



# CAMBRIDGE DUATHLON

*Run under British Triathlon rules*

[www.britishtriathlon.org/events](http://www.britishtriathlon.org/events)

## World Duathlon Championships Qualifying Event

**9:00am SUNDAY 15<sup>th</sup> April 2012**  
7.5km run, 40km cycle, 7.5km run

**Organised by Cambridge Triathlon Club**



[www.cambridgetriathlonclub.com](http://www.cambridgetriathlonclub.com)

We welcome all competitors from novice to those aiming to qualify for the age-group world championships. We look forward to seeing you at the event and hope you have a successful race.

Please read the following information carefully as it will help to ensure that the event is as fair, safe, and enjoyable as possible for everyone.

### Anticipated schedule

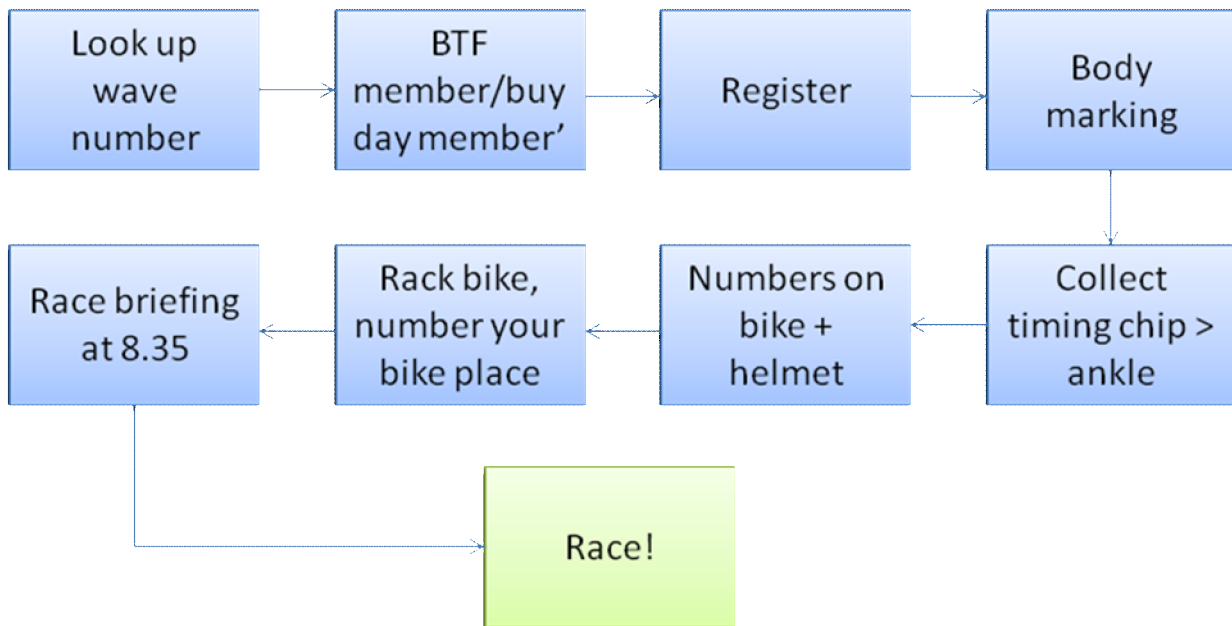
07:00 – 08:30	registration and transition open
08:30	registration closes
08:35 – 08:45	race briefing
09:00	wave 1 start
09:05	wave 2 start
09:10	wave 3 start
09:15	wave 4 start
12:30	prize giving (provisional)

