

# CITY OF DURHAM DUATHLON

## ---INSTRUCTIONS FOR COMPETITORS---

- **REGISTRATION OPENS AT 07:45 AND CLOSES AT 08:45**
- **BIKE RACKING OPENS AT 07:45**
- **RACE BRIEFING IS AT 08:45 AND IS COMPULSORY. IT WILL TAKE PLACE IN THE SPORTS HALL.**
- **EVENT START: 09:00**

**OUR AIM IS TO MAKE THIS EVENT ENJOYABLE, COMPETITIVE AND WELL RUN.**

### **Location:**

The event takes place at Meadowfield Sports Centre, St Johns Street South, Meadowfield, Durham DH7 8RS

### **Facilities:**

Registration will be inside the Sports Hall at Meadowfield Sports Centre. Please use the external door to the sports hall and not the main entrance, particularly if you have muddy shoes after the event.

### **Parking:**

Event parking will be available at Meadowfield Sports Centre.

### **Registration:**

At Registration you will be given a goody bag containing your race numbers and 2 labels, one for your helmet and one for your bike. You should make sure that when on the run sections you are displaying a race number to the front and when on the bike sections you are displaying a race number to the rear. Number belts may be worn – at the front for the run, at the back for bike.

If you have a BTA licence you must show it at Registration. If you have not got one, your day licence fee is included in your entry fee but you must pick it up at reception and retain it – it is your event insurance.

**Failure to present a valid BTF licence will incur a Day Licence fee of £3.00.** You will get a receipt and if our treasurer receives the receipt, your BTF Licence and a s.a.e. within 2 weeks you will get a refund of the day licence fee.

### **Security**

Keep your race numbers! We will not release bikes from security without your race number and will check it against your helmet number and bike number. Race numbers will be collected in at this point. Once bikes are released from transition after the race they cannot be brought back in.

### **Marshals, Volunteers and Sponsors**

This event could not take place without these wonderful people who have given their time and their resources to make this race work for you. Please be cheerful and polite at all times no matter how fired up and competitive you may feel. Unsporting conduct will be reported to the race referee who will consider sanctions on the basis of each individual case.

### **The Race**

This race is held under BTF rules.

Obey the instructions of marshals and the referee at all times but it is your responsibility to know the route of the course. This is a non-drafting event, drafting is cheating! Any drafting will incur time penalties. If you are unsure about the rules regarding drafting please visit the British Triathlon website.

Full instructions will be provided at the briefing, which is compulsory.

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**Race safe** – don't put our races in jeopardy by being a nuisance on the road. Normal Rules of the Road and the Highway Code apply to all riders. **You are responsible for your own safety.**

**Run:** The run course is 5 km and is 3 laps of the field. Marshalls will be counting your laps to ensure you have completed 3 BUT it is your responsibility to know when you have run 5km.

**Bike:** This is a 25 km loop with some good climbs and long downhill stretches.

**Run:** The run course is 5 km and is 3 laps of the field. Marshalls will be counting your laps to ensure you have completed 3 BUT it is your responsibility to know when you have run 5km.

**Transition:** You must leave transition pushing your bike. Do not mount until you have crossed the 'mount' line on the road. A marshal will be present. On returning from the bike, you **MUST** dismount before the 'dismount' line and push your bike back into transition. Mount and dismount lines will be clearly marked on the road. Please be aware that the event is being held on open roads; please be aware of traffic around you.

### **Presentation**

Will be held in the Sports Centre at 12:00 noon. Based on entries we will be awarding trophies for the following:

Female Open: 1st 2nd 3<sup>rd</sup>  
Male Open: 1st 2nd 3<sup>rd</sup>  
Male V60: 1st 2nd

Female V40: 1st 2nd 3<sup>rd</sup>  
Male V40: 1st 2nd 3<sup>rd</sup>

Female V50: 1st 2nd  
Male V50: 1st 2nd

## **City of Durham Duathlon Additional Notes**

### **Timing**

You will be given a chip to aid timing. Please make sure you return this after the race to registration.

### **Bike – Stop and Go**

On the bike route there is a four-way junction. The police have only allow us to run the event on the basis that we operate a 'stop and go' at this point. All competitors must:

- 1) Put one foot down and
- 2) Ensure the wheels have completely stopped. Marshalls sited at the junction must see that the wheels have stopped turning. Failure to comply will result in a 2 minute penalty for not stopping completely and DQ for no attempt to stop.

### **Bike – Temporary Traffic Lights**

Unfortunately a set of temporary traffic lights have appeared on the course and will still be in place on the day. We have placed marshalls at these traffic lights and all competitors must follow the issued guidance:

- IF THE LIGHTS ARE ON GREEN you can continue and no action will be taken.
- IF THE LIGHTS ARE ON RED you must **stop** and put one foot down. The marshalls will take a note of how many seconds you are held. You may start again once the light turns GREEN and any lost seconds will be taken off your final time.

Think of it as an enforced rest but with no time lost!

DO NOT GAMBLE WITH AMBER. It is safer to stop and have the time deducted.

IF YOU GO THROUGH THE LIGHTS ON RED you will be DQ'd.

One further note is that it is possible that riders will form small bunches waiting at the lights. Please be sensible and once you are free to go and head off, respace yourselves as best as you can in the order you arrived at the traffic lights.

**We look forward to seeing you on the day!**

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