



PROVISIONAL RACE INFORMATION
THE CLUMBER CLASSIC DUATHLON
CLUMBER PARK, WORKSOP, NOTTINGHAMSHIRE, S80 3AZ
SATURDAY 24TH MARCH 2012

Please Note That All Athletes Will Be Required To Show Some Form Of Photographic Identification

Welcome to the Clumber Classic Duathlon

Clumber Park is with little doubt one of the most picturesque settings for a duathlon that you are ever likely to race on. A truly spectacular National Trust Country Park with acre upon acre of woodland, whether racing the sprint or the classic distance race you will not be short of some beautiful countryside on which to feast your eyes. As with every beauty however, there is always a beast, and the Clumber Classic Duathlon is no exception though it does have a beast.

With two separate events, this duathlon is a great event for all athletes, both new and old. For the new the sprint event will be a gentle welcome to the sport of Duathlon. For the more experienced athletes, both events are a great warm up for the season ahead and an opportunity to test the winter training.

The two run sections are the sting in the tail, and whilst remaining completely within the park on the private tree lined road which is fully closed for the race, you may find the outward climb, which whilst not steep maintains a steady ascent for the duration, is the bit where you would be willing to swap some of the beauty of the location for a little bit of flat tarmac. The good news is on the way back it's pretty much all downhill.

The bike course is through unquestionably some of the most beautiful tree lined routes in the UK. The long rolling roads will however test your strength as the roads pitch from climb to descent so you needn't think that the bike is going to be just a sightseeing tour.

Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

BTF Race Rules

You are recommended to familiarise yourself with the British Triathlon rules and regulations. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – British Triathlon Members are insured as part of

their membership package, and all other competitors will be required to purchase a Day Licence. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

BTF Licences

All athletes MUST produce their race licences at registration. If you forget your licence, or you have not paid the BTF Day Licence levy due with your application, you will have to pay £5 at registration for a BTF Day Licence.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in these events competitors must be at least:

Sprint: 15 years old

Classic: 17 years old

on or before the 31st December 2012. In addition anyone under 18 years old must have parental permission to take part in the event.

Accommodation

Within the park and less than 15 minutes walk from the start there is a caravan site – please contact the site directly on 01909 484758. For further information please contact Nottinghamshire Tourist Information on 0115 9155330.

Directions to Clumber Park

Clumber Park is easily found from either the north or south. The Park is only 2 miles south from the junction of the A1, A614 and A57 (Worksop). SAT NAV: S80 3AZ

Parking – Open from 07.00am

PLEASE HAVE £5.50 CASH READY TO PAY FOR PARKING

Once you have found Clumber Park site please enter the park through the main entrance off the A614 through the Lime Tree Avenue entrance, continue down this road for approximately 2km and take the left turning into the main car park on your left. ALL vehicles will be charged £5.50 to park within the grounds of the park (Members of the National Trust FOC). All the money collected goes to help maintain and improve the amenities of Clumber Park – turf maintenance, litter collecting & equipment. Car sharing is a great opportunity to save money & save the environment. In the lead up to the event there will be ADVANCE WARNING signs informing the general public of the event taking place. All vehicles are left in all respects at



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owners' risk. This car park will be closed at 3pm after the event.

Race Packs

Competitor's race packs will be sent out in advance of the event, they will contain:

- Final Race Information (this document)
- Race Number(s) (x 2 Duathlon)
- Electronic Timing Chip (attached to back of number)
- BTF Day Licence (if paid for when entering)
- Bike Frame Sticker

Race Day Enquiries Desk / Late Entries will be open at:
Off Road Duathlon: 07:30 – 08:30

Please note that all duathlon athletes will be required to show either their BTF Licence or Day Licence (posted with Race Pack) when entering into the transition area. If you forget your licence, you will have to pay £5.00 for a new day licence; there will be no exception to this rule.

Transition Area

When you first arrive, you will be required to show either your 2012 BTF Race Licence or your BTF Day Licence, which will be posted out to you in your race pack if you have purchased one upfront. Without either of these, you will be required to pay £5 for a BTF Day Licence. There will be no discussion on this point.

This is a fully secured area for competitors only, where you will keep your bike during the run sections. To get into the transition area you must show your race number & security wristband at ALL times. You will also be asked to show both your race number & bike number when taking your bike out. This is for your security. Please understand this may cause queues during peak times, but it is for your benefit.

Team Event

All relay team tags will take place by the team's bike racking position, inside the transition area. To compete in the Team Category, you will need 2 or 3 team members, one / two to complete the two run sections & one to complete the cycle course. To complete a 'tag' competitors are required to exchange their 'race number' which has the timing chip attached to it. We recommend that teams use elasticated number bands with their race number attached to it.

