



**ROCKINGHAM DUATHLON
FINAL RACE INFORMATION**

**ROCKINGHAM CIRCUIT, MITCHELL ROAD, CORBY. NORTHANTS, NN17 5AF
SUNDAY 4TH NOVEMBER 2018 – 08:45**

Welcome to Rockingham Duathlon

We would like to welcome everyone to Rockingham Duathlon run organised by SBR Events Limited. Firstly we would like to thank all of the volunteer marshals that will be giving up their time, to ensure that everyone has a fun & safe day.

Sadly, this will be the last EVER sports event at this venue. Rockingham Speedway has been sold & the new owners are getting rid of the racing circuit & using the space for storage for car auctions.

The Brass Monkey Race (a 10k charity run held every January) will no longer run at this venue & we have invited Paul from the charity to our race as a final farewell on the racing circuit. Please bring some cash donations to give to Lakelands Hospice (a local hospice for those with terminal illness).

Confirmation of Entry

Please check on the list of participants posted online at [Rockingham Duathlon 2018 Participant List](#) that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently.

BTF Race Rules

You are recommended to familiarise yourself with the British Triathlon rules and regulations. Under these rules it is mandatory that all competitors must wear an approved cycle helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – British Triathlon Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence-this is supplied as part of your entry fee. Please note that there are rules that may lead to disqualification (DQ). The full list of British Triathlon Federation rules - please click this link to read them [British Triathlon Rules - updated 2018](#)
Or go to www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.
A condensed list of the 2018 rule changes is [here](#)

Illegal & Banned Equipment:

We refer you to [British Triathlon Rules - updated 2018](#) for detailed information. You can wear a watch to track your time but not anything that beeps to assist your pace.

BTF Licences

All athletes MUST produce their race licences at registration if you are a member & paid the BTF member entry fee. If you forget your licence, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day licence at registration. **TEAMS – please note that you will need to pay £5 per person or produce a BTF card.**

What Will You Need?

The race is being run at the end of the first week of November. We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day & to cover up after the race. Rockingham Circuit has the tendency to have a wind blowing from one corner, so we recommend that you bring warm garments to change into, once you have completed the race. The Race Village is under cover of garages. As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £5000. Some people wear tri suits & regular running clothes. There are certain items which you will need: a road worthy bike which must include working brakes, a quality cycling helmet: these are available from a variety of sports retailers prices start from around £30. All other items such as elastic laces, specific triathlon clothing is not a necessity but will help you on the day. Any handle bars ends should be sealed or covered with tape so the hole is plugged.

Directions to Rockingham Circuit - NN17 5AF

Rockingham Circuit is approximately 36 miles to the west of Peterborough, 27 miles to the east of Leicester and 25 miles north of Northampton. The circuit is identified with brown road signs enroute to the circuit.

Accommodation

Best Western Rockingham Forest Hotel, Rockingham Road, Corby, NN17 1AE have been offering a discount for overnight accommodation on Saturday the 3rd charging £65 for a double room and £55 for a single. Call 01536 401348 to make your reservation quoting 'Rockingham Speedway'. www.rockinghamforest.co.uk

Car Parking - is free of charge.

Duathlon parking for competitors is in the Inner Paddock if you are bringing a bike, please follow signage and marshal's directions to this area. Once you arrive at the inner paddock the Duathlon participants need to park at the far side of the paddock. This is approx 50m of the Race Village. Spectators will follow signs & **park in front of the main grandstand** signposted by our yellow arrows and directed by marshals. Then **walk into the stadium following yellow arrow signs** past the Diner. When you reach the stairwell you go down to the bottom, through the tunnel under the race track and pop up in the centre of the venue right next to registration in the pit garages. Marshals will direct anyone without a bike to park in front of the main grandstand.

