



DUATHLON ROCKINGHAM
FINAL RACE INFORMATION
ROCKINGHAM CIRCUIT, MITCHELL ROAD, CORBY. NORTHANTS, NN17 5AF
SUNDAY 6TH NOVEMBER 2015 – 09:30

Welcome to Duathlon Rockingham

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

Confirmation of Entry

Please check on the list of participants posted online at [Duathlon Rockingham 2016 participant list](#) & on the website that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently.

Age Restrictions

BTF rules state that you must be 15 years old on December 31st of the year that you are racing in. So if you are 15 or older and your birthday is on December 31st you are OK to race.

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. 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.

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 5th 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 is in the Inner Paddock, 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.

Race Registration – Times (Sunday)

Duathlon 08:15 – 09:10

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 34/33. Please bring photographic ID & your BTF card, if you are on the Duathlon. Then you can pick up your race number/timing chip and leave any baggage -NB the baggage area is not secure, please do not leave any valuable belongings. They can be put in your car. You will have time to familiarise yourself with the course and head out to the start line.

Race Briefings at transition (transition closes at 09:15)

Sprint and Standard 09:15

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.

Race Start

Both races are mass starts, with the following start times:

Duathlon-Sprint and Standard **09:30**

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: www.britishtriathlon.org/news/new-british-triathlon-rule-book

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.

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 with the chip arrow pointing upwards. 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.

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

Course Reconnaissance

Please review detailed maps listed below.

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 2 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. 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 request 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 Photography

Danny Coy from WildCoy Photography will be at the event taking images of you racing. These are available to view after the event. A separate link will be sent detailing this. Photos are free to download & share via the link.

Sports Therapist post-race massage.

To help loosen your muscles after your race, you can book in for a post-race massage.

Results

Times will be available via a print out at the JC Race Solutions tent next to the finish. A provisional results link will be sent out by Monday 7th November latest.

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 4th 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 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.

Toilets

Toilets are available at the end of each garage block.

Other SBR Events Limited Events

SBR Events Limited will be organising a number of other multi-sport and running events in 2017. For more information about SBR Events Limited and our events please visit www.sbrevents.co.uk and join our newsletter mail out list.

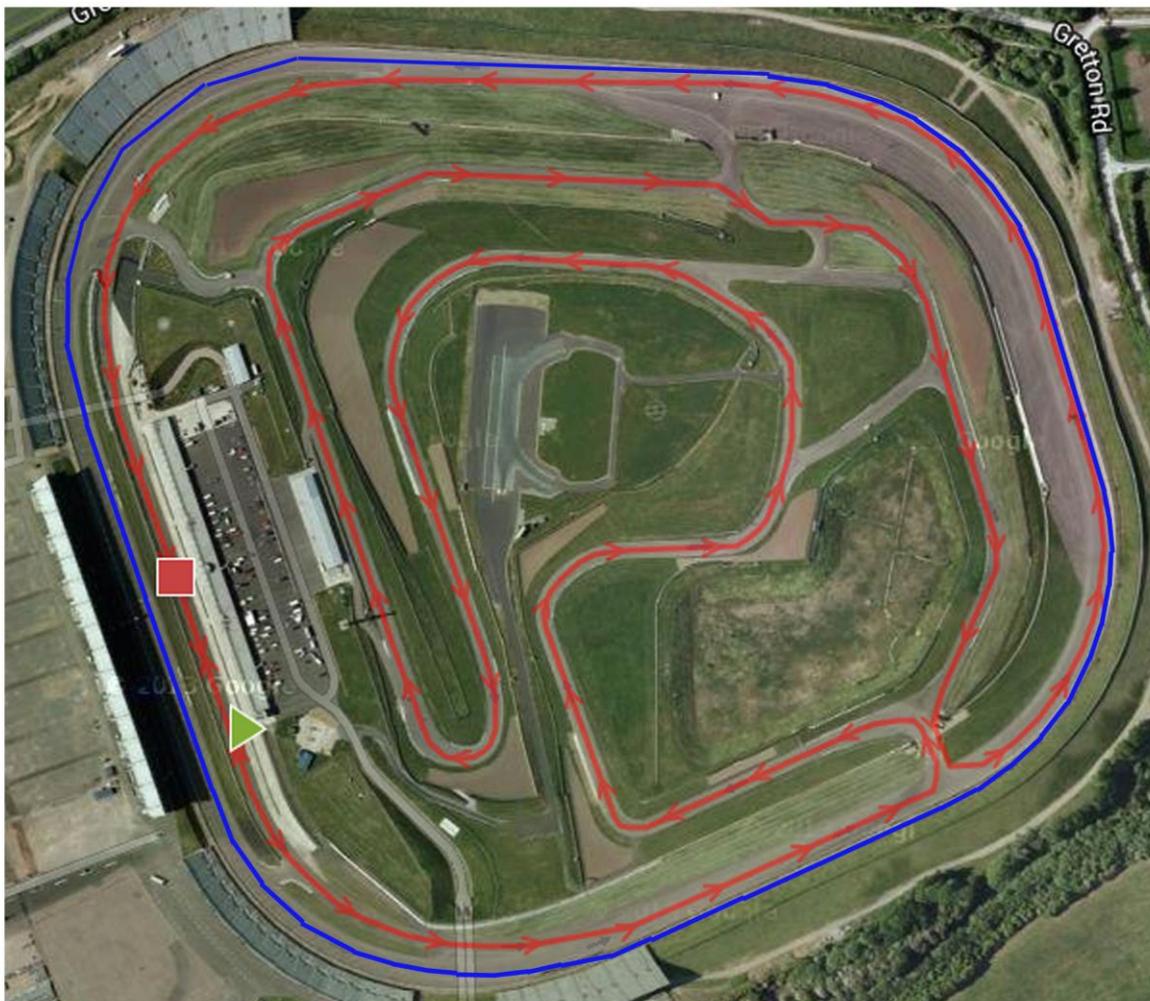
Thanks

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 info@sbrevents.co.uk

COURSE MAP



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

Red line = run - 1 lap on both the 1st and 2nd outings

Blue line = bike - 8 laps (you must count your own laps)

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

Red line = run - 2 laps on the 1st outing and 1 lap on the 2nd outing

Blue line = bike - 16 laps (you must count your own laps)

Start/finish

Pit lane by the JCRS timing tent adjacent to garage 36 (green triangle)

Transition

Pit lane (Red square)

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. Water stations will be placed at regular intervals.