



Lancaster Duathlon

Greenlands Farm LA6 1JH

15th March 2020

Run 1 (5km) + Bike (24km) + Run 2 (5km)

The race starts at 10:30 registration is open from 08.30 until 10.00 in the Wellies Café at Greenlands Farm Village

Parking

Please follow signs for event parking as the Farm will be open to non-competitors we ask you to park in the field which will be sign posted.

Pre Event

You will be given a race pack at registration with the following;

- One race number please use a race belt and ensure you turn it round to the back for the bike and the front for the run.
- One sticky label for your bike (this must match your race number after the race to remove your bike from transition)
- Bike helmet number.
- A timing chip to be worn round your left ankle (please hand in after the finish or you will be charged £45 for a replacement)

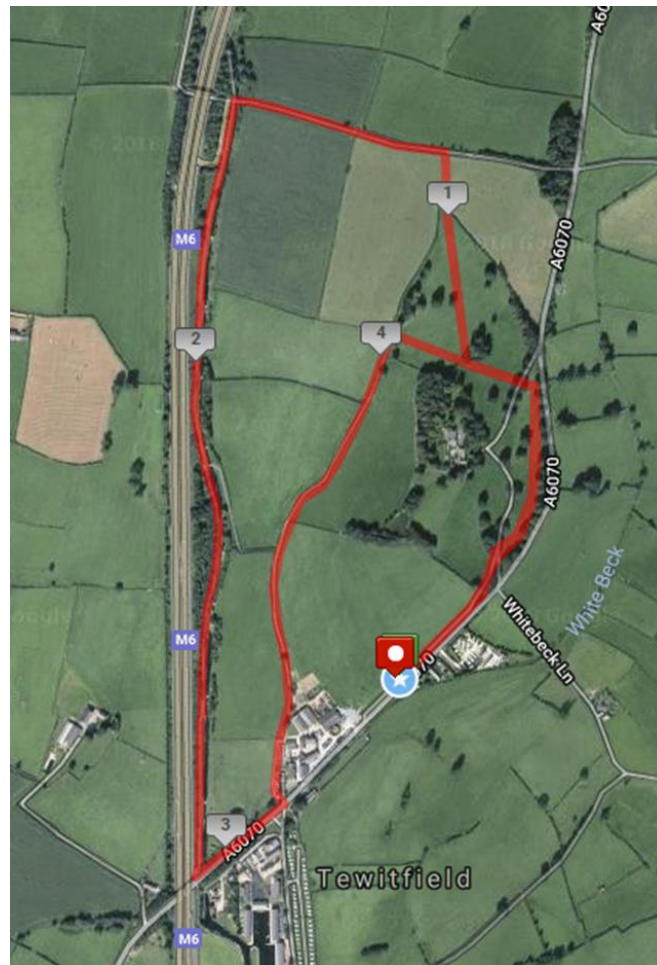
Rack your bike and cycling equipment in the transition area. Please note no spectators are to enter this area. There will be race briefing 10 minutes before the start under the start/ finish arch.

Approx. Timings

08:30- 10:00	Registration		
10:15	Briefing		
10:30	Start		
10:50	First runner back	11:00	Last runner back
11:30	First cyclist back	12:30	Last cyclist back
11:50	First finisher	13:00	Last finisher

First Run Lap 5km

The start will be located under the starting arch and heading east along the fence line. The course will be signed but please look at the links provided on the event page. The terrain is a mixture of surfaces more suited to trail shoes.

