

London v South East Inter-Regional Duathlon 2

Saturday 3 October 2015, 12:30 – 16:30

Race Information Pack



VENUE

Cyclopark, The Tollgate, Watling Street, Gravesend, Kent, DA11 7NP



EVENT TIMETABLE (after Race 1, all timings are approximated)

11.15 Registration and transition opens

Race 1 & 2 – Tristar1 (1200m/3km/400m)

12.25 Briefing

12.30 Race 1 start – TS1 Male

12.47 Race 2 start – TS1 Female

Race 3 & 4 – Tristar2 (1200m/5.5km/800m)

12.58 Briefing

13.04 Race 3 start – TS2 Male

13.30 Race 4 start – TS2 Female

Race 5 & 6 – Tristar3 (1.5km/7.5km/1.5km)

14.10 Briefing

14.15 Race 5 start – TS3 Male

14.45 Race 6 start – TS3 Female

Race 7 & 8 – Youth (2.25km/10km/1.5km)

15.10 Briefing

15.15 Race 7 start – Youth Male

15.55 Race 8 start – Youth Female

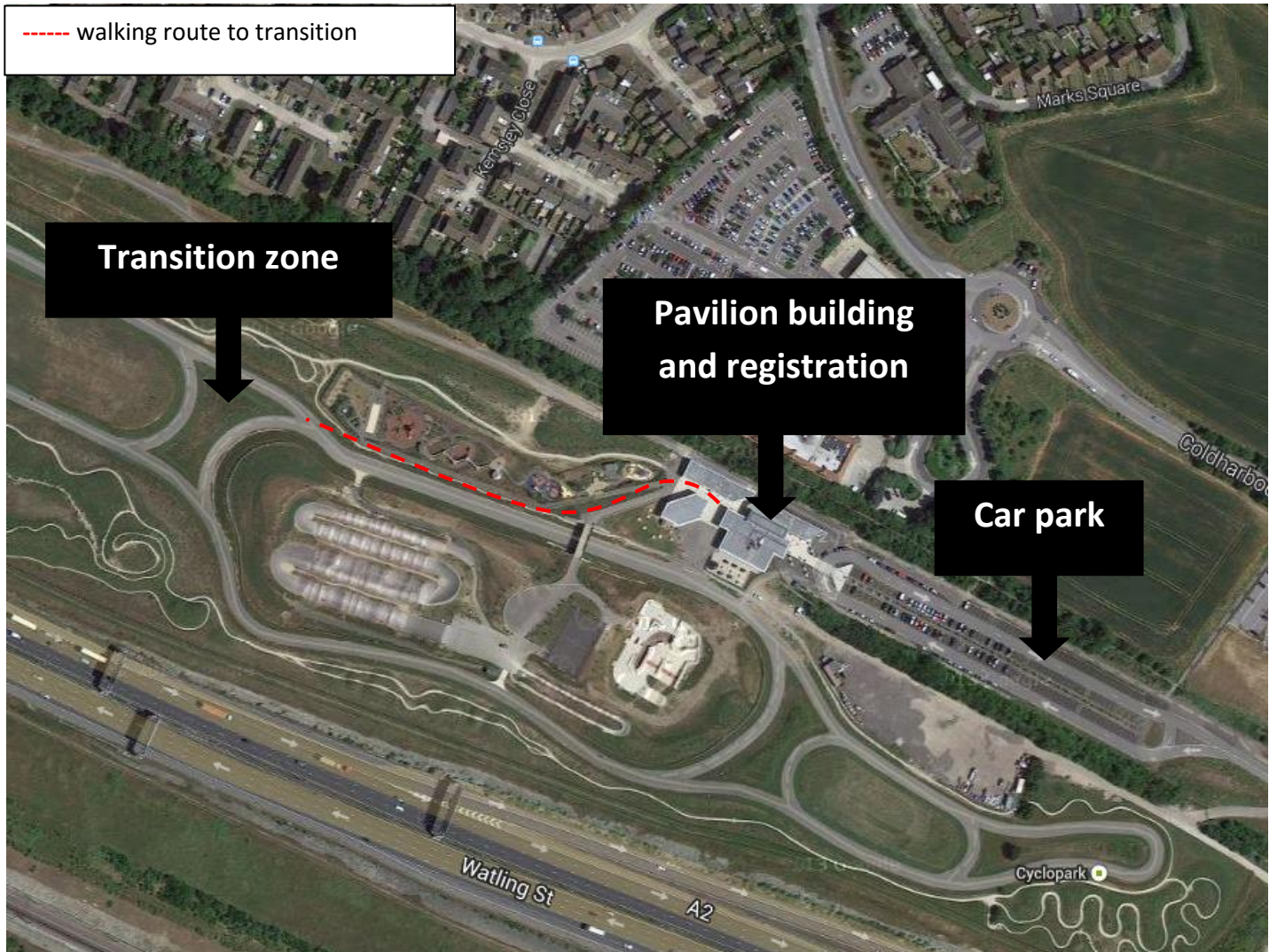
Prize giving will take place at the end of the final race c.16:30.

