

**FINAL RACE INFORMATION**  
**CLUMBER PARK OFF ROAD DUATHLON**  
**SATURDAY 5<sup>TH</sup> OCTOBER 2013**  
**CLUMBER PARK, WORKSOP, NOTTINGHAMSHIRE, S80 3AZ**

#### Welcome

Welcome to the Clumber Park Off Road Duathlon, a new exciting event set in the beautiful grounds of Clumber Park. The event will be chip timed to ensure accurate and immediate results. This event offers something for everybody whether it being chasing a fast time or enjoying the picturesque scenery Clumber Park has to offer.

#### 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.

#### Race Rules

The event will be held under the rules of The British Triathlon Federation. 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 – BTF Members are insured as part of their membership package, and all other competitors are required to purchase a Day Licence from the BTF as part of their entry fee. 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.

#### What Will You Need?

For the run sections, it is advisable to use a pair of trail running shoes. For the bike section, either a mountain or cyclo cross bike are recommended. All competitors will be required to wear an approved cycle helmet.

#### Public Transport

Nottinghamshire Public Transport – 0871 2002233 / [www.travelline.info](http://www.travelline.info)

#### Car 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.

There will be No parking charge for competitors. Car sharing is recommended, please help to save the environment. All vehicles are left in all respects at owners' risk.

#### 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

#### Race Packs – Collection available between 07:00 – 08:40

Competitor race packs will be available for collection prior to the event from the registration tent which will be close to the start / finish area. Your race pack will contain your race number, bike frame sticker and timing chip – you will need these to enable you to race and get a time.

To Collect your Race Pack you will need to know your race number which can be found on either the Start list as shown on the event website or from the lists shown in the registration tent. 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 2013 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 2013 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 2013 British Triathlon Federation Race Licence.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

Continue forward and find the appropriate numbered table to collect your race envelope. This will contain 2 x race numbers and 1 x frame sticker. Please keep these safe, as they are required to allow entry into the transition area. Next collect your event shirt. Finally, collect your Timing Chip, when you collect your Timing Chip it will be checked to ensure your details are correctly stored. Do not lose your Timing Chip as you will need it to race.

#### Late / On the Day Entries are Available: 07:00 – 08:45

Please go to the Registration Tent where you will need to complete the relevant registration forms to enable to get a place to race. Late Entry Fee: £35 plus BTF day license of £5 if you don't have a BTF Race License. Please allow extra time

#### Transition Area

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 elasticised number bands with their race number attached to it.

#### Event Start Time – 09:00

#### Race Briefing – 08:40

There will be a race briefing approximately 20 minutes before the start of the event, within the start pen. The race briefing 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.

The Race Briefing will take place in Transition, at the end of the race briefing you will need to go directly to the Start as the event will start on time at 09:00

#### Electronic Timing

Providing fast and accurate results is the most critical part of any race. At **Jaguar Timing** we use the latest RFID based timing system. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

Wear the chip!

When attached to the strap wear it just above your LEFT ankle with the chip arrow pointing upwards. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.



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When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. We don't need you to run over bulky mats anymore and don't worry if you don't hear it make a noise. If you have run between the antenna and worn your chip correctly we will have a time for you.

Electronically capturing each finishers time allows us to continuously post preliminary provisional results on-site during the race in a number of ways. Finish Times will be available as soon as you have finished the event, with full split times being available in the results posted on the website on the Monday after the event.

At the moment these triathlon chips are re-usable and as such need to be handed back at the finish of the race or before if you have to retire early. If you forget, return your chip to our office within a week & there will be no repercussions. If not, then you will be charged £10 for losing the timing chip.

#### Race Numbers

Please do not cut, fold or tare your race numbers. Race numbers must be worn on your front during the run sections and on your back during the run section the event. Please do not forget to bring your own safety pins or number bands.

#### The Courses – will be marked from the afternoon of Friday 4<sup>th</sup> October

Please note that both courses are trail / off road courses. That means that there will be additional obstacles, such as branches, roots, fallen trees, stones, sand, mud, holes, plus anything else that you might be lucky or unlucky enough to find, these form the course, add to the excitement, but also add to the danger so please be careful.

The course makes use of the internal roads and trails within Clumber Park. The course is undulating and takes in some of the most picturesque scenery Clumber Park has to offer.

The key piece of information that you need to know is that for the Run sections you will be following **ORANGE** arrows and for the Cycle section you will follow **YELLOW** arrows.

#### Medical Cover

The safety of our competitors is paramount. Onsite during the event will be a specialist medical 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 first-aiders, nurses and state registered Paramedics. 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.

#### Prizes

There will be prizes in the following age categories for both male and female competitors:

Winners	Winners	Team
Male Under 30	Female Under 30	Winners
Male 30 - 34	Female 30 - 34	
Male 35 - 39	Female 35 - 39	
Male 40 - 44	Female 40 - 44	
Male 45 - 49	Female 45 - 49	
Male 50 - 54	Female 50 - 54	
Male 55+	Female 55+	

Presentation will take place within 30 minutes of the last competitor finishing each event. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

#### Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the entrance to Registration. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

#### Results

You will be able to print off your overall time from the timing tent on the day of the event. Splits will not be available until the results are posted online.

The results will be available to download on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk) from the Monday following the event.

#### Facilities

You will be able to find event & venue toilets close to the start / finish area.

#### Refreshments

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

#### Withdrawals

The Closing Date has now passed and unfortunately any withdrawing competitor will not be eligible for a race credit. Please note that you are not allowed to give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register. 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 3<sup>rd</sup> October at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event.



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**Thanks**

Thanks to the National Trust for allowing us to use Clumber Park – a fantastic venue.

**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 contact [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk) You do not require any previous experience or knowledge to become a race marshal; any training required will be given on race day.

Final thanks to all the individuals who have agreed to give up their time to help set up and marshal at the event. It takes a great amount of work to organise an event such as this.

**Further Information**

Any questions related to the event can be answered by emailing [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk).

*All the information here is believed to be true at the time of going to press. Changes maybe 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. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden*

