space for approximately 200 cars, this will be on a first come first served basis. Access to this main car park will open at 0600 and close at 0715.

**THERE IS NO ADDITIONAL CHARGE FOR PARKING AT THE RUGBY CLUB. ON ARRIVAL, PLEASE FOLLOW THE DIRECTIONS OF THE PARKING MARSHALS AND PARK AS INSTRUCTED.**

## PLEASE NOTE

**We will need to ensure that we only allow cars to exit the car park once all runners have completed the race. This is due to the access road for Ludlow Rugby Club being used for the run course. We anticipate being able to open the car park for departure at 1145.**

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# Pre-Race Information

## Car Parking (continued)

There are also three main car parks in the centre of Ludlow – at Upper Galdeford (also accessible from Station Drive), Lower Galdeford (Smithfield), and Castle Street (off Castle Square). They operate on a pay-and-display basis.



# STOP ARE YOU RACE READY?

This is a British Triathlon permitted event. British Triathlon Competition Rules require you to become a member of the sport and buy a Race Pass in order to race.

Applies to triathlon, duathlon, aquabike and aquathlon races only.

## TAKE ACTION NOW

1

**I am already a British Triathlon Home Nation member.**

No action. Show proof of membership at registration.



2

**I am not a British Triathlon Home Nation member and live in Britain.**

Buy a Race Pass and show proof at registration.

**BUY NOW** ▶ [bit.ly/BritTriRacePass](https://bit.ly/BritTriRacePass)



3

**I am not a British Triathlon Home Nation member and live outside of Britain.**

**FIND OUT MORE NOW** ▼

[bit.ly/BritTriRacePass](https://bit.ly/BritTriRacePass)



For further information please email  
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# Race Day Information

## Registration

You will be able to register and pick up your race pack on Sunday 18 May 2025 from Ludlow Rugby Club between 0600 and 0730.

When you arrive at registration you must bring with you a form of picture ID and a copy of your Race Pass or British Triathlon membership (see page 10 for details)

## IMPORTANT

**Please fill in your contact and medical details on the reverse of your race number.**

At registration you will be issued with the following:

- 1 x Race number

**\*\*Please note that as you will only be issued with 1 x race number then YOU MUST USE A RACE BELT DURING THE RACE\*\***

- 1 x timing chip

- ID bike and helmet stickers

**\*\*Please place helmet sticker at the front of your helmet facing forwards\*\***

- ID wristband

## Timing Chip

You will receive your timing chip as part of your registration pack. This **MUST** be worn around your **LEFT** ankle during the whole race. When you have finished the race you must ensure that the timing chip is handed back to the marshals.

**Please note, if you lose the timing chip you will be charged £5.**

## Transition

Access to the transition area will open at 0600 on race morning. You will need to show your wristband and race numbers to access transition. Only athletes will be allowed to access the transition area.

Access to the transition area to set up for the race will close at 0740.

Any valuables left in the transition area will be left at your own risk.



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# Race Day Information

## Transition - Bag Drop

The race officials within the transition area will guide you on which row to rack your bike and set up your transition space. Only items that will be used during the race will be allowed to remain by the competitor's bike. All other items must be returned to your vehicle or left with a spectator.

There is a 'Bag Drop' area within the clubhouse where competitors can leave their transition bag/ box and this will be clearly visible. One of the stickers in your registration pack can be stuck onto your bag. All bags left in this area will be transported to the finish arena at Ludlow Castle for ease of collection after the race. The bag drop area will be marshalled during the race and any bag left in the bag drop area must have your race number sticker that matches your race number. All bags are left at the owners risk, the organisers cannot be held responsible for items that are lost/stolen.

## Changing Rooms & Toilets

There are changing areas and toilets at Ludlow Rugby Club and these will be open all day. There are separate male and female changing rooms with showers. Please do not leave valuables in the changing rooms. There will be no toilets on the race course. If you need the toilet during the race you must use a public toilet or wait until you get back to transition where you can use the Rugby Club toilets close to transition.

## Race Briefing

There will be a full race briefing on race morning. The briefing will take place in front of the Rugby clubhouse at 0745. This briefing will include specific safety measures in place on the course to ensure that all athletes have a safe race experience. Please ensure that you do attend the race briefing.

There will be time after the race briefing for you to conduct your own warm up.

## Start Time

There will be a mass start at 0800, using a self-seeding system, with faster athletes at the front.



