

Event Brief Notes – Northumberland Duathlon

Welcome to the Northumberland Duathlon.

Timing chip

All competitors will have received a timing chip at Registration, which should be attached to your Left ankle using the chip strap provided. You need to keep your timing chip on for the duration of the event to get a finish time / place etc. Please hand your timing chip to the finish marshals before you leave the finish area. (Keep the timing strap for future events)

The 1st Run

- The Start is opposite the finish line on the run through past transition.
- **Sprint Distance - 2 laps, 5.75km** - *Clockwise* run around the footpath the surrounds the lake.
- **Standard Distance - 4 laps 11.5km** - *Clockwise* run around the footpath the surrounds the lake.
- The course is fully marshalled with signage; keep to the footpath unless otherwise instructed.
- Run on the inside or the left of the path and overtake on the right. Please be aware of any members of the public on the footpath as it is a public area.
- Race number clearly visible on the front.

Transition Area

- Your helmet must be securely fastened before unranking your bike.
- You must rack your bike before unfastening your helmet.
- There are experienced marshals in the transition area, there to help. Please listen to them and follow their instructions.
- The bike mount and dismount area will be clearly marked, and marshals will be there to keep you right. Mount after the line and dismount before the line.
- Race numbers must be visible from the rear on the bike.
- As this event is a wave start event, please be considerate of your fellow competitors. Do not block routes or affect any other competitors' transit through transition.
- At the end of your event you must show your race numbers to the transition marshals before any kit is removed from the area.
- Transition is locked down during the event. The Senior Transition marshal will inform you when you will be allowed to enter transition as competitors may still be entering / exiting transition and going out on the run course.

The Bike

- **Sprint Distance - 1 lap - 19k.**
- **Standard Distance - 2 laps- 38k. (Do not return to the park after your first lap!).**
- It is up to you to know the bike course and count your laps. All maps have been posted online and are in registration.
- All competitors must always obey the Highway Code. The course is fully sign posted and marshalled. *Road Safety – the course has 3 roundabouts. Competitors should exercise best caution at these roundabouts. Please take care, it is better for both your safety and for the race's future that you sacrifice a few seconds rather than risk your own safety and that of others.*
- *Exercise best caution when cycling in and out of the country parks. There are speed humps in the middle of the road of the country parks that you can get safely around at the side of the road. There is a long fast decent into transition and to bike dismount, please slow down and listen to the very experienced marshals and their advice*
- Drafting will not be tolerated. Triathlon England Motorcycle Officials are in attendance on the bike course.
- Please be aware that there could be members of the public and cars coming into or exiting the park as the event is underway. Please be considerate towards them.
- When you are overtaking a cyclist in front of you, please do not pull out to the centre of the road, please be aware of other road users during the event
- No, I Pods to be worn at any time during the event.
- Please do not litter.
- Be safe, Enjoy - but be cautious and obey the Highway Code.
- **** BEWARE POT HOLES** Approximately 25 metres before the Exit of the Country Parks. We will spray them with coloured paint on the day to help you navigate your way around them.**

The 2nd Run

- **Sprint Distance - 2 laps, 5.75km - Clockwise** run around the footpath the surrounds the lake.
- **Standard Distance - 2 laps 5.75km - Clockwise** run around the footpath the surrounds the lake.
- The course is fully marshalled with signage; keep to the footpath unless otherwise instructed.

- Run on the inside or the left of the path and overtake on the right. Please be aware of any members of the public on the footpath as it is a public area.
- Race number clearly visible on the front.
- **Finish** – Have your race number on show at the front for the finish photos & commentary, and SMILE!
- Presentations from 1130hrs.

MEDICAL COVER

Full medical cover will be available on site and ready to respond to any incident on the race route before, during and at the end of the event.

If you have any medical conditions, please make sure you mark them on the back of your race number. If you have had a cold or illness recently, please consider deferring your entry to another one of our future events or let us know as if in the event of a medical emergency we will need to get you the correct medical attention as quickly as possible.