



### **Event Brief Notes – Northumberland Duathlon**

Welcome to the Northumberland Duathlon.

All competitors will receive a bib number and timing chip at registration; Please write your contact, medical, and emergency details on the back of your Bib. Attach the timing chip to your Left ankle if possible. You need to keep your timing chip on for the duration of the event to get a finish time / place.

#### **The 1<sup>st</sup> Run**

- The Start is on the road opposite the main event field within the country park. you will run on the road towards the transition area, passing in front of the 'Run out exit' past the main visitor centre and onto the main run route. (Please see the course maps)
- **Sprint Distance - 2 laps, 5.3km.** *Anti- Clockwise* run around the footpath the surrounds the lake.
- **Standard Distance - 4 laps 10.5km.** *Anti-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 and overtake other competitors 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 unracking 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 assist you. Mount after the line and dismount before the line.
- Bib 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!).**
- The bike course is fully signed, and marshals are positioned at key points around the course, but it is up to you to know the bike course and count your laps. All maps have been posted online and are in registration.
- Always **obey the Highway Code.**
- *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*
- This is a no drafting event. Event 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.

### **The 2<sup>nd</sup> Run**

- **Sprint Distance - 1 lap, 2.5km – Anti-Clockwise** run around the footpath the surrounds the lake.
- **Standard Distance - 2 laps 5km –Anti -Clockwise** run around the footpath the surrounds the lake.
- **Finish** – Have your race number on show at the front for the finish photos and SMILE!

### **MEDICAL COVER**

Medical cover is available and ready to respond to any incident during the event. If you have any medical conditions, please make sure you mark then on the back of your race number as if in the event of a medical emergency we will need to get you the correct medical attention as quickly as possible.