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# Race Day Information

## Relay Team Specifics

All relay teams need to be aware of the specific differences in their event. This information must be shared with the whole team:

- There will be only 1 race number and 1 timing chip per team. The race number must be attached to a race belt, and the timing chip **MUST** be worn on the left ankle. The race belt along with the timing chip act as your baton. Both items are passed between team members at the handover point.
- There will be a specific area within transition designated for the handover of timing chips and race numbers. The team members must wait in the handover area for their team mate to bring them the race number and timing chip.
- The cyclist must ensure that their bike is securely racked before moving to the handover area and passing the race number and timing chip to their teammate.
- On finishing the race the relay team members will be allowed to congregate at the beginning of the finishing chute and run across the line together

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# Race Day Information

## Rules & Regulations

Storm The Castle will operate under the rules of British Triathlon. [Click to view the British Triathlon Rules](#) for full details.

The following are prohibited during the race:

- **Abuse of a race official, volunteer or member of the public**
- **Littering outside of the marked areas at feed stations**
- **Use of music player, headphones, mobile phone, camera, video, listening or recording device**
- **Failing to use appropriate toilet facilities**
- **Nudity or indecent exposure**
- **Dangerous riding: including crossing the centre line, overtaking on the wrong side**
- **Drafting – riding within the designated draft zone**
- **Failure to fasten the helmet securely during the bike phase**
- **Blocking, riding before the mount line or after the dismount line**
- **Failure to clearly display your race number to the back during the bike leg**
- **Failure to clearly display your race number to the front during the run legs**
- **Running without shoes during any part of the run phase**
- **Being accompanied by spectators down the finish line**
- **Failure to clearly display your race bike number to the front**

Please be aware that failure to comply with these rules may result in disqualification.

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# Race Day Information

## Regal Hierarchy

We know how tough Storm The Castle is and that finishing the race is a huge achievement, but what if there was even more on offer. What if you could call yourself 'King or Queen of the Castle'?

Well now you can, and here is how it works. We operate a system of Regal Hierarchy whereby each year that you return and complete Storm The Castle you will climb the status ladder and you will receive a new title that will give you bragging rights over all of those beneath you. Once you have completed the race five times you will finally make it to the top and here is what each layer looks like:

- 1 completed event = Peasant**
- 2 completed events = Knight**
- 3 completed events = Baron / Baroness**
- 4 completed events = Duke / Duchess**
- 5 completed events = King / Queen**
- 5+ completed events = LEGEND**

**NB** Please note that this only relates to athletes completing the race as an individual on the Full Course and not those taking part in the Short Course or as a relay team.





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# Race Day Information

## Race Courses - Full Course

The race includes a 10km run, 33km bike and 5km run

### Run 1 - 10km

The run is approximately a 5km loop. It is a tough and hilly run including sections of road and off road terrain. On the first run you complete 2 loops.

The first 2kms of the run is fairly flat and gets you into your stride. Then it changes!! As you enter Whitcliffe Common you encounter the 'Lactic Ladder', a near vertical set of steps that will test the strongest of runners.

Continuing around the Common, you run across a viewing area giving magnificent views of Ludlow, before descending off the Common, along The Breadwalk next to the river. Then turn right, exiting the Whitcliffe section and over Dinham Bridge. The next stage of the run takes you up 'The Wall' to the Castle.

Run around the Castle walls then retrace down The Wall to begin lap 2.

After descending The Wall on lap 2, turn right to return to Transition.

### Bike - 33km

**\*\* Parts of the bike course are in a poor state of repair with some large potholes. Please proceed with caution, particularly on the descent to Leintwardine. \*\***

A challenging 33km with enough undulation to rival the hardest bike courses in the UK. This course includes approximately 500m of elevation and takes you on a route from Shropshire, into Herefordshire and back into Shropshire to finish back at transition.

The climbing comes in two main sections, including a 7km climb over Fiddlers Elbow and nearing the end of the ride, you climb through Mortimer Forest before a long, fast, descent to Whitcliffe common, then a final short descent back to transition.

### CAUTION

**In the final 1km of the bike course cyclists must be aware of runners and pedestrians when approaching Dinham Bridge from Lower Wood Road. Please check your speed and observe any instructions from marshals to ensure the safety of fellow athletes and spectators**

### Run 2 - 5km

Similar to Run 1 but without the first 2km Halton Lane section.

