



Battlefield Duathlon

NEW DATE 25th March 2018

Sponsored by



TRAINING SHED

Race HQ and parking at Naseby Village Hall, Northamptonshire NN6 6DE



www.raceharborough.co.uk

Timetable

7.30 to 8:50am	Registration NOW OUTSIDE ON THE MAIN FIELD
8:50am	Race briefing for all races near to the mount/dismount line
9:00am	Race starts
11:30am (approx..)	Sprint and Standard presentations
3pm (approx.)	Middle presentations will take place as soon as possible after the race ends

Thank you

We are grateful to all the volunteers who have given up their time to ensure the event runs safely, smoothly and professionally. Without their support this event would not have been possible.

Final Race Instructions and General Information

Directions

From M1 exit at J19 (Catford Interchange) onto A14. Exit at J1 and head South on A5199. Follow signs for Naseby then signs for Race HQ. From Northampton head North on A508. Immediately before the junction for the A14 and Kelmarsh turn left, go through Haselbech and follow the arrow signs to Race HQ. From the East exit A14 at J2, head South on A508 and take the first right to Haselbech and follow the arrow signs to Race HQ.

Follow Sat Nav to Naseby Village Hall, NN6 6DE.

Car Parking

Dedicated car parking is available from 7.30am in the field behind Naseby Village Hall, NN6 6DE. The main entrance to the Hall will be designated as no parking and signed accordingly. Please do not park anywhere else in the village.

Arrival

We recommend you arrive as early as you can, as no-one likes to have to rush or risk a stressful start to an event. This is to give you enough time to park, register, warm up, view the course and make any other preparations before the Race Safety Briefing prior to the start of your race.

Registration

Registration for all competitors will be from 7.30-8:45am. This is your first port of call. In order to have an efficient registration with little or no queuing time we request that you arrive for registration as early as possible.

At registration you will receive your race numbers and timing chip. You will also receive a sheet explaining what to do with the various number and stickers that you receive. Your timing chip should be secured to your left ankle with the velcro strap provided. Please ensure you return your timing chip to an official at the finish line. Lost chips incur a £30 charge.

Race admin.

All races start from the same place on the road opposite the finish area. The middle distance race will start first followed by the standard and finally the sprint. The start will be timed using your gun time. You should find your own space at the start line, with the faster runners towards the front. The timing mats will be positioned at the in/out of transition and the finish line. It is important that the chip is positioned on your leg ankle. It is your responsibility to count your own laps but in addition, you will receive coloured bands at various points to count laps on the run and cyclists will have their laps counted and times recorded.

Race Structure

Sprint Distance: 5k run/19k bike/5k run
Standard Distance: 10k run/38k bike/5k run
Middle Distance: 20k run/76k bike/10k run

The course consists of a combination of the following as shown below:
An out and back 5K run, a 10K run loop and a 19K bike loop.

Sprint Distance: 1 x 5k / 1 x 19k / 1 x 5k
Standard Distance: 1 x 10k / 2 x 19K / 1 x 5k
Middle Distance: 2 x 10K / 4 x 19K / 1 x 10k

The routes will be well signed and a map/information will be available in transition to explain what is going on but in general terms:

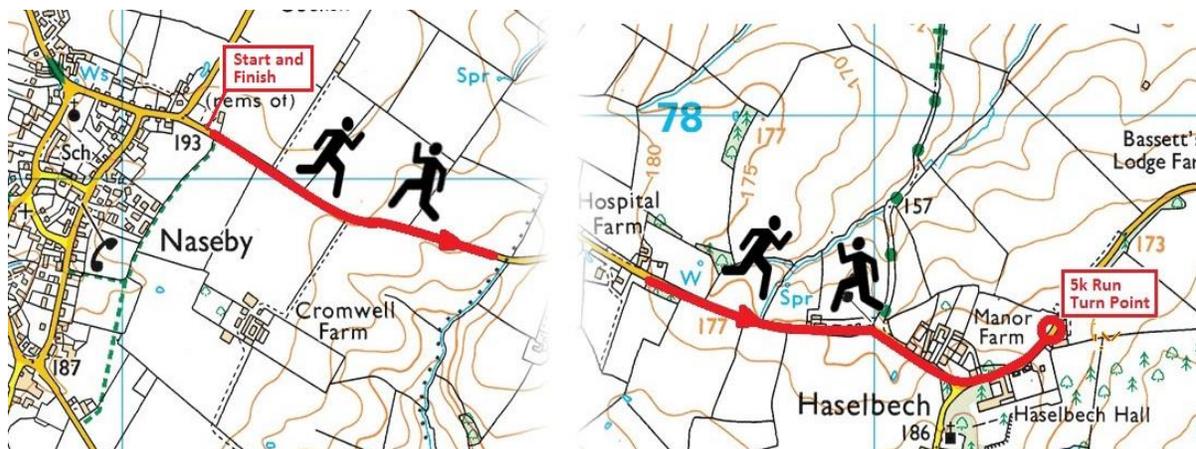
After mounting your bike, turn right out of the hall and then right again at the junction to get on the bike route.

When starting your second run, the 5K out and back route will be accessed by turning left out of the hall car park and the 10K loop will be accessed by turning right. Watch out for traffic.

Run Routes

5k out and back

This is the for both runs of the Sprint Distance and Run 2 for the Standard Distance.



The 5km route is an out and back course from Naseby to Haselbech.

10K run loop

This is for the Middle Distance (Run 1 is 20k consisting of 2 loops of the same course) and the Standard Distance (Run 1 is 1 loop)



Feed Stations

Bike course - You will go past this station on every lap of the bike course. It is positioned just after the village hall area in a layby on the left-hand side. There will be a rubble bag that will act as a bottle drop and further down, marshals will then have full bottles of Nuun electrolyte or water for you to collect. Please politely instruct them as to your preference. This is a live road so please be aware of traffic when dropping off and collecting bottles.

Run course - Run feed station 1 is immediately after you leave transition in the car park area. It is positioned so that it can be used when you are starting Run 2. Run feed station 2 is positioned almost opposite the start/finish area on the left-hand side of the road. It is so that the middle-distance racers can grab something as they start the second lap of Run 1. Both of these stations will be equipped with Nuun, water and Clif shot bloks (a gel product that is in the form of a jelly cube, it is vegetarian). Run station 3 will be on the halfway point of the 10K loop and will have water only in cups. Again, there will a cup drop off area shortly after the collection point. Please put all litter in to these rubble bags. The future of the event depends on the relationship that we maintain with the local community. Littered grass verges etc will damage that relationship.

Photography

Free photographs will be available to download soon after the race finishes.

<http://www.mickhall-photos.com/>

Massage

[Training Shed Market Harborough](#)