Race Registration – Times (Sunday)

Duathlon 07:00 – 08:25

Once you are inside the stadium, stand to face the main grandstand, the garages will be straight in front of you and head to the very left. Race Registration is in garage 23/24. Please bring your BTF card (if you are a BTF member) OR photographic ID. You will need a form of ID to enter this race. Then you can pick up your race number/timing chip and leave any baggage with the local Corby charity Lakelands Hospice who offer palliative care. Please bring a donation for the charity. Alternatively, items can be put in your car. You will have time to familiarise yourself with the course and head out to the start line.

Collect pre-paid t-shirts at registration.

You will be given 2 Tyvek race numbers and 1 bike frame sticker & 1 helmet sticker. You are given 2 Tyvek race numbers as you need to wear 1 on your front for the run, and 1 on the reverse for the bike- if you use a race belt attach them with the inside one upside down so that if it flaps up your number can be seen. We provide a hole punch to punch holes in the race number to fit your race belt. You will need a race number to put your bike into transition. Please keep these safe, without them you will be refused entry into the transition area. Collect your Timing Chip & check the number matches your race number; this should be attached to your ankle with the chip facing outwards away from the chain. Do not lose your Timing Chip as you will need it to race. TEAMS only need one chip & pass it on.

BAGGAGE DROP

Since there is now an area in transition for oversize bags & your cars will be immediately outside Race Village we do not see a huge demand for a baggage drop. However if you would like to use it...

We are specifically raising funds for Lakelands Hospice. They will have volunteer marshals on the day.

We are politely asking for a donation (suggested £1-£3).

Lakelands Hospice is an independent charity committed to delivering the best possible practice and development of specialist palliative care for people with cancer, heart failure and other life-limiting illnesses.

You can leave baggage by getting a brown gift tag form the desk with the RACE INFORMATION displayed band to be attached to your bag with your race number on it.

-NB the baggage area is not secure. Please ensure only ONE race number - do not put 2 (you & your friend's) numbers on any items. If you want to tag bags together choose who will collect the bag & use ONE race number. Please do not leave any valuable belongings.

Bags will ONLY be returned to 1 person with matching race number. Please be patient with the volunteer marshals.

Race Briefings at transition (transition closes at 08:30)

Sprint and Standard 08:30

If you are unsure about anything please attend. The Race Briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them after Race Briefing. It will explain the course, laps & transition.

Transition Area

The Transition Area is situated in the Hot Pit Lane. This is a fully secured area for competitors only, it is where you will keep your bike between run sections. Before you start, you will need to set up your transition at the location matching your race number – with all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition, shoes for cycling and running, your race numbers plus any clothes you wish to add. Your bike frame sticker should be applied to your bike along the top tube or stem close to your handlebars, before you enter transition. To get into the Transition Area you must show your race number at ALL times. You will also be asked to show both your race number & bike frame number when taking your bike out at the end of the race. This is for your security. Please understand this may cause queues during peak times, but it is for your benefit. The Transition Area may close during busy times during the event, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

It is important that you understand all of the entrance and exit points of the transition before you start. There are also specific points where you must mount and dismount your bike. An important rule that must be adhered to:

'competitors are required to fasten their helmet before touching their cycle in the transition area.'

Do not walk close to the timing mats at transition before you start the race - there will be a separate entry/exit area for you to take your bike in & set up what you need to race.

You have limited space to leave your shoes & clothing. There will be a secure area within transition for oversized boxes & bags. You may be allowed a small bag next to your bike but this is not usually necessary (to cover shoes if it is raining). BTF race officials may ask you to remove anything that they believe marks your spot & gives you an unfair advantage. They will move anything to the secure area within transition if you don't respond to the requests (over the PA) to move your items.