From Transition you'll head towards Dinham Bridge and enter Whitcliffe Common and go up the 'Lactic Ladder', Continuing around the Common, you run across a viewing area giving magnificent views of Ludlow, before descending off the Common, along The Breadwalk and back to towards Dinham Bridge where you will collect a wristband before embarking on a second loop of Whitcliffe, up the Lactic Ladder and around the Common again. After their second loop of the Whitcliffe section, runners will receive a second wristband before turning right over Dinham Bridge and up 'The Wall' to Castle Square and through the castle gate to the finish line, where you will have Stormed the Castle!

### CAUTION

**Runners must be aware of cyclists and pedestrians on the road.**

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# Race Day Information

## Race Courses - Sprint Course

The race includes a 5km run, 22km bike and 2.5km run

### Run 1 - 5km

The run is approximately a 5km loop. It is a tough and hilly run including sections of road and off road terrain. You will complete 1 loop.

The first 2kms of the run is fairly flat and gets you into your stride. Then it changes!!

As you enter Whitcliffe Common you encounter the 'Lactic Ladder', a near vertical set of steps that will test the strongest of runners.

Continuing around the Common, you run across a viewing area giving magnificent views of Ludlow, before descending off the Common, along The Breadwalk next to the river.

Then turn right, exiting the Whitcliffe section and over Dinham Bridge. The next stage of the run takes you up 'The Wall' to the Castle. Run around the Castle walls. After descending The Wall, turn right to return to Transition.

### Bike - 22km

**\*\* Parts of the bike course are in a poor state of repair with some large potholes. Please proceed with caution. \*\***

A challenging 22km with approximately 350m of elevation.

The climbing comes in two main sections, the first section is a series of undulating hills between Bromfield and Elton. **There may also be some mud on the road in this section, and beware of a couple of sharp, tight bends.**

The second section is nearing the end of the ride, as you rejoin the Full Course route. You will climb up through Mortimer Forest before a long, fast, descent to Whitcliffe common, then a final short descent back to transition.

### CAUTION

**Cyclists must be aware of runners and pedestrians when approaching Dinham Bridge from Lower Wood Road in the last 1km of the route. Please check your speed and observe any instructions from marshals.**

### Run 2 - 2.5km

Similar to Run 1 but without the first 2km Halton Lane section. From Transition you'll head towards Dinham Bridge and enter Whitcliffe Common and go up the 'Lactic Ladder', Continuing around the Common, you run across a viewing area giving magnificent views of Ludlow, before descending off the Common, along The Breadwalk and back towards Dinham Bridge.

At this point, runners will receive a coloured wristband, before turning right, over Dinham Bridge, up 'The Wall' to Castle Square and through the castle gate to the finish line, where you will have Stormed the Castle!

### CAUTION

**Runners must be aware of cyclists and pedestrians on Dinham Bridge. Please observe any instructions from marshals to ensure the safety of fellow athletes and spectators.**



# Race Day Information

## Wristbands

In order to ensure that all athletes have completed the course fully, it is required that you must collect **1** wristband for the Short Course, and **2** wristbands for the Full Course during the final run. The wristbands will be passed to you by a steward and you must ensure that they are on your wrist until you finish the race.

