



FINAL RACE INFORMATION

THE CLUMBER PARK CLASSIC DUATHLON

CLUMBER PARK, WORKSOP, NOTTINGHAMSHIRE, S80 3AZ

SATURDAY 22ND MARCH 2014

(ALL ATHLETES WILL BE REQUIRED TO SHOW PHOTOGRAPHIC IDENTIFICATION)

Sprint Distance: 5km Run – 20km Bike – 2.5km Run
Standard Distance: 10km Run – 40km Bike – 5km Run

Welcome to the Clumber Park Classic Duathlon

Clumber Park is with little doubt one of the most picturesque settings for a duathlon that you are ever likely to race in. A truly spectacular National Trust Country Park with acre upon acre of woodland, whether racing the sprint or the standard distance race you will not be short of some beautiful countryside on which to feast your eyes.

Race Registration (PLEASE ALLOW PLENTY OF TIME FOR REGISTRATION)

Registration will take place on the morning of the event. At registration, you will be required to show your Race Licence (see below) or some type of photographic identification. Before you attend the race registration, please ensure that you know (and remember) your race number.

Standard Registration Times 7.00am – 8.00am
Sprint Registration Times 7.00am – 8.45am

Once you have completed registration, you will be given your individual race pack. This includes your two race numbers, timing strap, bike stickers & security wristband.

Race Licences

If you do not have a 2014 Race Licence you must show some other form of photographic ID. If you forget your 2014 Race Licence, you will have to pay £5.00 to purchase Day Licence; there will be no exception to this rule.

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.

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 or **Standard:** 17 years old on or before the 31st December 2014. In additional anyone under 18 years old must have parental permission to take part in the event.

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 06.45am

PLEASE HAVE £6.50 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 £6.50 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. All vehicles are left in all respects at owners' risk. This car park will be closed at 2.00pm after the event.

Transition Area

Opening Times 7.15am – 9.00am Saturday

Bike racking will only take place on Saturday morning between 7.15am and 9.00am ONLY. Please ensure that you affix the bike number sticker provided in your race pack for security reasons. Competitors only will be allowed into the transition area. 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. Please keep your belongings in transition to a minimum. Bags will not be allowed to be left by your bikes in transition as they impede other athletes.

Transition for ALL competitors will close at 9.00am promptly. During the race, only racing competitors will be allowed through the transition area.

Transition is a fully secured area for competitors only, where you will keep your bike during the run sections. 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.

START TIMES

Event	Time	Wave	Category
Standard	0845	1	All Female
Standard	0848	2	Male 15-19,20-24,25-29,30-34
Standard	0851	3	Male 35-39,40-44
Standard	0854	4	Male 45-49
Standard	0857	5	Male 50-54,55-59,60-64,65+ TEAM
Sprint	0945	6	Female 50-54,55-59,60-64,65+
Sprint	0945	6	Male 55-59,60-64,65+
Sprint	0948	7	Male 45-49,50-54
Sprint	0951	8	Male 35-39,40-44
Sprint	0954	9	Male 15-19,20-24,25-29,30-34
Sprint	0957	10	Female 15-19,20-24,25-29,30-34
Sprint	0957	10	Female 35-39,40-44,45-49, TEAM

Team Event

All Team Members must show either their 2014 Race Licence or purchase a Day Licence for £5 each. No teams have purchased these upfront as we do not allow it. 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 'ankle strap'.

Race Briefings

There will be a mandatory race briefing at 8.30am (standard distance) & 9.30am (sprint distance). These will take place inside the transition area for the duathlon. 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.

AN AGE GROUP QUALIFYING EVENT FOR THE ITU WORLD DUATHLON CHAMPIONS – PONTEVEDRA, SPAIN

2014 WORLD STANDARD DISTANCE DUATHLON QUALIFIER

2014 WORLD SPRINT DISTANCE DUATHLON QUALIFIER



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Electronic Timing

We are using a RFID chip timing system to time the race. 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.

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.

Standard Distance Race - **SEE MAP**

10km Run - 40km Bike - 5km Run

The 1st Run – 10km (Two x 5km Laps) **NEW ROUTE**

The race will start underneath the 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 just over 2.5km.

Please turn at the sign that says **TURN HERE 10KM**.

From the far turn round point, retrace your route back towards transition, when you reach the bridge, there will be another **TURN HERE 10KM** sign – this is the half way & your second turn point, along with a drink station.

Retrace your steps back to the **TURN HERE 10KM** sign at the far point, before turning back towards transition. This time when you reach the drinks station & **TURN HERE 10KM** sign, continue straight on to the run finish & transition area.

Bike – 40km (Two Laps x 20km)

The first and last mile of the bike will be closed to traffic, this road is normally unused so beware of the slippery surface and speed humps please ride with extreme caution.

From the transition area turn left, follow this road until you reach Lime Tree Avenue. This section is narrow, please be careful. Turn left onto Lime Tree Avenue. After 1/2 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. This is the neutralised island & please ride inside the coned off section. 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, through the Gatehouse entrance. Slow down please and be very careful, expect oncoming traffic. 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.

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.

BIKE COURSE – NEUTRALISED SECTION

For reasons of safety, there is a small section of 100metres approx. half way point of each lap, as you turn onto the A614 that all riders must ride inside the cones. This is to protect cyclists as you turn onto the A614. There is no overtaking allowed within this section as it is too narrow.

Please recognize that Race Marshall's are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals 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 to 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. However, please turn at the sign that says **TURN HERE 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 standard distance event.

Sprint Distance Race

5km Run - 20km Bike – 2.5km Run

The 1st Run – 5km (One x 5km Lap)

Same as standard distance course – however you will complete 1 lap instead of 2. Remember to turn at the sign **TURN HERE 5KM**.

Bike – 20km (One Lap x 20km)

Same as standard distance course – however you will complete 1 lap instead of 2.

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

The second run will be follow the same route as the first run but will involve a turnaround at 1.25km. Please ensure that you turn around at the sign that says **TURN HERE 2.5KM** and do not proceed onto the second turn around point which is for the standard distance event.

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 at the Event Marquee, next to the transition area. We aim for presentation to take place at the following times:

Sprint Distance Prize Awards – 12.00noon

Standard Distance Prize Awards – 12.30pm

Male Winner	Female Winner
15 - 19 Years	15 - 19 Years
20 - 24 Years	20 - 24 Years
25 - 29 Years	25 - 29 Years
30 - 34 Years	30 - 34 Years
35 - 39 Years	35 - 39 Years
40 - 44 Years	40 - 44 Years
45 - 49 Years	45 - 49 Years
50 - 54 Years	50 - 54 Years
55 - 59 Years	55 - 59 Years
60 - 64 Years	60 - 64 Years
65 + Years	65 + Years

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 Monday 24th 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 emailed directly to competitors a few days after the event. For further information go to www.marathon-photos.com

Refreshments

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

Withdrawals

It has now passed the withdrawal date so it is not possible to withdraw & receive a race credit. All competitors will be asked to show some form of photographic identification before they are allowed to register to stop competitors transferring their entry to others.

Race Office Closure

The One Step Beyond race office will be closed from Wednesday 19th 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.

If you would like further information about becoming a race marshal please email info@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, 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 info@onestepbeyond.org.uk. However please remember that the Race Office will close on Wednesday 19th 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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