Please note: the bike circuit is in public use until 12:00 and not available to competitors. If you want to test ride your full bike circuit, there will only be a short window between 12:00 and 12:25. Once the races have started, we will indicate areas that can be used for pre-race warm-up.

Before the race

TRAVEL

Please refer to the Cyclopark web site for full travel details [here](#). There is ample car parking which costs £1 for the day. The parking meter is just inside the main entrance building (the Pavilion) – you must ensure you pay before you leave.



REGISTRATION

The registration desk will be located in one of the unused changing rooms. Go through the main doors in to the [Pavilion](#), pass the reception desk on your right, go through the doors ahead, and it will be on your right. Registration will be open from 11:15. All competitors must be registered at least 45 minutes before the start of their allocated race briefing time. You will need to tell the registration marshals your name then each competitor will receive:

- A race number (red for South East, blue for London) with safety pins – to be attached to the front of your top or a race belt.
- Sticker for your bike with race number

If you have a BTF membership card, please remember to bring it with you, otherwise you will have to purchase a day licence for £1.

The bike and run course maps (see below) will be displayed in the registration area. Once you have registered, please follow the signs to the transition zone. A marshal will be at the final gate where you must carefully cross the mountain bike trail (open to regular users) to access the spectator area and transition.

There is a single entrance to the grassed transition zone. Please make sure you have attached your numbered label to your bike and have your bike helmet on with the chin strap done up.

All competitors are strongly encouraged on race day to familiarise themselves with the layout of the transition zone, paying attention to the location of the bike and run entries and exits, and the location of the bike 'mount' and 'dismount' lines. Note that after the Tristar2 have finished, the transition zone will be reconfigured for the Tristar3 and Youth races. Make sure you look at the relevant transition map below for your race.

MARSHALS

To ensure competitors' safety and security, there will be marshals at the registration desk, in the transition zone, and stationed at key points throughout the run and bike courses. They will be happy to answer any questions from competitors and spectators.

RACE BRIEFING

There will be a race briefing about 5 minutes before the start of each pair of age group races which all competitors must attend, e.g. we will brief TS1 boys and girls together, but the girls will then have to wait until the boys race has finished before their own race starts.

PROVIDING ASSISTANCE TO COMPETITORS

Once the race is under way, competitors cannot be given any outside assistance other than the support provided by marshals.

Tristar1 and Tristar2 races

RUN 1

Age group race	Distance	Course
Tristar1 (9-10)	1200m	3 laps of 400m
Tristar2 (11-12)	1200m	3 laps of 400m

These races all follow the same flat, oval 400m metre run circuit in an anti-clockwise direction (see course maps below). You are responsible for counting your own laps.

