



# FINAL RACE INFORMATION

## THE CLUMBER PARK DUATHLON

### CLUMBER PARK, WORKSOP, NOTTINGHAMSHIRE, S80 3AZ

### SATURDAY 21ST MARCH 2015

(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 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 standard distance race you will not be short of some beautiful countryside on which to feast your eyes.

This year we have the honour to be hosting the British Triathlon Federation Duathlon Championships in the standard distance event. Remember to be eligible for British Championship Awards, you must be a fully paid up member of the federation. A Day Licence does not make you eligible for British Championship Awards.

#### Registration (07.00 – 08.45)

**(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 2015 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.

Registration will be split into different sections, please check that you register in the correct queue. Each section will be split into groups of 150 race numbers– i.e. race numbers 1 -1 149, 150 – 299, 300 – 449 and so on. You will collect your race pack which includes your unique race numbers, timing chip, bike stickers & security wristband.

#### Race Licences

If you do not have a 2015 Home Nations Race Licence you must show some form of photographic ID. If you have pre-paid for a Day Licence then we will issue you one at registration, if you have not paid for a Day Licence and you do not have your 2015 Home Nations Race Licence with you at registration, then you will need to purchase a Day Licence for £5. There is 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](http://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 2015. 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 £6.80 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 and continue down this road.

This year there will be two entrances to the event parking. The first is approximately 1 mile off the A614 and the second approximately 2 miles off the A614. Both reach the event parking but have different pay station locations. It is better for the event if you use the first exit off Lime Tree Avenue. ALL vehicles will be charged £6.80 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 2.30pm after the event.

#### Transition Area (07.15 – 09.00)

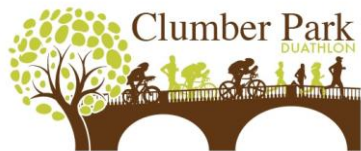
Bike racking will only take place on Saturday morning between 7.15am and 9am ONLY. Please ensure that you affix the bike number sticker provided in your race pack for security reasons. Competitors only will be allowed into the transition area. Your approved cycle helmet must be attached to your bike 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.

When you arrive at transition for the first time, you will be required to be wearing your helmet so that it can be checked prior to entering transition. Helmets MUST have their original chin strap – elastic chin straps are NOT allowed for safety reasons.

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 (Approx.)				
Wave	Distance	Time	Gender	Age Cats
1	Sprint	8:45	Male	Relay, 15-19, 20-24, 25-29, 30-34, 35-39
2	Sprint	8:47	Male	40-44, 45-49, 50-54
3	Sprint	8:49	Male	55-59, 60-64, 65-69, 70+
3	Sprint	8:49	Female	15-19, 20-24, 25-29, 30-34, 35-39
4	Sprint	8:51	Female	40-44, 45-49, 50-54, 55-59, 60-64, 65+
5	Standard	8:53	Male	Relay, 15-19, 20-24, 25-29, 30-34, 35-39
6	Standard	8:55	Male	40-44, 45-49
7	Standard	9:20	Male	50-54, 55-59, 60-64, 65-69, 70+
8	Standard	9:22	Female	All categories



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#### Team Event

All Team Members must show either their 2015 TE/Home Nations Race Licence or purchase a TE Day Licence for £5 when checking into transition for the first time. 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. To complete a 'tag' competitors are required to exchange their 'ankle strap'.

#### Race Briefings

There will be a mandatory race briefing at 08:30am. 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.

#### 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.

Competitors with race numbers over 1000 will have timing chips attached to the reverse of their race numbers, this means that it is very important to wear your race numbers on the front when going through the transition area.

#### 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.

#### Standard Distance Race (10km Run - 40km Bike - 5km Run)

The 1st Run – 10km (Two x 5km Laps)

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, but the road is also very narrow with speed humps so 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. 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 2<sup>nd</sup> 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 SECTIONS

There are two small neutralised sections on the bike route for reasons of safety.

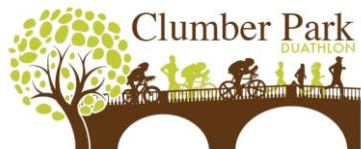
The first section is 300 metres into the bike course as you are going through a narrow coned section, this section lasts for approx. 100 metres. The second section is at the half way point of each lap, as you turn onto the A614. All riders must ride inside the cones. This is to protect cyclists as you turn onto the A614.

There is no overtaking allowed within these sections as it is too narrow.

There will also be British Triathlon motorbike marshals on the cycle section. These motorbikes will be on the course to ensure that athletes adhere to the rules of the sport and rules of the road, and also to act as communication points for us the event organisers. If you need any type of assistance, then please flag down one of these motorbikes. There will also be a mechanical support vehicle and medical ambulances based along the bike course.

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.



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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 2<sup>nd</sup> 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.

#### The 2<sup>nd</sup> 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 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 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 you are unwell or need medical assistance please flag down one of these motorbikes.

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 – 11am Approx.**

**Standard Distance Prize Awards – 12:45pm Approx.**

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 – 69 Years	65 + Years
70+ Years	

#### Penalties & Appeals

The issue of time penalties will be posted on the results screen 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 23rd March on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk).

#### Event Massage

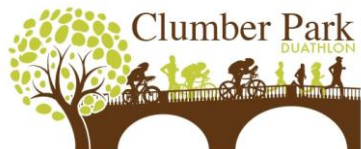
There will be a team of 10 masseurs offering free post event recovery massage in the registration tent. If you wish to make a donation for this service, it will be very gratefully received. All donations will go to the 'Ethan Maull Foundation' – a local charity raising money to buy 'Ethan's House' – a house for families to stay in whilst their children received treatment for cancer.

#### 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](http://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](http://www.tfn.uk.com)



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**Refreshments**

The venue has a number of very nice cafes. The cafe closest to registration in the court yard area will be open for hot food & drinks from 7.30am.

**Withdrawals**

It is now too late to withdraw from the event. No race credits will be issued to those withdrawing after the withdrawal date of 9<sup>th</sup> 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 18<sup>th</sup> 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.

**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 [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk). However please remember that the Race Office will close on Wednesday 18<sup>th</sup> 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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