



Where fitness comes naturally



Cambridge Duathlon 2010



CAMBRIDGE DUATHLON

Run under Triathlon England Rules

**Taut National Ranking Series Event
World Duathlon Championships Qualifying Event**

9:00am SUNDAY 2nd May 2010
7.5km run, 40km cycle, 7.5km run

Race organised by Cambridge Triathlon Club
(<http://www.cambridgetriathlonclub.com>)

We look forward to seeing you at the race and hope you have a successful one.
Please read the following information carefully as it will help to ensure that the event runs as smoothly as possible for everyone.

Anticipated schedule

07:00 – 08:30	registration and transition open
08:30	registration closes
08:35 – 08:45	race briefing
09:00	wave 1 start
09:05	wave 2 start
09:10	wave 3 start
09:15	wave 4 start
12:30	prize giving (provisional)

Venue

Location	Bottisham Village College, Lode Road, Bottisham, Cambridgeshire, CB5 9DL.
How to get there	<p>From Junction 14 of M11 take slip road onto A14 eastbound (signposted Felixstowe). From the A14 take the A1303 heading towards Newmarket and Bottisham. Continue on the A1303 for about 2 miles and then turn left into the village of Bottisham. At the T junction by The Bell public house turn left into Lode Road. The Village College is approximately 400m down the road on the left.</p> <p>Cambridge train station is 4 miles away and has regular trains from London and the regions and there is a large taxi rank outside the station. See www.nationalrail.co.uk for timetable.</p>
Parking	<p>Parking will be on or near playing fields at the Village College. Please follow the signs and marshals who will direct you.</p> <p>If it has been very wet in the week prior to the race, the field may be unusable. In this case there will be alternative parking in various locations around the village, to which you will be directed, note these are some distance from the race venue.</p>
Accommodation	<p>For accommodation please contact the Cambridge Tourist Office on 01223-457581, or try the <i>Visit Cambridge</i> website: www.visitcambridge.org</p>
Spectators	<p>All spectators are very welcome, but please keep to designated areas and listen to the marshals' instructions for safety and security reasons. Please be respectful of the houses opposite the school (not walking on their grass and keep the noise down in the early morning).</p>
Trade Stands	<p>TriandRun sponsor will be selling duathlon related goods. www.triandr.com</p>
World Duathlon Championship qualification	<p>In order for a place in the GB age-group team you must register according to the rules on the British Triathlon website. You must enter using your BTF membership number, if you don't you can not qualify. Secondly, you must register your intent to qualify on the BTF website no later than 5pm on the Friday before the race, again if you do not then you cannot qualify. http://www.britishtriathlon.org/age/index.php</p>

Pre Race

Registration	<p>This will take place in the registration hall by the transition area from 07:00 onwards on Sunday morning. Registration will be by wave number. A list of entrants will be posted both outside and inside the registration hall - look up your start wave before registering so that you know which desk to go to. After registering you will receive your goody bag in which will be your race numbers and bike and helmet numbers.</p> <p>Registration will close at 0830 – you must register before this time.</p> <p>If necessary (see below) you must purchase a day license before proceeding to the main registration desks.</p>
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Triathlon Association membership cards / Day licences

Production of your 2010/11 Triathlon England, Welsh Triathlon or triathlonscotland membership card is absolutely mandatory.

Anyone not able to produce a valid 2010/11 membership card will be required to purchase a day-license under the Triathlon England Association Rules. These will be charged at £3 on the day. Note that 2009/10 licenses expire on the 31 March 2010 and will not be valid for this race. There will be no exception to this rule as this gives you insurance for the race.

Leg/Body marking

There will be **compulsory** leg/body marking with your race number.

This is for security reasons to allow access to transition and also to assist our time-keepers.

You will also be marked with your age group letter to hopefully add to the fun of racing your peers ☺

Race numbers and Timing Chips

All race times will be recorded using timing chips and with manual timing at the finish as a backup. Timing chips will be issued at registration and must be returned at the finish.

Two race numbers will be provided, please ensure that both are well secured, ideally with a pin at all corners.

Both numbers should be worn, one front and one back, unless a number belt is used when just one will be permitted but turned to the front for the run and the back for the bike legs. Tip - pin the numbers back to back onto the top of your race belt to help keep the number from flapping.