BIKE

Age group race	Distance	Course
Tristar1 (9-10)	3km	4 laps of 750m
Tristar2 (11-12)	5.5km	5 laps of 1.1km

The bike circuits are followed in a clockwise direction. After you mount your bike, take care to stay to the left to avoid any cyclists who may already be on the bike circuit. Whenever you wish to overtake a cyclist ahead of you, you should overtake on the right and then return to the left hand side of the circuit.

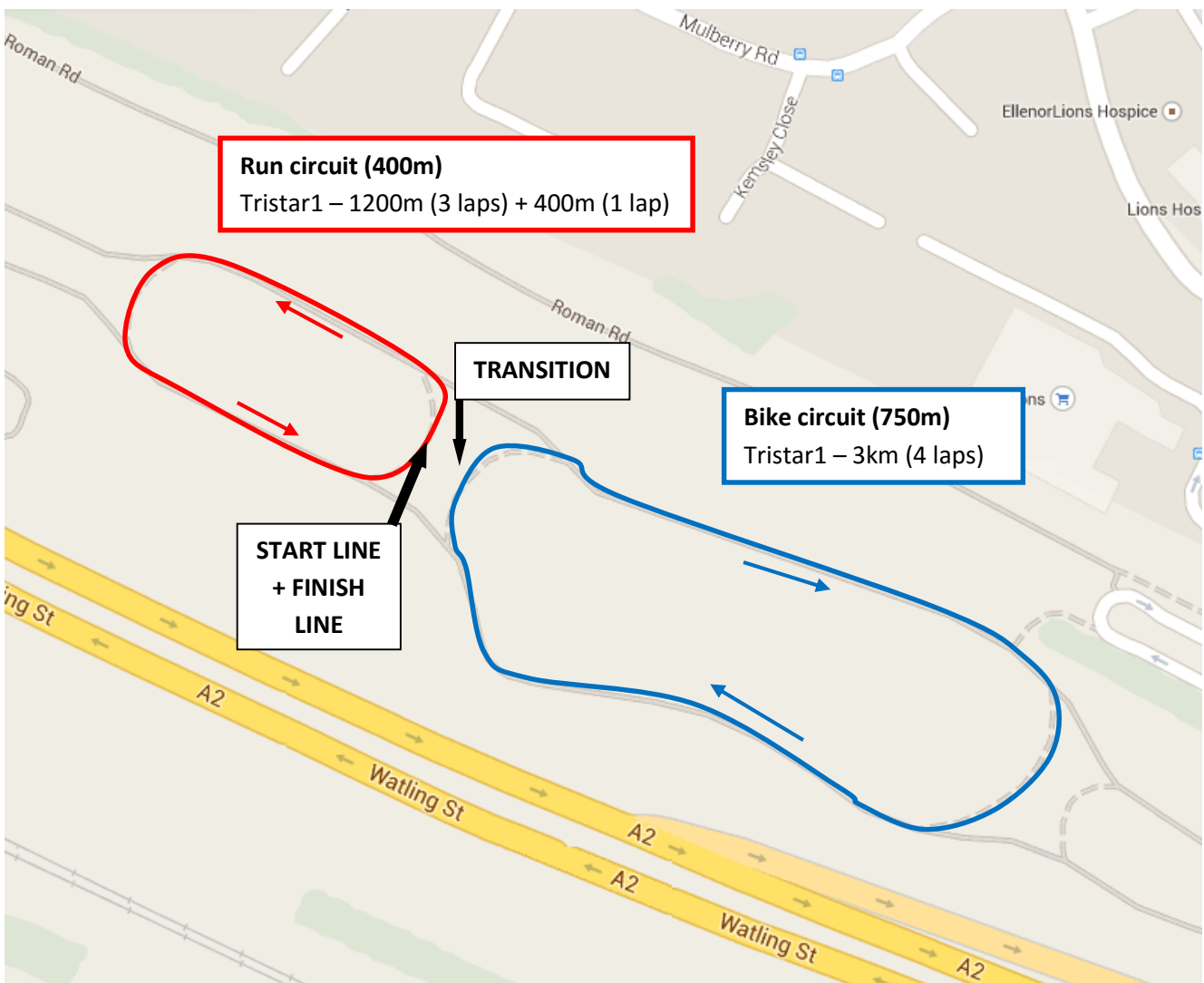
Drafting is not permitted. This will be explained at the race briefing, and is also detailed on pages 26-27 of the British Triathlon Rule Book [here](#).