The Team Event

Only one person is required to register for the whole team, but will be required to show ALL of the 2018 BTF Race Licences or they will need to pay £5 per person if they are not registered with the BTF. All relay team tags will take place by the team's bike racking position, inside the transition area. The runner will complete the run to tag their team cyclist inside the transition area by handing over the chip. The cyclist's bike must stay racked until the runner has tagged the cyclist. When the team cyclist finishes, he/she must re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

Race Start 08:45

Both races are mass starts. Sprint and Standard start together at **08:45**

Penalties & Appeals for Duathlon Rockingham

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the Timing Tent. It is your responsibility to check this Penalty Board.

BTF race rules can be found here: <https://www.britishtriathlon.org/competitionrules>

NB: Duathlon Rockingham is a NON DRAFT LEGAL race. Athletes are not permitted to draft other cyclists, full rules can be read on the BTF rule book link, we will have the BTF rule posters in place. TT bikes and aero bars are permitted for this event. This can be quite difficult with so many bikes on the racing circuit at once but please note that the BTF Race Officials will be monitoring athletes for intentional drafting on the course.

Electronic Timing – by JC Race Solutions

Providing fast and accurate results is the most critical part of any race. JC Race Solutions use the latest timing system chips. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

a) Wear the chip!

b) When attached to the strap wear it just above your ankle. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.

Race Numbers

Duathlon - 2 sets

- Race Numbers must be worn on the front during the run and on the reverse during the bike.
- Numbers must be pinned at all four corners. Number belts/ bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.
- Flip one upside down (place on the inside) when using a race belt so that if it blows up the number can still be read

NB. You don't need to bring safety pins, we will have some at registration.

Course Reconnaissance

Please review detailed maps listed below. You will not be able to check the course before the race.

Littering

Please do not drop litter including gel wrappers on the bike or the run route. There will be bins at the water station & at race village. If you took it out with you, please bring the wrapper back & dispose of it responsibly. Our venues are very generous in letting us use their facilities. Thank you.

Medical Cover

Onsite during the event will be Meditech, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a small team of medics plus Accident and Emergency ambulance equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal who will contact Race Village & the Medical Team. If you are in-between marshal stations on the course and become unwell, please ask a fellow athlete to alert the next marshal.

Medical Conditions

We recommend that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

RACE VILLAGE

Arrive at Race Village to collect your gorgeous new shiny medal, get a drink & grab any baggage you left. We will also be providing a paper bag for you to pop in; Banana, bottle of water & packet of crisps

At the Race Village you will find areas for registration, baggage holding area, sports therapists from Sports Massage Academy offering FREE sports massage, local running clubs, Big Bobble Hats (£20 each or discounted 2 for £30 Race Day) & JC Race Solutions chip timing for your results.

Race Clothing

There will be a chance to buy race t-shirts (£15) & discounted race t-shirts £5 & discounted hoodies (£40 down to £20) at race village.

FREE Sports Therapist post-race massage.

To help loosen your muscles after your race, you can book in for a free post-race massage. The team from Sports Massage Academy will be in place to stretch you out & mend those tired legs or stiff backs! This is a completely free 10 minute massage.

Marc Dewhurst Photos - Free photos at Rockingham Duathlon!

Marc & his team will be out on the course to take photos of you which can be downloaded & shared free of charge after the event! You can find his pictures on a new album on <https://www.marcdehurst.co.uk/rockinghamduathlon2018>

My tips... do a Mo pose / Usain Bolt or wave/smile / we want flying feet /jump & kick your heels / jump & kick your bum/ aeroplanes – do anything to look happy crazy cyclist / runner instead of THAT face! LOL!

Food

Hot food & drinks available; bacon butties, burgers & hot potatoes with delicious fillings from a venue catering area within the garages at Registration Area & The Diner will be open with a birds eye view of the stadium. Gluten free & vegan / vegetarian options.

Spectator Viewing Areas

On top of the garages where Race Village is based is a wonderful viewing area with a podium for medal pictures & a view of the whole course. Wrap up warm to watch the race unfold!!! Nip down the stairs to cheer your loved one as they race down the finish straight in the pit lane area in front of the Grandstand Stadium.

