



## **GREAT NOTLEY SPRING DUATHLON**

Great Notley Country Park  
Great Notley  
Braintree  
CM77 7FS

Sunday 7th April 2019

**Born2Tri looks forward to welcoming you to this race, we hope you enjoy the venue.**

**The Run/Bike/Run race incorporates a 4km run across grassland and paths, with a sting in the tail when you visit the Kestrel at the top of the hill. This is followed by a 21km two lap cycle ride on a fast flat course, finally a repeat of the 4km run to finish close to transition.**

**There will be trophies for 1<sup>st</sup> Place Male & Female in the categories Youth (U18), Open (U40) and Vet (over 40).**

**Event Permit Granted by British Triathlon**

**Please read the following notes carefully, to assist you on race day.**

**How to find us:**

The Great Notley Country Park, is accessed from the A131 Great Notley By-Pass just south of Braintree. The Discovery Centre is well signed and easily visible from the A131.

The Discovery Centre has a café and toilet facilities, with refreshments available from 7.00 am, there will also be Portaloos adjacent to transition

**Parking**

Parking is within the venue. Upon entering the venue, make sure you pass through the barriers so your vehicle number plate is recorded. You will then be using the main site car park. Upon leaving the venue, you must make sure you pay the correct car parking fee via the machines outside the café (there are 5 machines). Apologies but this is out of our control and failure to pay will not allow you leave through the exit barrier. In order to reduce costs, you may wish to look at car sharing with friends or other competitors.

**Registration**

You will find registration opposite transition and registration will open at 7.00 a.m. Please ensure you are registered by 8.30 a.m. This is to ensure you have time to prepare your equipment and complete any warm up prior to the start.

**BTF Home Nation members will be required to produce their current race licence. If it is not produced a day licence will need to be purchased.**

You will be provided with an envelope at registration which will include your race numbers and stickers. Stickers need to be applied to your bike (seat post) and helmet. You will also receive your timing chip and this needs to go on your left ankle. **Do not discard your race number after you finish as you will need it to collect your bike and equipment from transition at the end. No number means you have to wait until yours is the only bike in transition before collecting it.** You may collect your bike once all competitors have completed the bike segment and are out on the run. This is to ensure that all athletes have the same opportunity to have a safe and fair transition.

Only competitors and officials will be allowed in the transition area. Racking will NOT be numbered, so please rack your bike and equipment with consideration. Marshals will be on hand to assist with any questions you may have. You must make sure your bike does not interfere with any other competitors.

**Rules of Racing**

Please read the following before racing as there have been several rule amendments for 2018.

[British Triathlon Rules 2018](#)

**BTF Technical Officials will be present for the race.**

**Cycle helmets** will be checked for condition and suitability (ANSI/BSI standard or similar) prior to your race. Your helmet strap must also fit snugly under the chin with no more than two fingers able to be passed horizontally between the chin and the strap.

If you don't do this before the event starts, the Technical Official will stop you and you will have to adjust the strap regardless of how long this takes.

Your helmet must also fit correctly and not sit with the front raised or with an excessive gap between the base of the helmet and your ears and forehead.

**Remember: no cycle helmet no race.**

### Timing

The race will be chip timed and we will endeavour to provide you with accurate split times along with your overall race time and position. At registration you will be provided with a timing chip to wear on your left ankle, please follow the fitting instructions supplied so it is not lost on the course. Lost timing chips will be subject to a £5 fee for replacement.

### Race Briefing

There will be a race briefing at 8.45 a.m. for all competitors. Please attend this race briefing for any last minute changes and to ask any questions you may have.

### Race Start

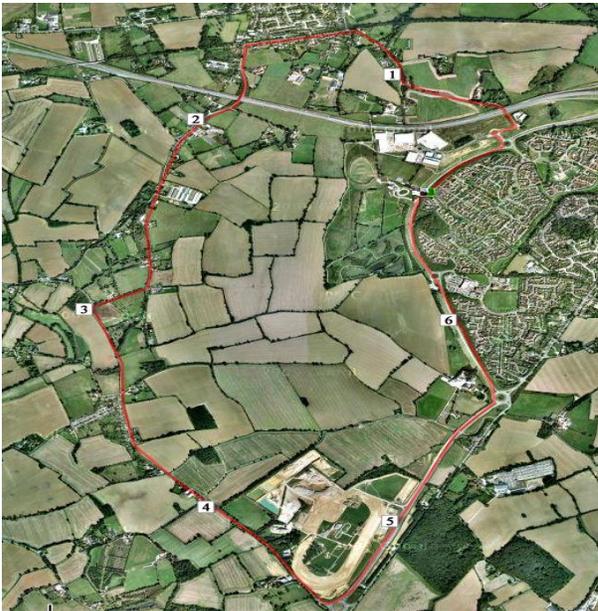
The race will start in the field behind the transition area, it will be two mass starts 5 minutes apart. Please ensure you report to the race start area in plenty of time for your wave. Your race number must be clearly visible from the **front**, number belts are permitted, and the number must be fixed full size, not cut or folded in any way.