RUN 2

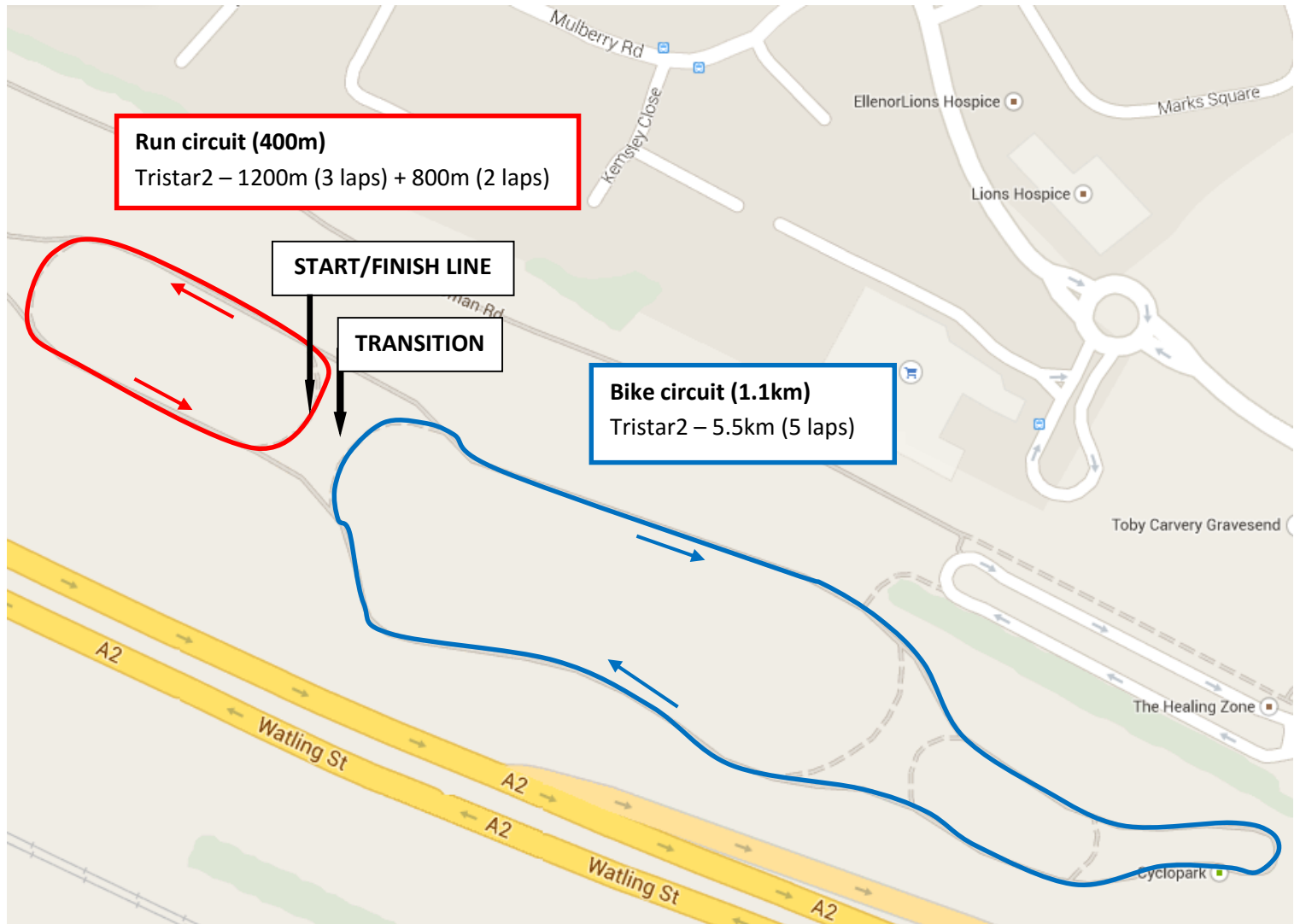
Age group race	Distance	Course
Tristar1 (9-10)	400m	1 lap of 400m
Tristar2 (11-12)	800m	2 laps of 400m

The second runs all follow the same course as the first run.