**THIS WILL TAKE PLACE ON 'THE BREADWALK' RIVERSIDE PATH. THERE WILL BE SIGNAGE TO REMIND YOU.**





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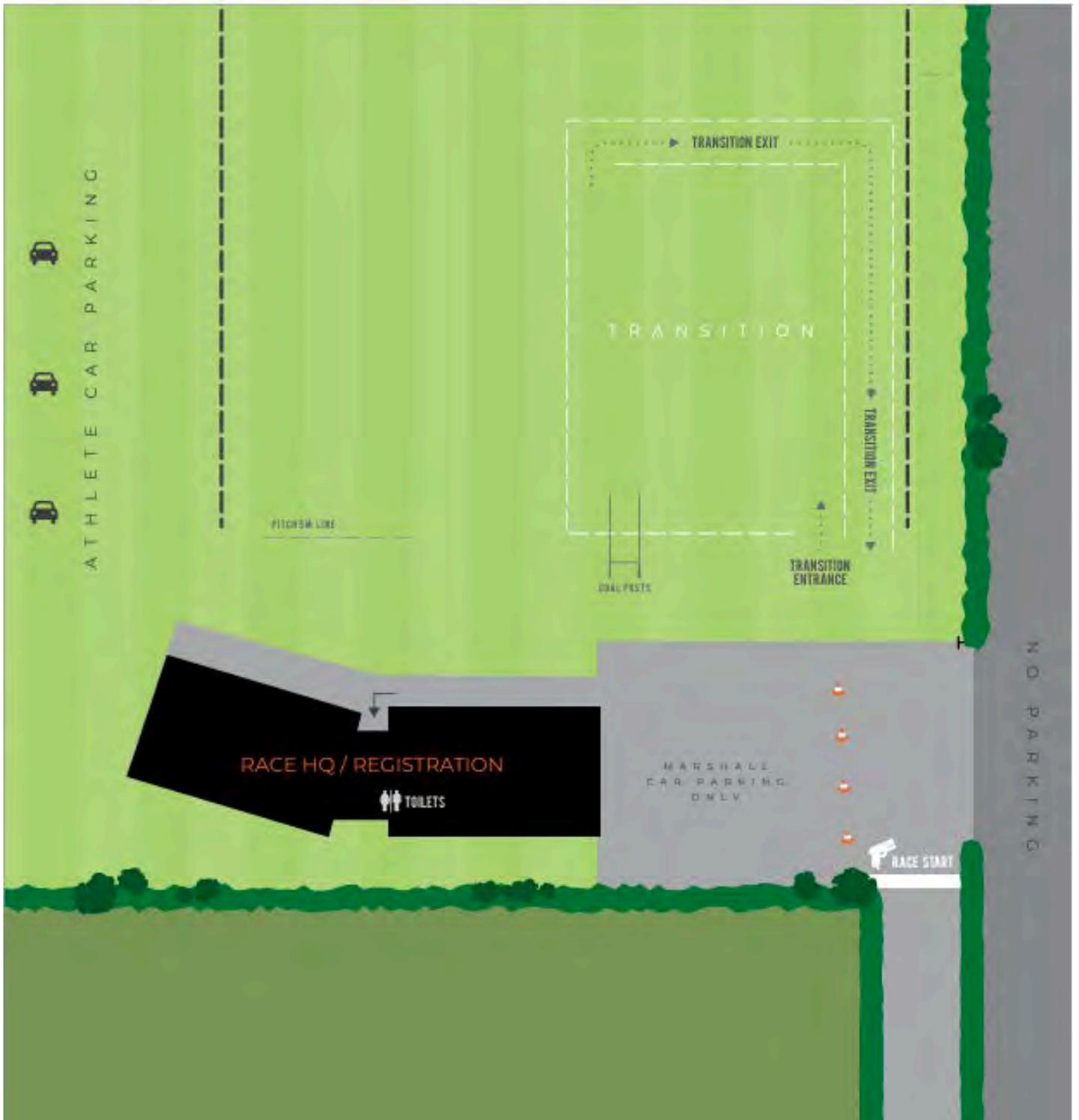
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# Race Day Information