## Venue

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<b>Location</b>	Bottisham Village College, Lode Road, Bottisham, Cambridgeshire, CB25 9DL
<b>How to get there</b>	<p>Cambridge train station is 4 miles away and has regular trains from London and the regions. See <a href="http://www.nationalrail.co.uk">www.nationalrail.co.uk</a> for timetable. There is a large taxi rank outside the station but not all taxis take bicycles. Panther taxis have said that they can provide vehicles that will take bicycles but can only carry one bicycle per vehicle. This would be at a cost of £18.00 per vehicle between Cambridge Station and the race venue. To book tel 01223 715715.</p> <p>By car: 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>
<b>Parking</b>	<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 for cars. In this case there will be alternative parking in various locations around the village, to which you will be directed, note these are about 10 to 15 minute walk from the race venue.</p> <p>Please do not leave litter in the car park area.</p>
<b>Accommodation</b>	<p>For accommodation please contact the Cambridge Tourist Office on 01223-457581, or try the <i>Visit Cambridge</i> website: <a href="http://www.visitcambridge.org">www.visitcambridge.org</a></p>
<b>Spectators</b>	<p>All spectators are very welcome. 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>
<b>Trade Stands</b>	<p>Two sponsors stalls will be present; a running shop Advance Performance <a href="http://www.advanceperformance.co.uk/">http://www.advanceperformance.co.uk/</a>, and a cycle shop Primo Cycles <a href="http://www.primocycles.co.uk">http://www.primocycles.co.uk</a>, selling goods and solving last minute bike problems</p>
<b>World Duathlon Championship qualification</b>	<p>In order to qualify to represent Great Britain at World Championships you must be a member of a Home Nations Association (Triathlon England, Welsh Triathlon, Triathlon Scotland) and hold a valid race license.</p> <p>To find out the qualification criteria for any specific event please visit <a href="http://www.britishtriathlon.org/age">www.britishtriathlon.org/age</a> . You must have registered to qualify by 5pm on the Friday prior to the qualification event you are taking part in (in this case 13<sup>th</sup> April 2012)</p>

## Pre Race



**Registration** You will need your 2012/13 Home Nation BTF membership card with you to register. If you are not a member you can purchase a day membership (£4.00) at the registration entrance. If you forget your membership card you will need to buy a day membership before you can register.

Registration will be by wave number so look up your start wave before registering to know which desk to go to. The list of entrants and waves will be posted both outside and inside the registration hall.

Register in the registration hall from 07:00 onwards on Sunday morning. At registration you will receive your goody bag containing your race numbers and bike and helmet numbers.

**Registration will be open from 0700 until 0830.**

### Leg/Body marking

After registration go to the marking area to get your leg/body marked with your race number (for security reasons to allow access to transition and also to assist our time-keepers) and your age group letter (to add to the fun of racing your peers ☺)

### Race numbers and Timing Chips

After body marking go to the timing chip desk to get your timing chip. We recommend you put it on your ankle straight away so you don't lose it. All race times will be recorded using timing chips and with manual timing at the finish as a backup. Please return your chip at the finish area even if you do not complete the race. Also if you do not finish the race please let the finish line people know you so we don't go out looking for you.

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 top of the numbers back to back onto 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.

You will also be provided with three numbered stickers which must be attached to your bike, your helmet and your chosen bike rack place.

### **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). To reach it from the front of the college, stand facing the college with your back to the road; from the road, walk to the far right of the College site and around the back of the sports centre (in the direction of the car parking) following the road/track for a distance until a gate left in the fence to reach the outdoor facilities off the paved area and on the left. 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 we will use an alternative, 15Km, run course 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.

You'll need to register before you can rack your bike. Put a number sticker on your bike rack location so the referee can see that you have returned your bike to the correct location after the bike section.

### **Bike Mechanic**

Visit the Primo Cycles stall for last minute bike issues

### **Cycle Helmets**

During the race you must wear your helmet fastened before taking your bike off the racking until after you have replaced your bike on the racking. Referees are very strict with all competitors on this matter.

## **Race**

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### **Race Briefing**

All competitors must attend the briefing at **08:35** in the registration hall. You will get details of any last minute changes and information for the race. 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. Please listen to them so they can help you. If you ignore or abuse them you will be disqualified. Please remember every one of the race organisers is a volunteer and are doing their best to put on a good race.