TRAINING SHED

TRAINING SHED ARE NO LONGER ABLE TO ATTEND. PLEASE ACCEPT OUR APOLOGIES

Catering

A selection of hot and cold food and drinks

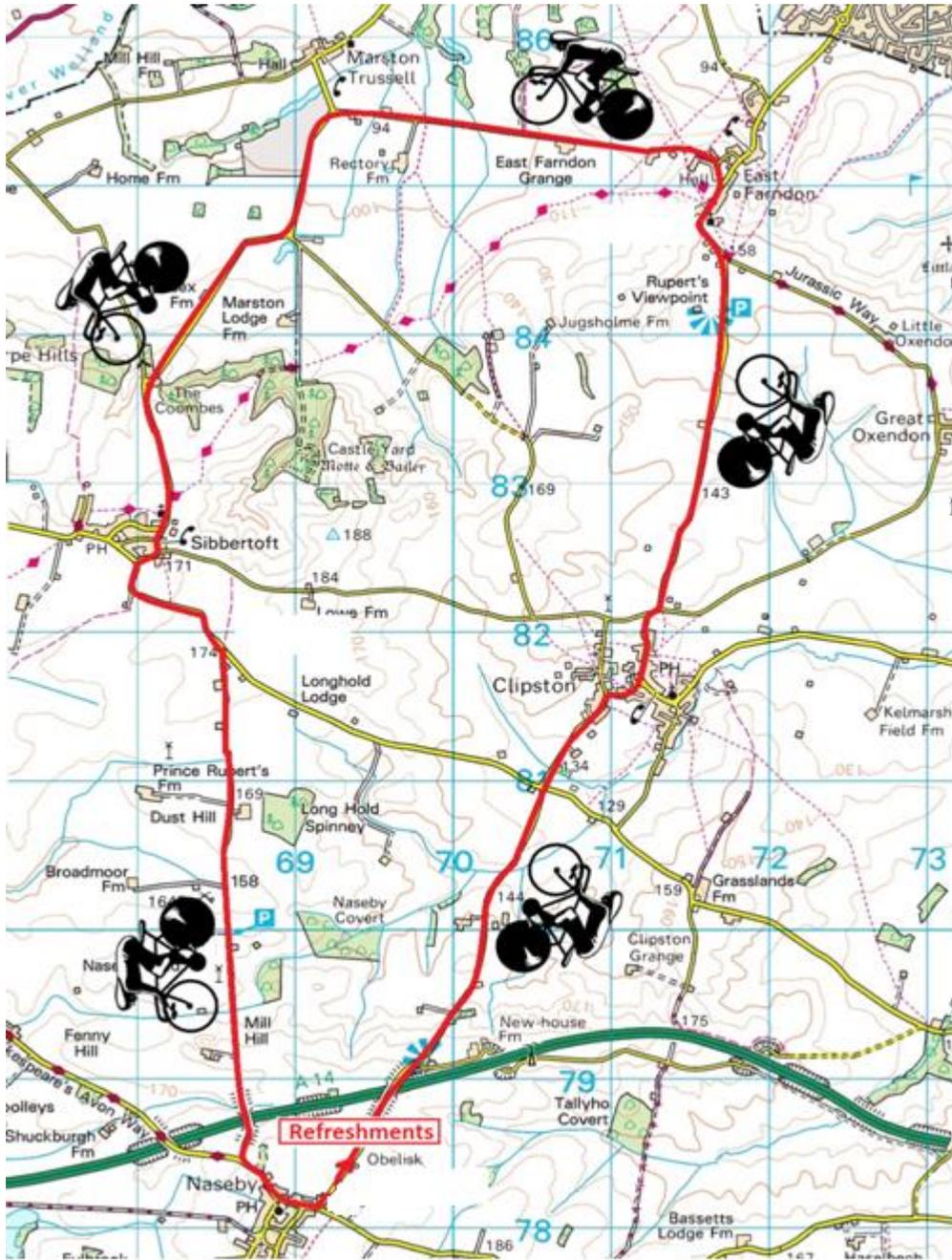
will be available to purchase on the day from



www.raceharborough.co.uk

[Taste Event and Outside Catering.](#)

Bike Route – All distances



Mechanical Issues on the Bike Course

According to British Triathlon rules, no outside assistance can be offered during the event. Should you get a puncture or any minor mechanical issue you will be expected to be self-sufficient. If you wish to withdraw from the race due to a mechanical issue, please contact Brian on 07734 853748 or contact the nearest marshal and we will arrange for you to be collected asap. It may be wise to carry a mobile phone for this purpose.