Please make sure that your numbers are visible when passing the time keepers at the finish. Do not fold or deface the number in any way.

You will also be provided with numbered stickers which must be attached to your bike and helmet.

Medical conditions

If you suffer from any medical conditions (e.g. asthma) then please write the details on the back of your race numbers in order to help ensure that you receive appropriate medical assistance in the event of an emergency.

There will be emergency medical support available by St John Ambulance – contact the information desk or any marshal if you need help.

Changing / showering / toilets

Male and female toilets are available beyond the main registration hall.

Showers and changing facilities and further toilets are available at the back of the sports centre using the outdoor access (**not** through the sports centre).

Facing transition from the road, walk to the far right of the College site and around the back of the sports centre following the road/track to reach the outdoor facilities. Follow the signs or ask at the information desk for directions.

Severe Weather

If the weather is too bad to do the bike section (poor visibility) then the two run sections will be amalgamated with prizes being awarded as for the duathlon.

Bike Racking

The bike racking will be by wave. Please keep within the space allocated to your wave and allow room for others. Please make sure that your bike bar ends are plugged. Remember which side you have racked (left or right) so that you enter transition correctly during the race.

For security reasons you will not be allowed to rack your bike until you have registered.

Cycle Helmets

Approved cycle helmets are compulsory (e.g. ANSI Z90.4, EN1078 or SNELL B90). **NO APPROVED CYCLE HELMET, NO RACE.**

Race

- Race Briefing** There will be a **MANDATORY** race briefing. All competitors **MUST** attend the briefing at **08:35**. This will be in the registration hall. Under Triathlon England guidelines we have carried out a detailed risk assessment for the event and the race briefing will give details of the potentially hazardous aspects of the course and the safety requirements at various junctions. A copy of the salient points of this briefing are included at the end of this pack to be viewed alongside the schematic course plan.
- Marshals** There will be marshals and race officials around the start, transition and the course.
- They are here to help, and make sure everyone is safe. You can either listen to them and they will help you, or ignore/abuse them and be **DISQUALIFIED**—the choice is yours.
- If you are coming to the race with a friend and they would like to help please email duathlon2010@cambridgetriathlonclub.com. All marshals will get a goody bag.
- Start** There will be four wave starts. These will be at 5 minute intervals starting at 09:00. You will need to look up your start wave on the sheets in the hall before registering, see above. When near the start please be respectful of the houses opposite the school (not walking on their grass and keep the noise down in the early morning)
- Run section** The run will start on the road outside the Village College and will comprise a one lap course on the local roads. Most of the time you can run on footways but be careful on the B1102 between Lode and Stow cum-Quy where you will need to run along the edge of the road. Towards the end, the run turns off-road across the College playing fields, but the grass should be reasonably firm underfoot.
- Transition** The transition area will be clearly marked. For security reasons only competitors and officials will be allowed in the transition area. The bike-mount line will be clearly marked and will be outside the transition area. Anyone cycling in the transition area will suffer a 2 minute penalty.
- As for all triathlon races you must make absolutely sure that you fasten your helmet before you collect your bike and do not remove it until after your bike is racked again, otherwise you will penalised.
- Bike section** This is a **2 and a half lap course**, 2 complete laps and a 3rd part lap of the route. The bike section initially follows the run course but instead of turning into Bottisham you will continue on the A1303 to a left turn about three miles further on. Carry on to Swaffham Bulbeck where you will turn left and descend through the village to a blind right-hand turn. **It is MANDATORY for all competitors to come to a complete halt at this junction and put one foot down.**
- Turning left again out of the village, continue along the B1102 until you reach the Lode crossroads, where you continue on to repeat the first circuit. After the second circuit at the Lode crossroads continue as for the first two circuits. After

passing the “run only” turning, take the next left turn back into Bottisham. Cycle through the village centre **taking great care past the crossroads and newsagents** before you approach the college. There will be a clearly marked dismount line on the left-hand side of the road. Please dismount inside this box and enter the transition area.

Please remember that you will be racing on open roads and must therefore comply with the Highway Code throughout, giving way to other road users at junctions etc. Please listen to the marshals. They are there for your safety but cannot stop traffic for you.

