

Summer Bike and Run Training Venue

Dalton Barracks, Barrow Road, Shippon, Abingdon, OX13 6JA

Attending bike and run sessions

1. The session will start promptly at 7pm.
2. Please respect your coaches and the safety of fellow athletes by arriving early. You will need time to set up your bike / run kit.
3. Park in the area indicated by the red box. The briefing will take place in this area.
4. If you arrive late you may be turned away from the session as you will have missed the briefing.
5. If you arrive late, park your car along the entrance indicated by the blue box and cycle up to the start. Do not drive to the red box car park as the session will have started.
6. Please ensure you have lights on your bike.
7. Dress appropriately with plenty of layers. The temperature can fall quickly and it can be quite exposed at this site. Bring additional layers for cycling home.
8. In the event of heavy rain, the session may be cancelled.
9. Please be aware there may be other users at the venue and certainly dog walkers.
10. Your coach will advise you if certain areas are off limits at the briefing. The main runway is always off limits.
11. Your coach will advise the bike and run circuit at the briefing as these may change each week depending on the skills session or focus of the training.
12. There are no toilets.