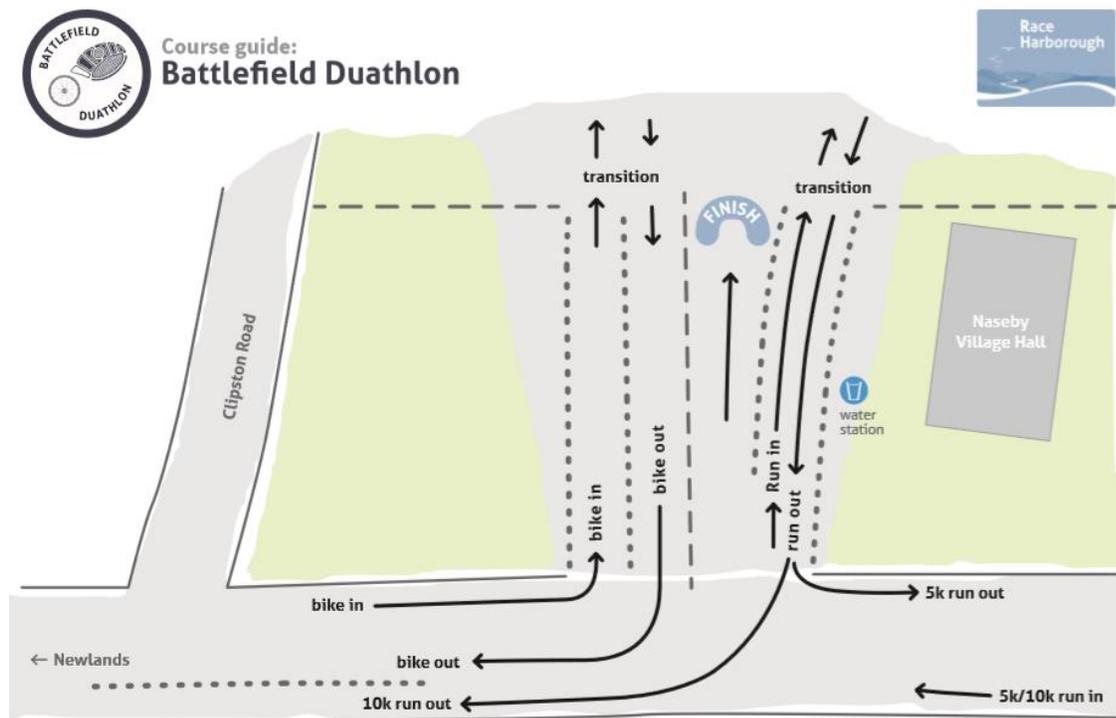
Drafting

The duathlon is a non-drafting event.

To draft is to enter the bicycle or vehicle drafting zone:

- Middle and long distance: the bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another competitor;
- Standard distance and shorter races: the bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor;
- Motorbike draft zone: the draft zone behind a motorbike will be 12 metres long. This also applied for draft legal events;

Transition Organisation



Results and Prizes

A full set of results will appear on the event website within 24 hours of the finish of the race. There will be trophies and prizes for 1st, 2nd and 3rd male and female in each race, trophies for AG winners and a medal for all finishers. If people choose not to stay for the prize giving, we will make arrangements for awards to be left for collection at Training Shed, Market Harborough. Prizes will not be posted out.

Qualification for the 2018 Vejle ETU Powerman Middle Distance Duathlon European Championships

Competitors doing the Middle or Standard distance events may submit their results to the BTF as evidence of their performance for qualification to the 2018 Vejle ETU Powerman Middle Distance Duathlon European Championships. Any competitor wishing to do so should first register their intent with the BTF prior to the event. Information on how to do this may be found here:

https://www.britishtriathlon.org/gb-teams/age-group/2018-vejle-etu-powerman-middle-distance-duathlon-european-championships-_7983

PLEASE NOTE THAT THE DEADLINE FOR SUBMITTING RESULTS HAS BEEN EXTENDED. PLEASE SUBMIT THEM AS SOON AS POSSIBLE AFTER RACE DAY.

