



PROVISIONAL RACE INFORMATION
THE CLUMBER PARK DUATHLON
CLUMBER PARK, WORKSOP, NOTTINGHAMSHIRE, S80 3AZ
SATURDAY 5TH MARCH 2011

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.

In 2011, the Clumber Classic Duathlon standard distance has been selected by British Triathlon to be the British Duathlon Championships for age group competitors. This event will also be a qualifier for the 2011 World Duathlon Championships that will take place in Gijón & the 2011 European Duathlon Championship.

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. For those slightly more serious athletes, the standard distance will give the opportunity not only to qualify for Great Britain's Age Group Team but also to compete for points in the Taut British Duathlon National Ranking Series.

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.

Qualification Details

Please note that athletes wishing to qualify for the British Age Group Team are required to register their intention directly with the British Triathlon via the 'age group' section on the British Triathlon website. For further information on qualification please contact the following BTF Team Managers. For the European Championships please contact joanlennon@britishtriathlon.org. For the World Duathlon Championships please contact Stevebutler@britishtriathlon.org.

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 levy due with your application, you will have to pay £5 for a BTF day licence at registration.

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 2011. In addition anyone under 18 years old must have parental permission to take part in the event. For more information visit:

<http://www.britishtriathlon.org/uploads/files/Competition%20Rules%202006.pdf>

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 06.30am

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 £5.20 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. 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 owners' risk.

Registration Procedure

Saturday 7.00am - 8.30am

It is vital that registration closes on time in order to meet with agreements made with the police and highways.

DO NOT LEAVE IT UNTIL FIVE MINUTES BEFORE REGISTRATION CLOSES TO ATTEND. IF THERE IS A QUEUE YOU MAY FIND YOURSELF UNABLE TO COMPLETE REGISTRATION IN TIME TO RACE

Registration will take place in the Event Marquee which will be situated next to the transition area. Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our race website or on the board by the registration area. First you must visit the 'BTF Day Licence Desk'. If you have applied for a BTF Day Licence when entering, this will be issued to you at this point. If you did not apply for a BTF Day Licence, then you will be required to show your current British Triathlon Federation Race Licence. If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register. There will be NO exceptions to this ruling. If you have a current British Triathlon Federation Race Licence, please bring it with you. Please note that all athletes will be required to show some form of photographic identification if you do not have a current British Triathlon Federation Race Licence then please bring another form of photographic ID with you. This is to stop people exchanging



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entries & ensures that all competitors are insured to compete in the event.

Continue forward, collect your Timing Chip. Do not lose your Timing Chip as you will need it to race. Collect your race envelope; this will contain 2 x race numbers, 1 x frame sticker & finally a security wristband. Please keep these safe, as they are required to allow entry into the transition area. Next collect your event T shirt. Please note that Registration will operate a "one way" service, please enter in one door, collect your race numbers, etc and exit through the other door.

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 goody bag 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 first athletes 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 2011 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 **8.50am** 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

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

TIME	CATEGORY
0900 hrs	Male Under 20, 20-24, 25-29, 30-34
0904 hrs	Male 35-39, 40-44
0904 hrs	Male 35-39, 40-44
0908 hrs	Male 45-49, 50-54, 55-59, 60-64, 65-69, 70+
0912 hrs	Female All Classic Distance
0935 hrs	All Sprint Distance

Times may change nearer to the event.

Electronic Timing

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Using this cutting edge technology will mean results; splits and category positions will be updated live as competitors pass the finish line. There will also be a large plasma screen providing live results to all competitors and spectators at the finish area.

The timing chip will be worn on your leg, around the ankle. When fitting your chip it is useful to smear a small amount of lubricate to stop any chaffing. Full details regarding this will be issued at registration. When you have finished, please remember to return your timing chip to our officials. If your timing chip is not returned after the race, you will be charged £25 for the chip. Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

Race Numbers

You will be issued with TWO race numbers, which must be clearly visible on your back for the bike and your front for the run. Please bring your own safety pins. Do not cut or fold these race numbers as penalties will be issued for number mutilation.

Elastic belts for race numbers are permitted. Relay Teams are required to use race belts so that numbers can be passed from one team member to the other in transition. You are required to write on the back of your race number in waterproof indelible pen, any illness or medical condition that you are suffering from and any medication that you are taking. We also request that all competitors write their next of kin & emergency contact details on the back of their race numbers. 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 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

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



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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 station 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.

Course Reconnaissance

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

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be ReAction Medical Services, 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.

Medical Conditions

We request that all competitors 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 will only be used in the event of you being involved in an accident.

Classic Event Age Group Prize Awards

TBC

Sprint Event Age Group Prize Awards

TBC

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 1 hour of the penalty being posted.

Prize Giving

This will take place at the transition/finish area, approx 1200hrs or 10 minutes after the last competitor has finished. Presentation for the British Championships will take place before presentation of the event awards.

BTF Trophies and Prizes

British Triathlon Federation medals will be awarded to the top 3 in each age category in line with BTF Championship rules. Winner's plaques will be awarded in 5 year age bands for the Classic distance. Athletes are required to attend the presentation to receive their awards.

Results

Results will be updated constantly on the plasma screen in the race village and will appear from Sunday 6th March on www.onestepbeyond.org.uk.



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Photography

Revolution Images 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.revolutionimages.co.uk

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.

Massage

There will be massage available on the main event area by the finish line.

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, and 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 25th February 2011. 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 Thursday 3rd March at 5pm. Please do not leave messages or send emails regarding this event, 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 an event shirt, food & drink.

If you would like further information about becoming a race marshal please email lastminute@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 and Race Well as well as Race Safe and 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

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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