Tristar1 – Course maps



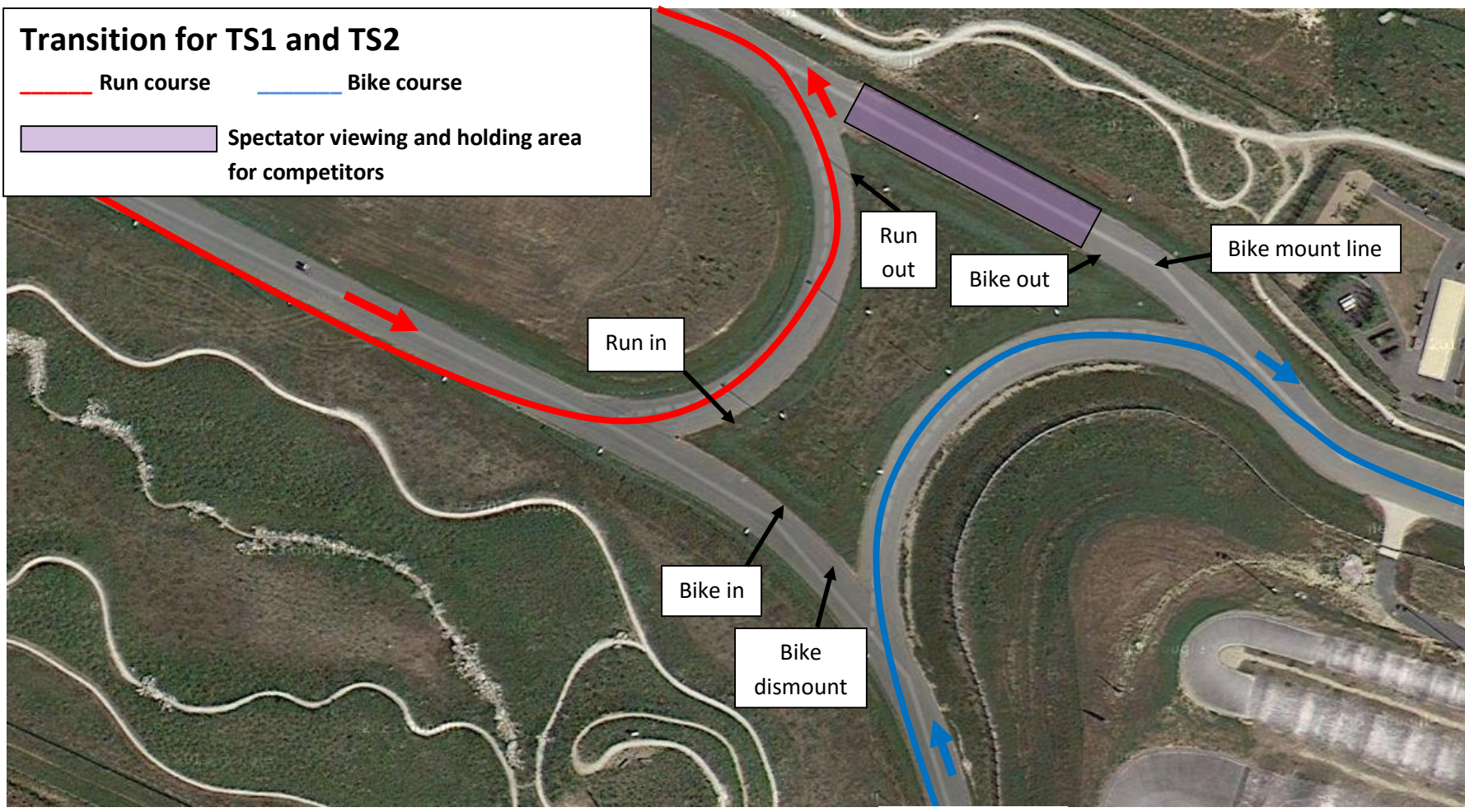
Tristar2 – Course maps



Transition for TS1 and TS2

— Run course — Bike course

▭ Spectator viewing and holding area for competitors



Tristar3 and Youth races

These two races follow identical courses, but over different distances of multiple laps. You are responsible for counting your own laps.

RUN 1

Age group race	Distance	Course
Tristar3 (13-14)	1.5km	2 laps of 750m
Youth (15-16)	2.25km	3 laps of 750m

The run course is completed in an anti-clockwise direction, initially passing beside the transition area before climbing upwards for about 200m. The course then bends to the left before descending back towards the transition area. Directional signs, cones and marshals will ensure that competitors stay on the correct circuit. If you are wearing a race belt, please ensure your number is at the front for both runs.

TRANSITION 1

Once you have completed the appropriate number of laps, head towards the transition zone at the signed 'Run in' point. Before touching your bike, you must put on your helmet and attach the chin strap.

Collect your bike and leave transition via 'Bike out.' You must not mount your bike until you have crossed the 'mount line.' This will be clearly signposted and marshals will be on hand to ensure you do not mount too soon.

BIKE

Age group race	Distance	Course
Tristar3 (13-14)	7.5km	3 laps of 2.5km
Youth (15-16)	10km	4 laps of 2.5km

The bike circuits are followed in a clockwise direction. After you mount your bike, take care to stay to the left to avoid any cyclists who may already be on the bike circuit. Whenever you wish to overtake a cyclist ahead of you, you should overtake on the right and then return to the left hand side of the circuit.