Toilets

Toilets are available at the end of each garage block. There are no toilets on the course on this race but you will be able to use them as you pass the signs saying next lap / to the finish & use the ones based at the end of the garages. Standard runners pass this once (before continuing for 2nd lap on 10k) Do not run over the finish mats. You should re-join the run funnel where you left it. A marshal is based at this point to assist. You can also access the toilets from transition between the different parts of the race.

Results

Times will be available via a print out at the JC Race Solutions tent in the Finishers Garage. A provisional results link will usually be sent out by Sunday evening. Results can be found here after the race [Rockingham Duathlon 2018 Provisional Results](#)

PRIZES:

The Presentation will take place within 20 minutes of the last competitor finishing. Please be in attendance to collect your trophy.

Trophies

Sprint & Standard race:

-1st, 2nd & 3rd Male & Female

-Male & Female Winner V40-49, V50-59, V60+

Standard Race

-1st, 2nd & 3rd Team (all 2 man teams)

Additional Prizes

Sprint & Standard race:

-1st, 2nd & 3rd Male - Big Bobble Hat

-1st, 2nd & 3rd Female – Big bobble Hat

The Presentations will start near the finish line at approx.

10.30am - Sprint

11.30am - Standard

There are many trophies so please be patient & be in attendance to collect your trophy. (If you miss the presentation they may be posted out but a charge for admin & P&P will be politely requested).

There will also be certificates emailed to ALL participants on ALL races:

-All participants - This will detail your category & finish times

Withdrawals

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website.

Race Office Closure

The SBR Events Limited office will be closed from Friday 3rd November at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you need to speak to us urgently, we can be reached on 07850572838. Please call if you know of anyone that could marshal as we always need an extra pair of hands (before or after your event)!

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. All marshals will receive hot food & drink and either a £20 discount code towards a 2017 SBR Events race or a FREE SBR Events hoody. If you know someone that could help please email amanda@sbrevents.co.uk. You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

Other SBR Events Limited Events

SBR Events Limited will be organising a number of other multi-sport and running events in 2018. For more information about SBR Events Limited and our events please visit www.sbrevents.co.uk We will be launching more 2018 races later this month! Many thanks to everyone on our SBR Events Office Team & Marshal Team who have made it a hugely successful year in 2017.

Thanks

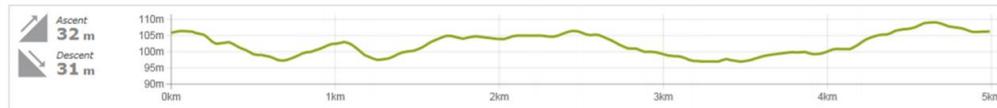
It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, Rockingham Circuit staff for their support and energy, volunteer marshals plus all of our athletes for entering.