Race Briefings

There will be a race briefing approximately 15 minutes before each event. This will take place inside the transition area for the duathlon and the start area for the running events. If you are unsure about anything please attend. The race briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them after the race briefings.

Electronic Timing

When you receive your race pack you will find your race number(s) inside. We are using the latest RFID chip timing system to time the race and your 'chip' is already attached to the back of your race number.

The chip that we are using does not contain a battery and is fully biodegradable and as such does NOT need to be handed in at the end of the race.

To help ensure that we capture your time there are 3 things you need to do:

- Wear your race number visible to the front at all times
- Do NOT tamper with the chip in any way
- Attach with two pins at the top of your number
- Do NOT pin through the electronic chip

Using this cutting edge technology will mean results and category positions will be updated live as competitors cross the finish line. There will be a plasma screen providing live results to all competitors and spectators at the finish area. Please ensure that you only cross the timing points, which register your times, when you are competing. To avoid this problem do not climb over barriers as they are put in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger the chip and will potentially invalidate your result.

Race Numbers

Please do not cut, fold or tare your race numbers.

Race numbers must be worn front and back throughout the event. Please wear the race number with the timing chip on the front at all times.

Please do not tamper with your race number(s) and do not forget to bring your own safety pins or number bands.



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Registration Procedure

There will be no need to register on the morning of the event, you will be briefly checked as you enter into the transition area. This will include showing either your 'BTF Race Licence' or your 'Day Licence' which you have purchased during entry.

Transition Area

Opening Times 7.15am – 8.45am Saturday

Bike racking will only take place on Saturday morning between 7.15am and 8.45am ONLY. There will be NO racking on Friday. Please ensure that you affix the bike number sticker provided in your race envelope for security reasons. As the transition area will only be open for 1 hour 30 minutes please rack your bike promptly. Competitors only will be allowed into the transition area. To gain access to the transition area you will be asked to show your race number. Your approved cycle helmet must be attached to your bike when you rack it. Remember when racking your bike to place your bike number on the right hand side close to your handlebars. Please rack only in your designated place, any bikes found incorrectly racked will be removed.

Transition for ALL competitors will close at 8.45am promptly. During the race, only racing competitors will be allowed through the transition area. The Transition Area will open again immediately after completion of the Sprint Distance Event for competitors to collect their bikes

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number on your handlebars. If challenged please be prepared to show race numbers at all times.

The Team Event

Only one person is required to register for the whole team, but will be required to show ALL of the 2012 BTF Race Licences for those teams that have not paid for their Day Licence(s) when entering. All relay team tags will take place by the team's bike racking position, inside the transition area. The runner will finish their section, enter transition and tag their team cyclist. The cyclist's bike must stay racked until the runner has tagged the cyclist. When the team cyclist finishes, he/she must re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

Race Briefing

There will be a short race briefing at the Start Line at 8.45am for all athletes. Please attend this race briefing as any last minute changes, as well as any questions will be answered here. **PLEASE ENSURE YOU HAVE FULLY READ ALL RACE INFORMATION PRIOR TO THE BRIEFING.**

Start Times - PROVISIONAL

Please check your start time at registration in case of any changes.

TIME	CATEGORY
0900 hrs	Male – Sprint
0905 hrs	Female – Sprint
0915 hrs	Male – Classic
0920 hrs	Female - Classic

Times may change nearer to the event.

Medical Conditions

Competitors are required write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This is not just an administrative request. It could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident.

Classic Distance Race

10km Run - 40km Bike - 5km Run

The 1st Run – 10km (Two x 5km Laps)

The race will start underneath the British Triathlon Federation start / finish gantry. Proceed along this road for 400 metres, turning left at the first cross roads junction. Follow this road round, and over a bridge. Stay on the main road, which bends to the left until you reach the turn round point at 2.5km.

From the far turn round point, retrace your route back to transition. There will be a 2nd turn round point at 5km, this will be situated on the road (not the field) next to the transition. Follow the same course for your 2nd lap. Upon completing the second lap you should enter into T1



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Bike – 40km (Two Laps x 20km)

The first and last mile of the bike will be closed to traffic, but the road is also very narrow, so please ride with extreme caution.