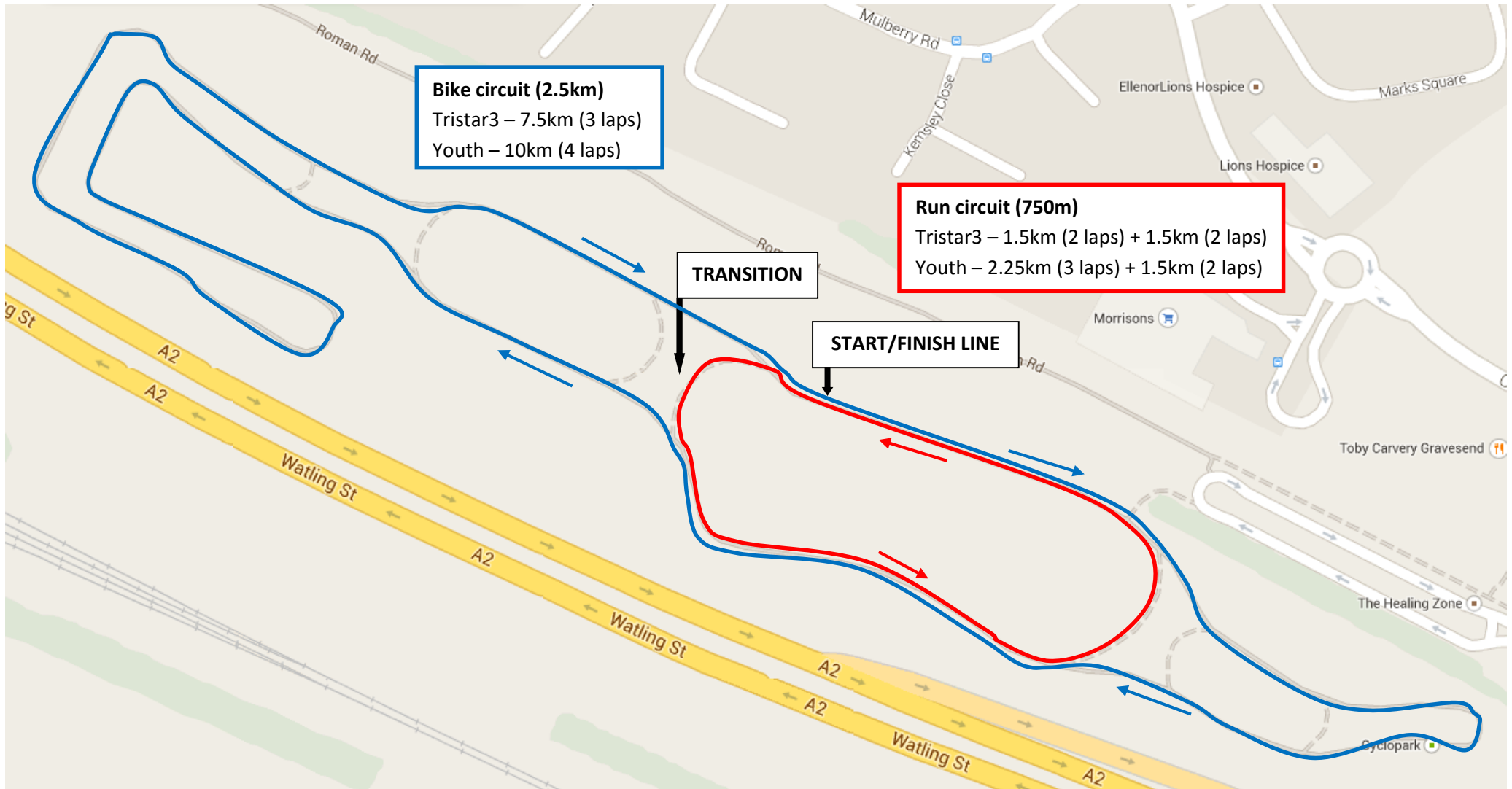
Drafting is not permitted. This will be explained at the race briefing, and is also detailed on pages 26-27 of the British Triathlon Rule Book [here](#).

RUN 2

Age group race	Distance	Course
Tristar3 (13-14)	1.5km	2 laps of 750m
Youth (15-16)	1.5km	2 laps of 750m