If you are coming to the race with a friend and they would like to help please email [duathlon2012@cambridgetriathlonclub.com](mailto:duathlon2012@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 residents 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. Please be prepared for more slippery conditions if it is raining.

### **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 and before you enter onto the road. Anyone cycling in the transition area will suffer a 2 minute penalty.

As for all duathlon/triathlon races, you must make absolutely sure that you fasten your helmet before you collect your bike and do not undo it until after your bike is racked again, otherwise you will be penalised.

After race start the transition will remain closed until all bikes return from the bike section of the race.

### **Bike section**

This is a **2 and a half lap course**, 2 complete laps and a 3<sup>rd</sup> 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.** Skidding along with one foot on the ground is not acceptable!

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 before the line and enter the transition area on foot.

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 the last three years.

### **Drafting / rules**

This is not a draft-legal race and BTF drafting/pacing rules will apply. This means that you must keep a good distance from the competitor in front of you ie outside the draft zone (7m x 3m, these dimensions will be drawn out on the grass on race day) unless you are seen to be progressing through that zone. Motorcycle race officials 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.

Please refer to the race rules found at <http://www.britishtriathlon.org/events>

### **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. There will be water and bananas provided at the finish.

## **Post Race**

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### **Timings**

Split times 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. Wear your timing chip on your ankle.

As mentioned above, to assist timekeepers and marshals please try to ensure that race numbers are clearly visible so we can ensure we record your finish time.

If you do not finish the race please let the finish line people know and make sure you return your timing chip.

### **Results and penalties**

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](http://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>

Race Officials attend the event to ensure the race is as fair and safe as it

can be and so they may award a penalty if you break the rules. All penalties will be posted on a penalty board in the college reception area. For information on the rules and penalties please see the BTF website at

<http://www.britishtriathlon.org/events/>

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

**Refreshments** There will be a selection of hot and cold drinks, cakes, and rolls available for sale in the registration hall. Please 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 drinks and snacks.

**Massage** Sports masseurs from the Sports Injury Clinic ([www.thesportsinjuryclinic.org](http://www.thesportsinjuryclinic.org)) will provide free massages with optional donations to their charity on the day

**Photography** [www.photoboxgallery.com/markbartley](http://www.photoboxgallery.com/markbartley) will attend the event

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## Thanks

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The club would like to thank the following

- Race sponsors: Advance Performance, Cambridge Water, Drip Drop Sport , Elite Swimming Academy, Primo Cycles and The Sports Injury Clinic
- Bottisham Village College for the use of their facilities
- Cambridgeshire Safety Advisory Group
- British Triathlon race sanctioner and officials
- The people of Bottisham & surrounding villages
- The club race committee for all their hard work
- All of our helpers & marshals

## And finally,

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

Don Hutchinson

Race Director

[duathlon2012@cambridgetriathlonclub.com](mailto:duathlon2012@cambridgetriathlonclub.com)



## Key points of course risk assessment

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 <b>Disqualification</b> 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. <b>Foot down and Stop.</b> <b>Disqualification</b> 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 line	Cyclists failing to slow down	Signs, marshals, briefing

## Website terms and conditions of race entry;

Please read these details carefully before completing the on-line entry form. By entering the race, you agree to all of the terms and conditions as set out below: -

### Entry procedure

Your application to enter our race must be completed using our online entry system, which operates strictly on a first come first served basis. Upon completion, your details will automatically be submitted to the entry database and you will be forwarded to the secure online payment page. If for some reason you are unable to complete an online entry, please contact the race organisers at [duathlon2012@cambridgetriathlonclub.com](mailto:duathlon2012@cambridgetriathlonclub.com) for help or alternative options.

Your application will be held as a **provisional** entry, pending confirmation that your online payment has been accepted (this is done manually and so may take a few days) at which time, your entry will be **CONFIRMED** and only then will your details be shown on the entrants list.