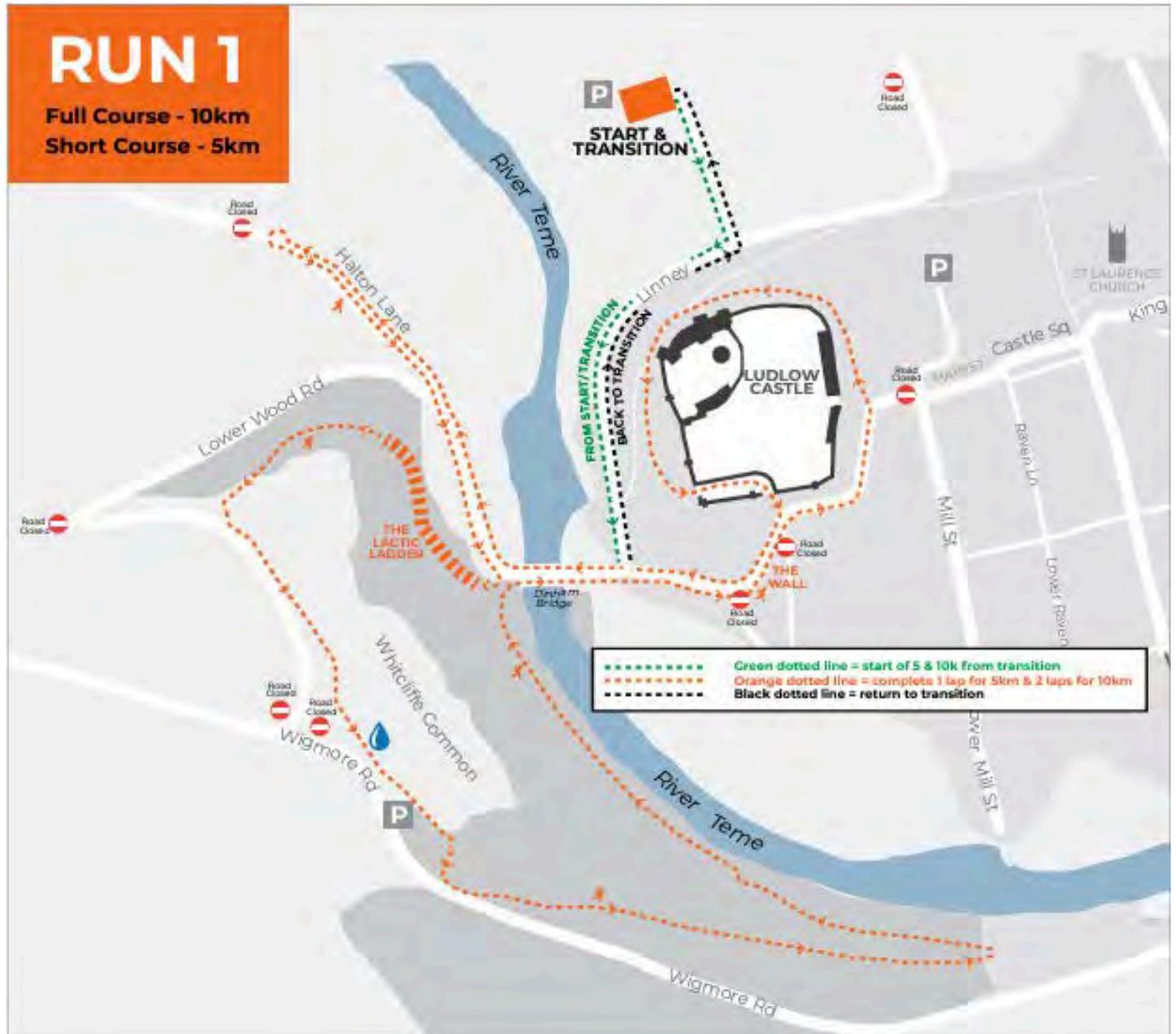
## Site Map





# Race Day Information

## Course Route



- Water Station
- Race Viewing Point
- Road Closure
- Parking (charges may apply)





# Race Day Information

## Course Route



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# Race Day Information

## Withdrawal From Race

If you have registered to race and have collected your pack but then for whatever reason decide not to race, then you must inform a race official. If you need to withdraw during the race then you must inform a race official.

## Aid Stations

There will be 1 aid station on the run course at the bottom of the Lactic Ladder which will offer both water and sports drinks. There will be no aid station on the bike course.

## Littering

Please be considerate of the beautiful countryside you are racing through and do not litter. During the run you will pass aid stations where there will be a bottle drop / bin. You **MUST** drop your litter here. Any athlete seen by a race official to be littering will be disqualified from the race.

## Finish Line / Athlete Area

When you cross the finish line you will be able to collect your well deserved finisher's medal, t-shirt (if you requested one) and your post race goodies. Thanks to our friends at the Ludlow Nut Company, each entrant will receive a premium Daily 15+ Blend wholefood supplement. Use [this link](#) to find out more



We ask that only athletes run down the finishing chute, we cannot be responsible for any accidents if athletes choose to bring their children with them to cross the finish line.

Once finished you will need to remove your timing chip and return it to a race official. Your friends and family will be able to meet you at the exit of the finish area.



# Race Day Information

## Equipment Checklist

We would suggest that you bring the following equipment with you on race day.

PERSONAL	RUN	BIKE	OTHER
<b>Photo ID</b>	<b>Running shoes</b> Tri suit/racing clothing Socks Sunglasses Run cap/visor Number belt	<b>Bike</b> Bike shoes <b>Bike helmet</b> Bike pump Bike tools Inner tubes	Water bottle Nutrition Post race clothes

Items in **BOLD** are mandatory

## Spectators

Storm the Castle Duathlon is free to watch along the entire course.

Whilst some of the roads in Ludlow will be closed for the race, this is mainly for vehicles - pedestrians are free to watch anywhere on the course. However, please be careful when walking along the race route itself, as although the road may be officially closed, you will be sharing the road with runners and cyclists.

Please bear in mind that if you venture out to watch some of the cycle route, access and parking near the race route may be restricted when returning to Ludlow, due to road closures.