British Triathlon Rules

Competitors should be familiar with British Triathlon Rules. They can be accessed here:

<https://www.britishtriathlon.org/competitionrules>

This includes details of the appeals process. Any competitor who is found to drop litter (eg energy gel packets) on the course risks disqualification. All litter should be carried by the competitor to the next bin. Bins are available at the feed stations and at the finish area.

Any competitor who is abusive to a race official risks having disqualification.

Contingency Plans

Whilst we will do everything we can to ensure the event runs as planned we may be forced to postpone the event if our Safety Officer considers it unsafe due to weather conditions or any other situation that is out of our control. In the case of postponement, we will inform all competitors and staff via email, giving as much notice as reasonably possible and a notice will be posted on the Race Harborough website and Facebook/Twitter pages.

Toilets

DUE TO THE POSTPONED DATE CLASHING WITH ANOTHER EVENT, THE ONLY TOILETS AVAILABLE ARE THE PORTA LOOS OUTSIDE THE HALL. PLEASE DO NOT ENTER THE HALL FOR ANY REASON.

First Aid

First aid is available on site and can be found at the finish enclosure. If anyone is in need of medical attention they should inform the nearest event marshal who will contact the Medical Director.

Personal Music Players

According to British Triathlon Rules the use of personal music players such as Mp3 players or mobile phones during your race is prohibited.

Storage

Items may be stored at the registration area but this is not a secure storage area. It is recommended that you store your baggage in your car

Essential Kit You Will Need

Kit for the Run

The kit for first and second run may be the same as you would normally wear for a run. However, to save time changing in transition you might prefer to run in your cycle top or an all-in-one tri suit. Dress appropriately for the weather conditions planning ahead for the bike but be careful not to over dress for the cold at the start of the race. You will soon warm up into the run.

Kit for the Bike

- Bike in good, safe working order ie the brakes and gears function correctly and the ends of the bars have stoppers or are taped up safely.
- Cycle helmet which must be damage free and adjusted to fit well including the strap fitting tightly under the chin.
- Biking top. Make sure it has a race number attached on the back
- Suitable shoes. These may be trainers which could be used for both the biking and running or they may be specific cycle shoes which clip into the pedals. In the later case the cycle shoes should either be already attached to the pedals in preparation for the bike section or laid out neatly at your specific bike racking area ready to pull on at T1.
- Energy gel or suitable chocolate bar which you can consume quickly in transition or on the bike. This will help to keep you going for the duration of the event.

- Cycle gloves (optional)
- Bike water bottle
- Repair kit including spare tubes, pump, chain links etc

Non essential kit you will find useful

- Number belt. You have to show your number on the front for the run sections and on the back for the bike section. With a number belt only one number is necessary. Pin your number to the belt before you start, and step into it in transition. Wear it at the front for the run, and swivel it round to the back for the bike.
- Tri shorts. If you don't have a tri suit then tri shorts are useful as they have minimal padding to enable you to run and cycle without having to change in transition.
- Small hold-all to carry and keep all your stuff in.
- Old towel to lay your kit on in transition. Marking your transition area with balloons or objects is illegal as it will give you an unfair advantage, but if you have a brightly coloured towel it will help to define your area and enable you to find your bike easily

Spectator Information

Arrival

Spectators should aim to arrive before race start at 9:00am.

Spectator Parking

In order to reduce your carbon footprint, save parking spaces and reduce on site traffic movement we recommend that spectators share lifts and travel with other athletes where possible. Spectator parking will be in the same field as competitors. All parking must occur before 8:50am.

Recommended Viewing

There is ample viewing at the finishing area. Spectators should take care on the road leading to the finish as there may be runners and riders on the road. Spectators are not permitted inside transition but may cheer from the outside.

Spectators are welcome to stand at the side of the road at the race start and as bikes enter and leave the area and they can line any part of the run or bike route. It is the responsibility of the spectator to remain in a safe place during the event.

We hope you enjoy the event and look forward to seeing you on the 18th