Herefordshire Sprint Triathlon – Spectator Info

Directions to the race

The race will start and finish at **Lucton School, Lucton, Herefordshire HR6**

**9PN.** The car parks will be open from 0730 when registration opens. There

won’t be any access to the car parks before 0730 so just have a few more

minutes in bed.

**Please register at least 45 minutes before your start time**. Start times will

be displayed on the Hereford Triathlon Club website a week before the race.

Registration is in the sports hall next to the swimming pool.

Directions

Lucton School is on the B4362. It is 5 miles from the A49 trunk road between

Ludlow and Leominster. Follow the signs for Croft Castle (brown English

Heritage signs) go past the castle on your right and the school is one mile on the

left.

If you are travelling from Worcester then go through Bromyard and meet the

A49 outside Leominster. Head north towards Ludlow and follow the signs for

Croft Castle as above.

If you are travelling from Hereford then head up the A49, past Leominster,

past Berrington Hall and then follow the signs for Croft Castle as above.

Parking

**There is parking either in the field next to the school or on the school site**

**itself depending on the weather conditions. Please follow the instructions of**

**the marshals and slow down as you approach the school.** If you can share

transport with friends then please do. There is ample car parking but, to make

sure things are as safe and easy as possible for the competitors, we would ask

that people follow the instructions of our parking marshals. **Please do not park**

**on the roads around or near the school as these roads are part of the**

**cycling and running courses!**

Spectator Information

Once you’ve put your car into the car parks we ask you not to remove it until

after the race (or for the early competitors, when advised to do so by the

marshals). If you’d like to watch your friends and family race we advise that you

take advantage of the nearby Luctonians Sports Club. This is on the A4110 in

the village of Kingsland, approximately 2 miles from the race HQ. They have

kindly offered the use of their car park for spectators. From here you will be

able to watch the cyclists go past.

If you base yourself at the school site itself you will be able to watch the swim

section of the race and then see the competitors go out and come back in off

the bike and start and finish the run. There are also toilets and a

cake/tea/coffee stall.

**A plea to spectators – please do not attempt to cross the taped off areas**

**or go into the transition area (where the bikes are racked). We have**

**designed the course so you can watch as much as possible but it’s essential**

**that you listen to the marshals and don’t get in the way of the competitors.**

To get to Luctonians Sports Club from the race HQ/school; head down to the

crossroads, turn left and it’s on your right after a mile.

To get to the race HQ/school from Luctonians Sports Club turn left out of the

cark park, then right at the crossroads towards Lucton. The school is on your

right after a mile.

Luctonians Sports Club, Mortimer Park, Kingsland, Leominster

HR6 9SB Phone: 01568 709080

**Please do not follow competitors around the bike or run course by either**

**motor vehicle or bike (or horse). This is disruptive and can lead to safety**

**issues for the other competitors.**

Accommodation

There’s lots of good B and Bs, pubs and campsites in north Herefordshire. The

villages of Lucton, Kingsland, Yarpole, Shobdon and Bircher are all just a few

miles from the race HQ/school.

For more information about where to stay:

www.visitleominster.org

[www.leominster.co.uk](http://www.leominster.co.uk)

Food and Drink on race day

We are running a cake stall at the race HQ/school selling homemade snacks, tea

and coffee. This is in aid of our club charity and it will be open from 9.30am on

the day of the race.

Things to Do/Local Attractions

Croft Castle is two miles from the race HQ/school. There’s the castle, formal

gardens, coffee shop, miniature children’s play castle and extensive parkland

with great walks/runs. It’s open from 11am on Sundays.

Croft Castle, Yarpole, Herefordshire, HR6 9PW

Telephone: 01568 780246

www.nationaltrust.org.uk/main/w-vh/w-visits/w-findaplace/w-croftcastle/

Yarpole Shop is in St Leonard’s Church and is officially the best community shop

in Britain! On Sundays it’s open from 10 to 12. It’s about 3 miles from the race

HQ/school and the bike route goes through Yarpole village.

www.yarpoleshop.co.uk