Some suggestions for where to watch the race are on the following page.



# Watching The Race

## Race Start & Transitions

### Ludlow Rugby Club

Wave the athletes off from the start and watch them come back through each transition.

## The Lactic Ladder- Whitcliffe

Starts next to the River Teme, near Dinham Bridge (opposite side from the Castle). One of the hardest parts of the course, this climb will be tackled at least twice by each athlete throughout the race.

## Race Finish & Event Village

### Ludlow Castle Outer Bailey

Enjoy the atmosphere of the finish area - there's plenty of room to sit and relax and there will be food and drink available to buy. After the main race, why not stay for the prize giving.

## Whitcliffe Common

Limited parking available at the layby at the top of the common. After cresting the climb of the Lactic Ladder, the athletes enjoy a flatter section before descending back down to the riverside path. Enjoy the breathtaking and famous view of Ludlow.

## Cycle Route

Once out of the town and onto the open roads, you can watch the cyclists anywhere along the course without the restriction of road closures.

Please note that road closures will be in place for both run routes, so access will be for pedestrians only.

## IMPORTANT

**Although the roads are closed to vehicles, there will be runners and fast-moving cyclists in the road, so please be careful when walking around the course. Spectators are advised to stay on the pavements and not walk on the road.**



# Post Race Information

## Results

We will be joined by [Timing Monkey](#) who will be looking after the results section. There will be a live results screen on hand to quickly find out your result. We will then aim to have a link to the full results later in the day. This will go live onto our website.

## Prize Giving

A prize giving ceremony will take place at Ludlow Castle after the event has finished. We anticipate that this will be approximately 1120.

There will be prizes in the following categories:

### OVERALL SPRINT COURSE AND FULL COURSE:

**Open**..... 1st, 2nd, 3rd

**Female**..... 1st, 2nd, 3rd

**Relay Teams**..... 1st, 2nd, 3rd

### AGE GROUPS:

**Open 16-40** ..... 1st

**Female 16-40**..... 1st

**Open 41 - 60** ..... 1st

**Female 41-60** ..... 1st

**Open 61+**..... 1st

**Female 61+**..... 1st

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# WICKED REMOVALS & STORAGE

01584 872398



[WWW.WICKEDVANHIRE.CO.UK](http://WWW.WICKEDVANHIRE.CO.UK)



## **Wicked Removals**

At Wicked we take great pride in what we do, customer satisfaction is our top priority. Our reviews on google for both "Wicked Van Hire" and "Wicked Removals" evidence the high-quality service that we provide with an average rating of 4.8 stars with 85 reviews on "Wicked Van Hire" alone.

With all local moves we offer a free house viewing service where, upon completion, we provide a full quote, we have over ten years' experience, top quality new vehicles, equipment, very low turnover of staff, are fully insured, and hold a waste carrier licence.

From multiple day moves to smaller flat relocations we can do all types of removals.

## **Our Services**

**Full House Removal, House Clearances, Man and Van, Storage, Self-drive Hire, House Cleaning, Handyman Services, Gardening and Light Landscaping, all services are fully insured.**

## **House Clearances**

At Wicked we aim to minimise waste and operate a zero-landfill policy. Where possible we donate items to various charities that we have teamed up with, mainly the Ludlow Ukrainian Support Group and the Rural Charity Furniture Shop. We have a dedicated storage unit for these goods as sometimes demand from the charities is sporadic and this ensures that they will have constant access to these items. Where it is not possible to donate these goods, all other waste is taken to the Quick Skip depot in Hereford where they operate a zero-landfill policy also.

## **House Cleaning Services**

We offer simple dusting and vacuuming to full deep cleaning including carpet washing, oven cleaning fridge and freezer cleaning. This is ideal to fully prepare a house for resale.

## **Handyman Services**

From painting and decorating to joinery work, Gardening/Landscaping

From simply cutting the grass to clearing overgrown garden and even brickwork and paving repairs.

## **Full House Moves**

With a large fleet of brand-new vehicles available to us, we are more than capable of all types of house removals, even international moves. We have over 10 years of experience and have completed moves to Spain, Germany, Denmark, France, Italy, and Belgium to date.

## **Storage**

We offer a range of storage options to our customers, from indoor 15m<sup>3</sup> units all the way up to 20ft containers spread across 3 sites within Ludlow.

We are fully insured, and VAT registered.



**SEE YOU THERE**