From the transition area turn left, followed immediately by a right turn until you reach Lime Tree Avenue. Turn left onto Lime Tree Avenue. After 1 mile you will go over a narrow bridge and through a narrow entrance into Clumber Park. Slow down please and be very careful, expect oncoming traffic. After 2 miles, you will reach a cross roads. Turn left onto the B6034; stay on this road for 1.4 miles until you reach a mini island. Please take extreme care here, as there is likely to be a build up of traffic due to the duathlon. Turn left at the mini island towards Thoresby Hall. Stay on this road for 2.6 miles until you reach another island. Again this island is likely to be busy. Turn left here onto the A614. The A614 is a busy fast flowing road, please proceed with extreme caution. Stay on the A614 for 4.4 miles until you reach the main entrance to Clumber Park – Applehead Lodge. Turn left here, and return back into Clumber Park. Stay on Lime Tree Avenue for 3.3 miles. Until you reach the narrow bridge and narrow entrance. Follow the same course for a 2nd lap. On your return into Clumber Park, go along Limetree Avenue for 2.3 miles, until you reach a fork in the road. On your 2nd lap turn left here, and retrace your route back into transition following signs for the finish.

The bike course will be using a number of main roads and a number of smaller roads through some of the adjacent villages. All major junctions will be both signposted and marshalled but cyclists should familiarize themselves with the route prior to competing. You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ.

Please recognize that Race Marshall's are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshall's are there to give direction only and not instruction. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, Check that the junction is clear before

continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

Please ride on the left and overtake briefly on the right before returning to ride on the left. This race is a non-drafting race for all categories (i.e. no cycling too close to another cyclist or in a pack). You are also reminded no 'side by side' riding will be allowed. Time penalties and DQ's will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

Please do not jeopardize either your safety or the future of this event by riding recklessly. Please also be courteous to other road users. Abuse of other road user's race staff, officials or the public by any competitor will result in an immediate DQ.

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

The 2nd Run 5km (One x 5km lap)

The second run will follow the same route as the first run. There will be a drink stations at the turn round point of 2.5km. Please ensure that you DO NOT turn around at the first turn around point which is for the sprint event only, proceed onto the second turn around point which is for the Classic distance event.

Sprint Distance Race

5km Run - 20km Bike – 2.5km Run

The 1st Run – 5km (One x 5km Lap)

Same as Classic Distance Course – however you will complete 1 lap instead of 2.

Bike – 20km (One Lap x 20km)

Same as Classic Distance Course – however you will complete 1 lap instead of 2.

The 2nd Run 2.5km (One x 2.5km lap)

The second run will follow the same route as the first run but will involve a turnaround at 1.25km. Please ensure that you turn around at the first turn around and do not proceed onto the second turn around point which is for the Classic distance event.



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Course Reconnaissance

The bike and run course will be set up from Friday afternoon.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Immediate Care Medical, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of medics and paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. There will also be British Triathlon motorbike marshals on the cycle section. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Prize Giving

The venue for prize giving will be confirmed in the final race information.

Sprint Event Prize Awards

The top three overall male & female will be awarded trophies & prize vouchers.

Classic Event Prize Awards

The top three overall male & female will be awarded trophies & prize vouchers.

Penalties & Appeals

The issue of time penalties will be posted on the results board by the race referees. (No other officials have the right to award a penalty and all penalties must be directed through the race referee).

If you have a query over any results please inform us immediately on the day all appeals must be issued in writing to the race director, event director or referee within 15 minutes of the penalty being posted.

Results

Results will be updated constantly on the plasma screen in the race village and will appear from Sunday 25th March on www.onestepbeyond.org.uk.

Photography

Marathon Photo's will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to www.marathon-photos.com

Total Fitness Nottingham

Total Fitness Nottingham will be in attendance for any last minute triathlon purchases that you might require. If you have any specific requests please contact them on 0115 9222226 or www.tfn.uk.com

On the day Total Fitness will be doing 'Bike Checks' for £10. Please arrive early at the Total Fitness stand as it is expected this service will be popular.

Refreshments

The venue has a lovely cafe on site which serves warm and cold food & drink.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of 20th March. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

Race Office Closure

The One Step Beyond race office will be closed from Wednesday 21st March at 4.30pm. Please do not leave messages or send emails regarding this event after this point, as we will be on site setting up for the event.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive food & drink.



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If you would like further information about becoming a race marshal please email tasha@onestepbeyond.org.uk you do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day.

And Finally

On behalf of One Step Beyond, all the team would like to wish you well with your race and hope you have a safe and enjoyable event. Whatever your reason for racing we hope you Race Hard & Race Well as well as Race Safe & Race Fair.

Further Competitor information

Any questions related to the event can be answered by telephoning One Step Beyond Promotions on 01427 718888 or emailing clumber@onestepbeyond.org.uk. However please remember that the Race Office will close on Wednesday 21st March at 4.30pm.

NB. All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.

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