Further Information

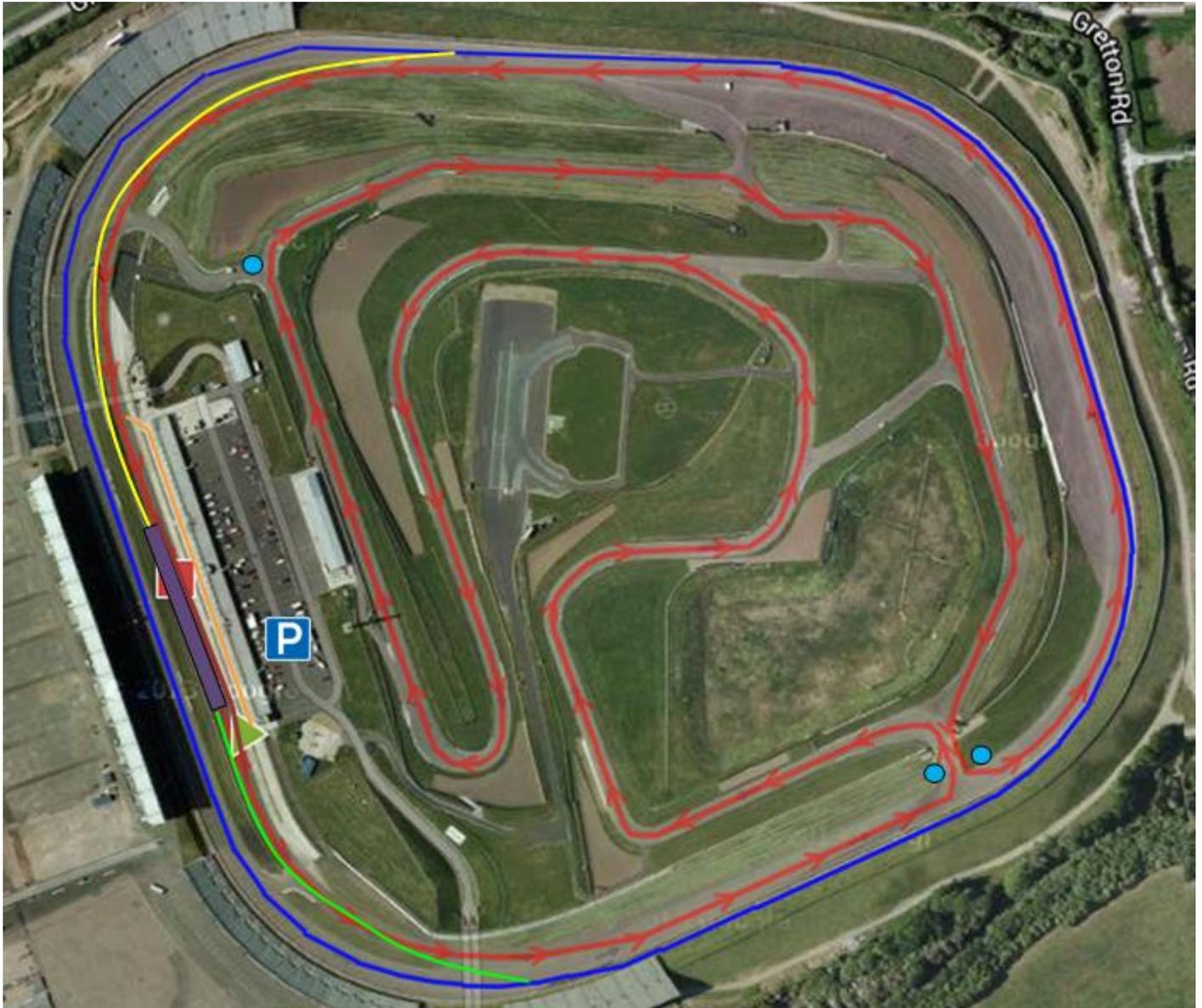
Any questions related to the event can be answered by emailing calsie@sbrevents.co.uk or amanda@sbrevents.co.uk

Course Map – please see below

RUN COURSE PROFILE = 1 LAP OF THE 5K ROUTE.



BIKE COURSE PROFILE = 1 LAP OF THE OVAL CIRCUIT.



Sprint: 5k run / 19k bike / 5k run

Standard: 10k run / 38k bike / 5k run

Direction of travel is ALWAYS anti-clockwise on this event. The oval (main track) will be split by cones with the cyclists travelling on the right and the runners on the left.

- *Green triangle - Start line/finish line
- *Red line = run – 1 laps on the 1st run and 1 lap on the 2nd run (Sprint)
- *Red line = run – 2 laps on the 1st run and 1 lap on the 2nd run (Standard)
- *Blue line = bike – 8 laps (Sprint) or 16 laps (Standard) (you must count your own laps)
- *Green curved line- BIKE OUT of T1
- *Yellow curved line- BIKE IN of T2
- *Orange line- Finish chute
- *Blue dots- Water stations
- *Purple box- Transition
- *Parking - in Inner Paddock