It is your responsibility to check this website to establish whether or not your entry has been confirmed. Entry confirmation will NOT be posted or emailed to you. Acceptance of your entry fee and confirmation of your entry does not constitute a contractual relationship in itself giving you the right to race. The race organisers have the ultimate right to determine who can and cannot compete in this race. Most of our races are over subscribed. The numbers allowed for each race are the absolute maximum based on course capacity and risk assessment, taking account of probable drop outs, therefore regardless of circumstance, we cannot accept more than the maximum of **350** entrants for this race.

### Qualification for championships

Please remember that it is your responsibility to register your application with the **British Triathlon Federation (BTF)** if you wish to qualify for 2012 BTF Duathlon World Championships. Ticking the qualification boxes on this application form only highlights your race details so that we can pass on your race results to BTF for consideration. BTF will only accept race results for athletes who registered with them before the event.

Please enter this race with the name as shown on your triathlon membership card and your age group application for qualification (DO NOT USE NICK NAMES such as 'Al' instead of 'Alvin') as this may mean that the British Triathlon cannot match your race results to your age group application.

### Payment

The individual Entry fee for BTF members is **£35** and a valid BTF membership card will be required on race day. This evidence will be your new Triathlon England/Welsh Triathlon or Triathlon Scotland membership card, please ensure you renew in good time to receive your new card. Membership cards not belonging to the Home Nation Countries MUST declare an 'INTERNATIONAL ENDORSEMENT' or have a picture of the ITU logo to be valid in British registered races. An additional charge of £4 will be made on race day for non Triathlon Association members to purchase a Triathlon England day membership.

We only accept online payment via the PayPal secure online payment system. You are not charged for this service and do not need a PayPal account. The club never receives your credit or debit card information.

If you have difficulties with the PayPal payment system, please return to the competitor information page and the select 'Late Payments Page' link. You will then be able to click the 'Online Payment' button beside your provisional entry and proceed to the PayPal payment system again. If your payment is not received within **14 days**, then your entry will be deleted and you will need to complete a new entry form if you wish to race.

### Closing date

The closing date for entries for this race will be **1st April 2012**, but it is possible that the race will be full long before this date. **There will be no entries accepted after this time**, even if the race is not full, as we need this time to plan waves and organise the results system and so cannot add anyone after this time. **There will be no entries allowed on the day under any circumstances.**

### Reserve list

If the race is full before the closing date, then a reserve list may be operated. Your entry details will be taken and you must pay the full entry fee, but this does NOT guarantee you a race entry. If a confirmed competitor withdraws, the first person on the reserve list will be offered that place. If you are on the reserve list it is your responsibility to check with this website to see whether we have been able to offer you a place. If successful, your status will be changed from 'reserve' to 'CONFIRMED'. If you are still marked as reserve on the closing date, then you will receive a full refund of your entry fee. If you withdraw from the reserve list then your refund will be subject to our standard refunds policy as set out below.

### Withdrawals and refunds

Withdrawals must be notified to us in writing (or by e-mail) before the closing date. You will then be eligible to receive a refund of the fee paid less a £5 admin fee. Under no circumstances will any refunds be paid for withdrawals notified to us after the closing date. The club does not allow a competitor to defer their entry to the following year, nor does it allow substitutions for any race entry.

### Eligibility

I declare that I will be at least 17 on the 31st December 2012 and self-certify that I am fit to take part in this event. I understand that I participate entirely at my own risk, and relieve the race referee and the race organisers/personnel of any responsibility for injury, loss or damage sustained to either my person or property as a result of participation howsoever caused. I also declare that my cycle is in a roadworthy condition. I agree to abide by the rules of British Triathlon/Triathlon England.

### Race details and results

All race details and course maps will be published on the Cambridge Triathlon Club website and race entry pages as soon as they are finalised. For the avoidance of doubt, no race details will be posted or emailed to you by the race organisers. Race results will also be published on the website as soon as they are available - which is usually on the day of the race.

Please continue to check back regularly for updates to your entry status and in case there are any last minute changes or announcements.

**Any queries should be made by e-mail to: [duathlon2012@cambridgetriathlonclub.com](mailto:duathlon2012@cambridgetriathlonclub.com)**