**Run Route**  
**The Run (4Km):** - The run will first cross the field following the hedge lines then running parallel to the A131 to the southern end of the park. There is an adverse camber of the ground which requires care if it has been wet. It then joins the path to the lakeside making a sharp right turn and following the lakeside path anti-clockwise. Once at the western end of the lake making a right turn onto the bridleway. The run then follows the course of the bridleway up the western side of the park and around the rear of the large hill heading back towards the start. Once at the foot of the hill the runners will turn sharp right up the hill, round the base of the kestrel, then down the other side returning to the transition area. The grassland and tracks are relatively smooth but if wet, puddles and muddy patches can form. Runners must take care for slippery sections and natural hazards such as rabbit scrapes and small ruts

**The cycle (two laps approx. 20km):** You are responsible for ensuring your cycle is fit for the road and you have an approved hard shell cycle helmet. You must be wearing your cycle helmet, securely fastened, before you remove your cycle from the racking. Ensure your clothing is appropriate for the weather, your front torso must be fully covered and front fastening trisuit zips must be fully fastened at all times. Take your cycle to the bike out of the transition exit, then run to the Mount line, where you may mount the cycle. Marshals will be present to remind you. Riding in the transition area at any time is dangerous and will not be permitted. Your race number must be clearly displayed to the **rear** for the bike section. Number belts are permitted, the number must be fixed full size, not cut or folded.

## Cycle Route



From the Mount Line you may cycle on to the access road, you must take care of vehicles entering or leaving the park as there will be football matches taking place elsewhere on the site. You will take the access slip road on to the A131 to the first roundabout making a left turn. At the next roundabout system turn right the left onto Queenborough Lane then follow this route through to Rayne. Caution is required on Queensborough Lane as the road narrow in places which can cause motor vehicle to slow or stop if two vehicle approach each other. Follow the road through Rayne and Willows Green until reaching the roundabout junction with the A131 where another left turn is made following the route back to the park. The cycle course consists of

two laps. Take care, all the roads are open to traffic, you must ride according to the Highway Code and Give Way if required. While traffic can be light on Sunday mornings, beware of other road users.

On the A131 just prior to the country park there are a set of pedestrian controlled lights. These are very lightly used on a Sunday morning but you must comply with them. The crossing will be marshalled to record any significant delays to athletes and make necessary adjustments to the race time. **If you ignore the traffic signals you will be disqualified.**

**Drafting** on the cycle course is not permitted, **drafting is cheating**, any rider seen to breach this rule will be reported and may be subject to a time penalty or disqualification. If you are unsure of this rule please ask at registration or speak with the race director or referee at the briefing.

On completion of two laps take the slip road into the park access road. Cycle to the Dismount Line, where you must get off your bike and enter the transition area on foot. Take care of any cars accessing or leaving the park area. Rack your bike before removing your cycle helmet.

Water will NOT be available on the bike course; ensure you have sufficient for your needs if it is a hot day.

**The second run:** - The second run will follow the same course as the first, crossing the field following the hedge lines then running parallel to the A131 to the southern end of the park. It then joins the path to the lakeside making a sharp right turn and following the lakeside path anti-clockwise. Once at the western end of the lake making a right turn onto the bridleway. The run then follows the course of the bridleway up the western side of the park and around the rear of the large hill heading back towards the start. Having climbed the hill to the Kestrel you descend and run directly to the finish. Your race number must be clearly visible from the front. The grassland and tracks are relatively smooth but if wet puddles and muddy patches can form. Runners must take care for slippery sections and natural hazards such as rabbit scrapes and small ruts.

There will be a water station at the start of this run and water available at the finish line.

### **Medical Advice**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the race. Please write all medical details on the back of your race number and put a small indelible red cross on the front of your number. Whether you have a medical condition or not, if you feel unwell on race day – don't race.

### **Competitor Conduct**

Competitors are reminded that they share both the park facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat members of the public including other road users, marshals, other competitors, BTF technical officials and venue staff with respect.

Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by Born2Tri. Please try to remain courteous on the road even if some other road users do not offer you the same respect.

### **Results**

Provisional results should be displayed at the conclusion of the event and will be available on the web site [www.stuweb.co.uk](http://www.stuweb.co.uk) as soon as possible.

### **Notes for the first time racer:**

A Duathlon event consists of a run cycle and run, each undertaken immediately one after the other. The race time is measured from the start of the first run, through the bike section and to the end of the second run.

The transition area is where you will change from one discipline to the next. You will have an allocated space to rack your bike and lay out the kit you need. You will be hot and breathless when you reach transition after your first run, so before you start, make a

note of where the entrances and exits are, also where your bike is within the transition. There will be marshals to help you. Wear more clothing if the weather is cool.

You must not unrack your cycle until your cycle helmet is properly fastened on your head. If you are not wearing a suitable cycle helmet you will not be allowed to complete the cycle section of the race. For safety of other competitors, you may not cycle in the transition area. There is a line away from the bike exit and entrance where you will Mount and Dismount your bike. You are riding on open public roads, you must comply with the Highway Code, and your race number does not give you any priority.

On returning to the transition, rack your bike before you remove your helmet.

The run course is traffic free and not too taxing, but the second run after a hard cycle your legs will feel very different to when you last ran the course. Just run as smoothly as you can, the stiffness will leave your legs as the run progresses.

If the day is warm, remember to drink plenty of fluid, water will be available at the transition exit and finish area. If it is cold don't be afraid to wear more clothes, what is bearable on the run will be very cold on the bike.

Please bear in mind that Duathlon is an individual sport and therefore assistance from friends, family or supporters in the form of drinks, clothing etc. being passed in either direction is not allowed. If you need help please ask one of the marshals or technical officials present. You must complete your transition in the transition area so if you need to put gloves or extra clothing on you must do so before you leave the area.

Our BTF technical official present is very used to novices and so if you make a mistake or inadvertently do something wrong, they will ask you to rectify it rather than give you a penalty. Please remember they are there for your safety first and foremost and so if you they ask you to do something please do respond. If you have any questions about the rules, then please do ask as there's no such thing as a silly question. Everyone has to start somewhere.

Remember, the aim of your race is to finish the course and enjoy the experience. Everyone there remembers how they felt on their first race.

Have a safe and enjoyable day, Born2Tri