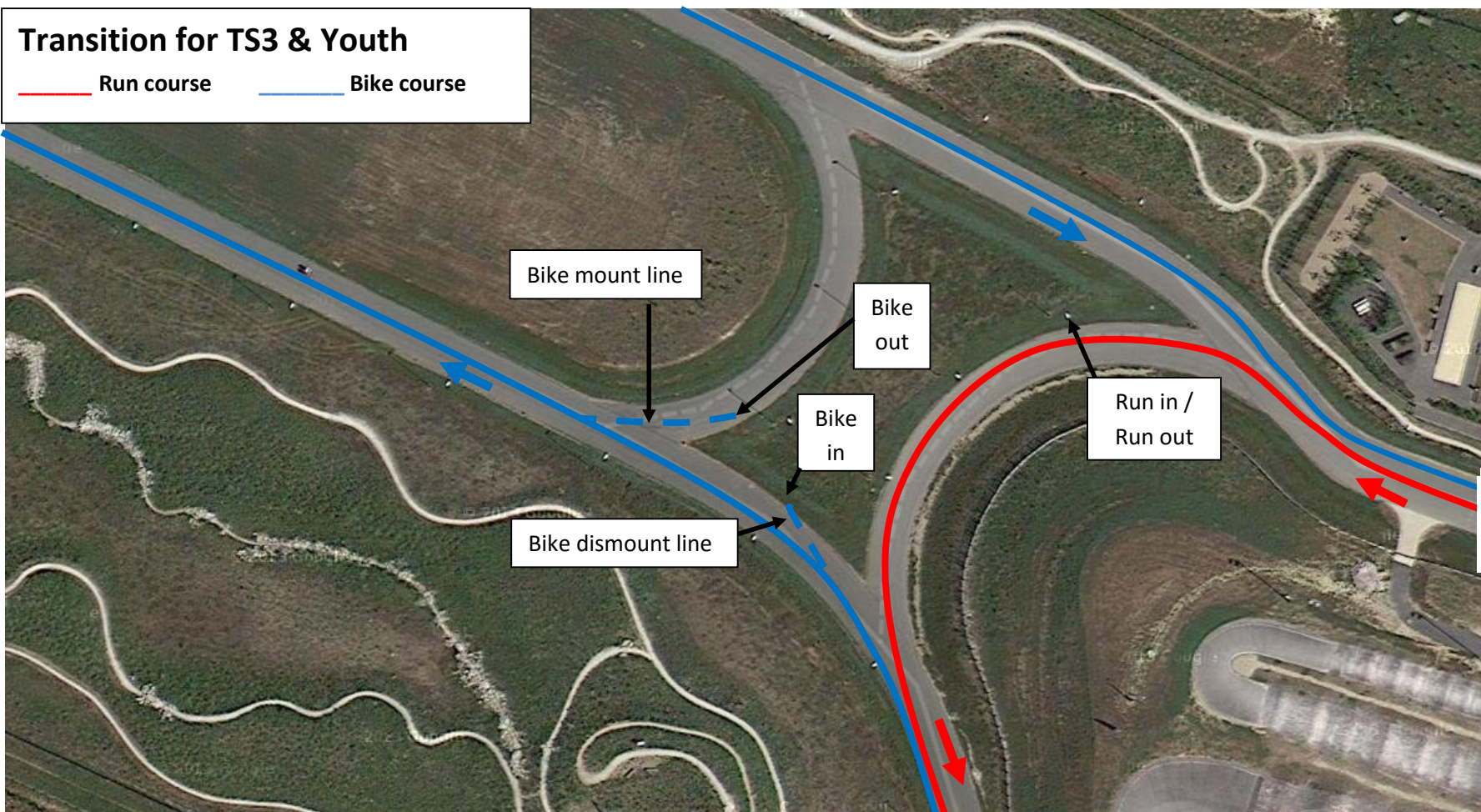
The second runs all follow the same course as the first run.

Tristar3 and Youth – Course map



Transition for TS3 & Youth

— Run course — Bike course



Other useful information

RACE TIMING AND RESULTS

The race will be electronically timed.

The full interim results will be posted on the respective regional websites soon after the event. Please contact your Team Manager as soon as possible if you have any issues with the online results.

PRIZES

1st male and female in each race will receive a prize.

There will also be an overall team prize. Scoring will be based on the leading 5 finishers from each region in each category. Points will be awarded to these positions as follows: 1st finisher – 10pts, 2nd finisher – 9 pts ... down to 10th finisher - 1 pt.

Anyone finishing 6th or above for their region does not influence the team scores. The region with the highest cumulative score wins the match.

If a region has less than 5 finishers in a category then they will only score points for those who do finish.

SPECTATORS

There are a variety of viewing areas for family and friends, and marshals will be happy to direct spectators to the best viewing points on the day. Please note, races 1 to 4 include a spectator area on an unused part of the main circuit next to transition (see map on page 7), but this will not be available to spectators for races 5 to 8 when it will become part of the bike course.

RACE RULES

For a detailed list of race rules, please refer to the British Triathlon Rule Book [here](#).

TOILETS/ CHANGING

There are toilets, and separate male and female changing facilities and showers close to the Pavilion.

FIRST AID

There will be qualified first aiders on site throughout the day. If competitors are having any difficulties, they should inform any marshal.

CATERING

The Cyclocafe is located within the Pavilion looking out on to the cycling circuit. The cafe offers both an [adults and children's menu](#).

ACCOMMODATION

If you need to stay overnight, check the [Go Gravesham web site](#) for local options.