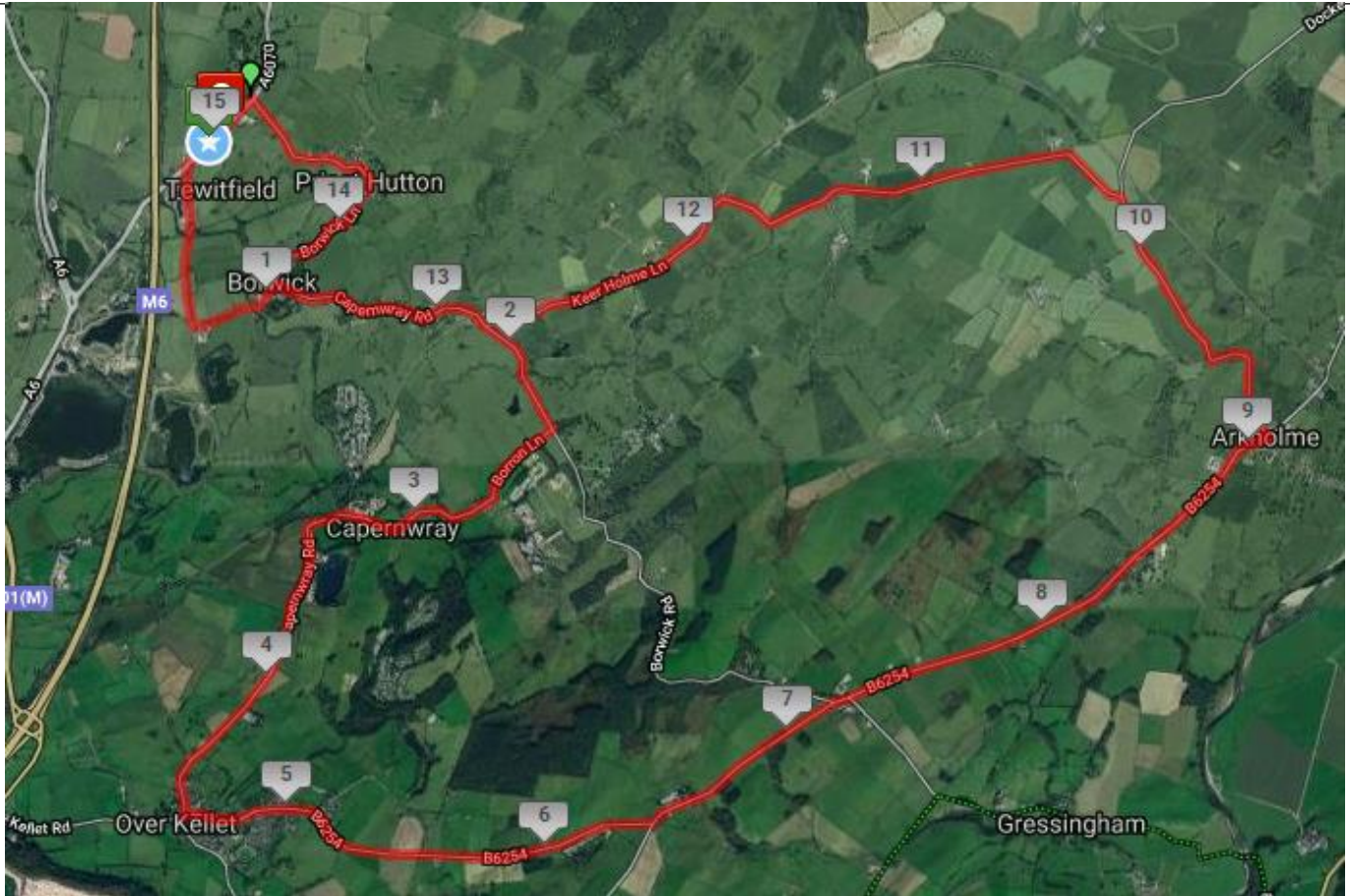


Strava run link

<https://www.strava.com/routes/16038750>

Bike Section 24km lap

After exiting the bike transition area you cross the road, be mindful of traffic. Once across you can then mount your bike and ride. On your return we will instruct you to dismount your bike and then cross the road to avoid a potentially difficult right turn into the site.



Strava Road Bike link

<https://www.strava.com/routes/15485570>

Second Run Lap 5km

Follow the same route out onto the run course and complete the 5km lap.