This route is a 40Km route, the same route as used in 2007 and 2009.

Drafting

This is not a draft-legal race and BTF drafting/pacing rules will apply. This means that you must keep outside the draft zone (7m x 3m, these dimensions will be drawn out on the grass on race day) of all other competitors unless you are seen to be progressing through that zone. Motorcycle referees will be patrolling the course and our course marshals will also be instructed to report the number of any competitor seen drafting or riding in a dangerous manner. **Offenders risk a 2 minute penalty or possible disqualification depending on the severity of the offence.** If in any doubt please refer to the rules at <http://www.britishtriathlon.org/events/page.php?article=&category=/events/&folder=rules/>

Second Run

The second run follows the same route as the first. There will be a water station just after the exit from transition.

Finish

The finish is up a short drive, about 10 metres before the entrance to Bottisham Village College, and will be very obvious. There will be water and bananas provided at the finish.

Post Race

Timings

Splits will be recorded by timing chips at the end of the first run, at the end of the bike and at the finish. If the timing chip system fails then overall timing will be taken manually at the finish.

As mentioned above, to assist timekeepers and marshals please try to ensure that race numbers are clearly visible. **It is your responsibility to ensure that your race number is visible at all times.** Failure to do so will risk not receiving splits and final times.

Results

Full provisional results will be posted up as soon as they are ready on the day. Final results will be put onto the club website at www.cambridgetriathlonclub.com within 3 days of the race. Race Timing Systems are providing the results service and will put results on their website at <http://www.racetimingsystems.com/public/results.aspx> .

Prizes

Prizes will be awarded to first 3 men and first 3 women plus first person in each age group (male and female). Age groups with 3 or less competitors may be combined with next category, when only one prize will be awarded.

Refreshments

There will be selection of hot and cold drinks and snacks available for sale in the registration hall. Please **only** dispose of litter etc in the bins provided. All proceeds from the refreshments will go to the Heathlands Animal Sanctuary,

Royston (<http://www.heathlands.org.uk/>) . There is a newsagents open along the road that sells further drinks and snacks.

Massage Sports masseurs will be invited to the event

Photography We have invited <http://www.photoboxgallery.com/markbartley> to attend the event

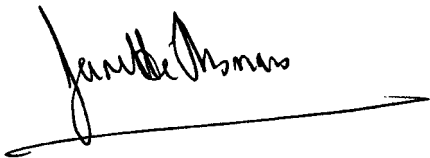
Thanks

The club would like to thank the following

- Race sponsors: Greens Health and Fitness, TriandRun, Cambridge Water, Grid24
- Bottisham Village College for the use of their facilities
- Cambridgeshire Constabulary
- British Triathlon race sanctioner and referees
- The people of Bottisham & surrounding villages
- The club race committee for all their hard work
- All of our helpers & marshals

And finally,

Best of luck in the race, we hope you enjoy it, have a good time and come back again in the future!



Janette Thomas
Race Director

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Key points of course risk assessment – Cambridge Duathlon 2010

Refer to race maps for ID No.

Map I.D. No.	Description	Hazards	Safety measures
A	Left turn from transition	Cars turning into college car park	Marshals
	Road leaving village	Road narrows due to traffic calming	Signs, briefing
B	Left turn onto B1102	Traffic on B1102 has priority	Marshals
C	Left turn at Quy	Sharp left turn	Marshals
D	Left turn at A1303	Major road, traffic has priority	Marshals Disqualification for crossing road centre hatched lines
F	Sharp left turn >90° last turn to return to Bottisham	Oncoming traffic	Signs, marshals.
G	Sharp left turn >90°	Oncoming traffic	Signs, marshals
H	Blind right turn	Traffic has priority	Signs, marshals. Foot down and Stop. Disqualification for failure to comply.
I	Road entering village	Cyclists have priority passing the junction in the village but potential conflict with cars turning from Bell Road on the left. Cyclists pass a newsagents on the left busy with parked cars and pedestrians. Potential conflict with drivers and pedestrians not looking properly.	Signs, marshals, briefing. (note marshals are not allowed to direct traffic) Caution to be highlighted at race briefing.
A	Dismount box	Cyclists failing to slow down	Signs, marshals, briefing