



**PROVISIONAL RACE INFORMATION**  
**EVIL SHERIFF OFF ROAD DUATHLON**  
**SATURDAY 8TH NOVEMBER 2014 – START 09:00**  
**SHERWOOD PINES FOREST PARK – MANSFIELD – NOTTINGHAMSHIRE – NG21 9JL**

#### Welcome

Welcome to the 7<sup>TH</sup> Evil Sheriff Off Road Duathlon part of the Robin Hood Adventure Challenge. This event has something for everyone whether you are an adrenaline-junkie wanting to challenge yourself on the off road duathlon course or simply enjoy exercise and want to take part in one of the 3 running disciplines, this is the event for you! This is an ideal family and corporate event set within the 1,200 hectares of woodland and open heath of Sherwood Pines Forest Park. This is your chance to become an 'Adventure Challenger' – one of Robin Hood's Merry Men or Women.

#### 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

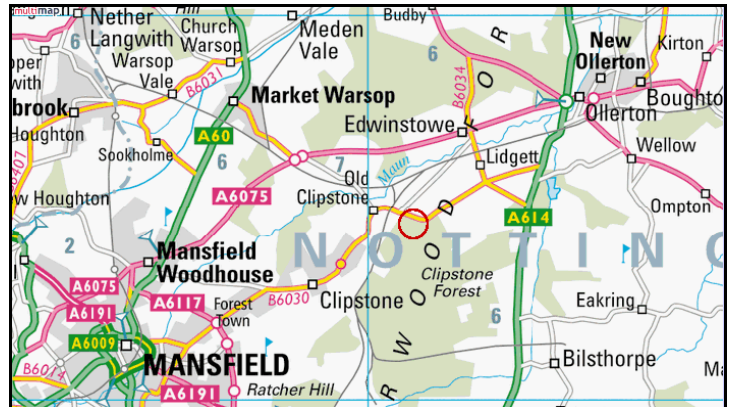
Nottinghamshire Public Transport – 0871 2002233 / [www.travelline.info](http://www.travelline.info)

#### Car Parking

All competitors will be required to pay for parking; the daily charge is £4.00 per car.

#### Directions to Sherwood Pines Forest Park (See map)

Sherwood Pines Forest Park is located off the B6030, near to Old Clipstone. It is equally easy to navigate from either the A60 or A614. Sherwood Pines Forest Park is approximately 30 minutes drive from Nottingham & Sheffield, being only 3 miles from the A1.



#### Race Packs

You will need to collect your race packs from Registration on the morning of the event. In Registration you will collect the following items:

- Race Number
- Electronic Timing Chip
- BTF Day Licence (if paid for when entering)
- Bike Frame Sticker
- Security Wristband

#### Race Day Enquiries Desk / Late Entries – 07:00 – 08:40

**Please note that all athletes will be required to show some form of photographic identification if you do not have a 2014 British Triathlon Federation Race Licence.** If you don't have BTF License you will have to pay £5 for a day licence (if you didn't purchase this when you entered). 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

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.



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#### Race Briefings

There will be a race briefing approximately 15 minutes before the event. This will take place inside 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.

#### Provisional Event Start Time – 09:00

#### Electronic Timing

Providing fast and accurate results is the most critical part of any race. At **Jaguar Timing** we use a 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.



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.

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 the front during the run stages and on your back during the cycle section. Your number must be visible at all times. Please do not forget to bring your own safety pins or number bands.

#### The Courses – will be marked from the afternoon of Friday 7<sup>th</sup> November

Duathlon (Run 1: 1x 5K Lap – Cycle: 2x 8K laps - Run 2: 1x 3.6K Lap). The course for both the run & cycle sections will be marked from the day before.

The course takes in some of the best trails on offer at Sherwood Pines Forest Park, both adrenaline pumping uphill & downhill's as well as peaceful relaxing woodland paths. We are not giving too much away, but expect for your heart to be racing. Please note that the event is an off road event. 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 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: TBC

Presentation will take place within 30 minutes of the last competitor finishing. 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

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





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**Marathon Photos**

**Marathon-Photos.com** is the official photography partner for capturing your exciting moments at The Robin Hood Adventure Challenge. Every competitor will find their photos within 24 to 48 hours after completion of the event, and will be able to search by entering either their race number or family name. Each photo is available either with their finishing time or as a photo certificate for download, or a printed copy. A picture album "Digital Super Pack" will be on offer at a special price. For one fixed price Marathon-Photos will supply all the identified photos of each runner in these ready-to-print formats either to download onto their computer or on a CD. This includes: Photo Certificate, Race Time Photo, Commemorative photo original camera file and web ready images.

Marathon-photos.com will email all competitors with a direct link to their personal photos.

**Facilities**

It is difficult to believe that you are in the centre of major woodland when you arrive, nestled into the forest you will find a large selection of facilities including a visitors centre, toilets, mountain bike hire shop, children's play ground & picnic area.

**Refreshments**

A superb café conceals itself nicely into the forest surroundings, serving an excellent mixture of fresh hot & cold food & drinks.

**Sherwood Pines Cycles**

If you require any last minute equipment, need to purchase energy products or simply fancy hiring a bike, Sherwood Pines Cycles is a permanent cycle store on site within the grounds of the venue.

**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 26<sup>th</sup> October. 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. Competitors will be asked to show photographic identification before they are allowed into transition to stop the swapping of entries.

**Race Office Closure**

The One Step Beyond race office will be closed from Thursday 7th November 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 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.

**Thanks**

Thanks to the Forestry Commission for allowing us to use Sherwood Pines – a fantastic venue.

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*



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