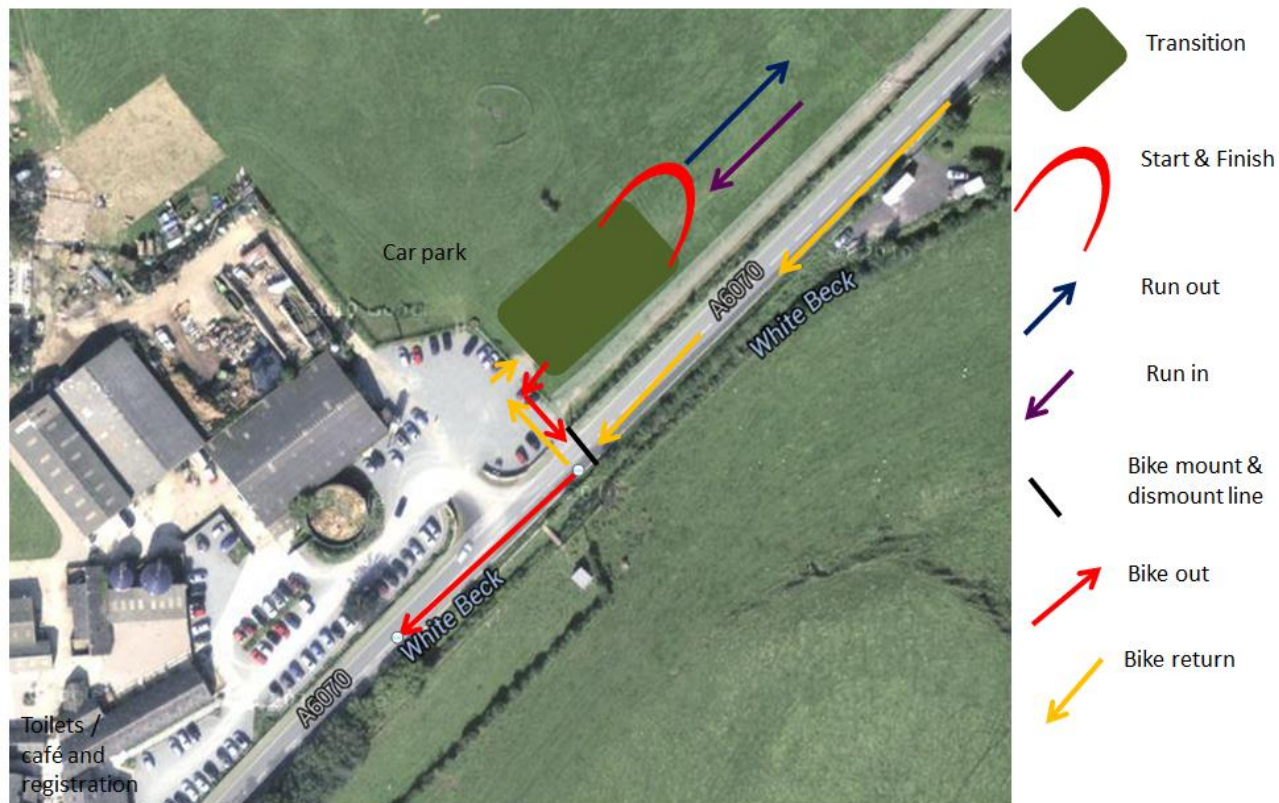
The marshals are only permitted to direct you and are not able to control traffic in any way. The rules of the road must be obeyed and your safety and the future of events depend on courteous and safe riding.

Potential risks highlighted

- Other spectators / animals in and around the course.
- Other road users.
- Narrow roads in some areas.
- Step descents and rough road surfaces.
- Right hand turns.

- Please ensure you take litter home with you.

Transition, mount and dismount line.



Competitor Conduct

Competitors are reminded that they share the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors & event officials 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 the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

Rules Governing Riding on the Highway

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ. It is also illegal and may result in a prosecution by the police.

Please recognise that Race Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

Right of Way

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

Non Drafting

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring ten metres long by three metres wide, which surrounds every cycle on the cycle course (approximately the size of an estate car). The front edge of the front wheel defines the centre and top edge of the rectangle. 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 is allowed to progress through the draft zone of another competitor. If an overtaking maneuver is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and DQs will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

Helmets

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

Bikes

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon Federation. **Please ENSURE before you arrive at the event that BAR ENDS ARE PLUGGED and HEADSETS are TIGHT.**

After the Race

- Your chip will be removed in exchange for a race memento.
- You should collect your bike and race kit from transitions with your race number.
- You will have been given a voucher to use in the café, do make sure you collect your hot drink.
- Provisional results will be made available as soon as possible and emailed out later that evening or the beginning of the week. 1st, 2nd & 3rd overall male and female awards will be presented along with 1st male and female vet (over 40)
- <https://www.t2.events/results/>

We look forward to seeing you on the day

Kind wishes

T2.Event Team