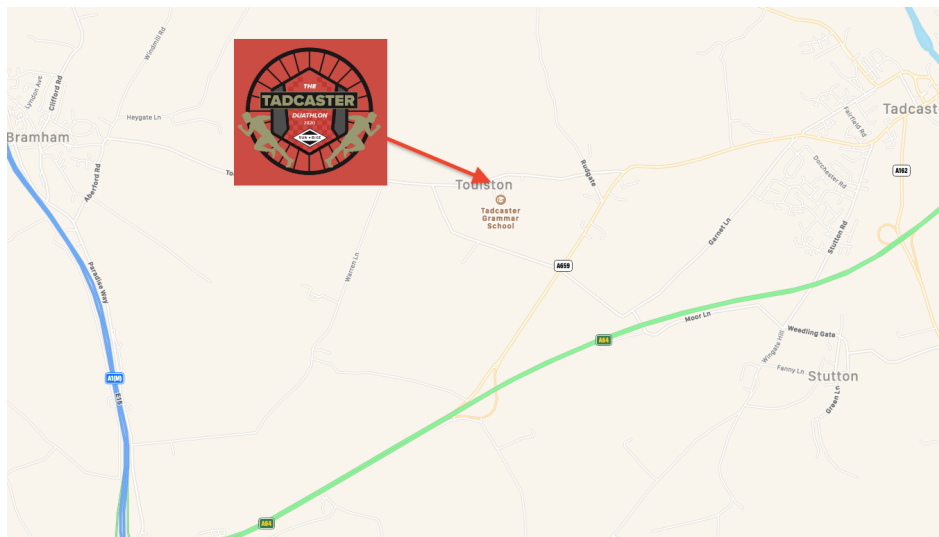


Tadcaster Duathlon 15th March 2020



Location

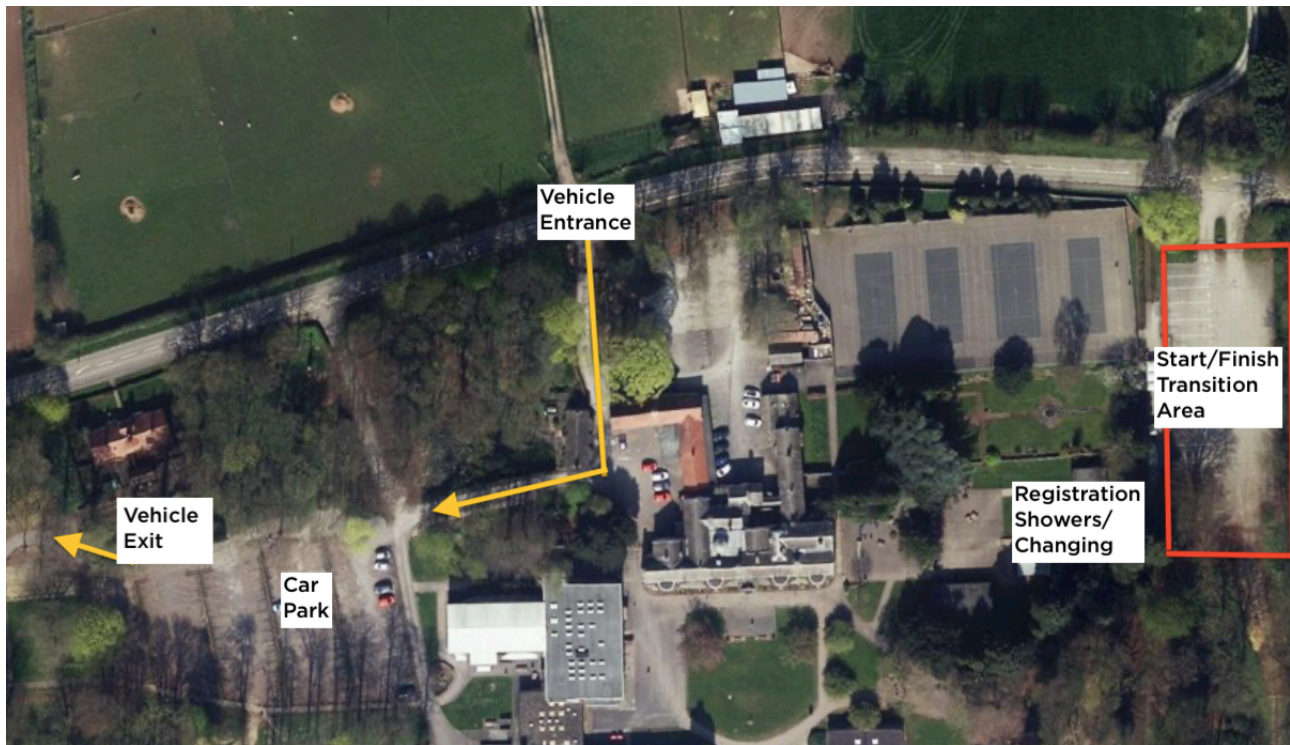
Tadcaster
Grammar School
Toulston
Tadcaster
LS24 9NB

Thank you for registering for the return event of the Tadcaster Duathlon, if you would kindly have a read through the whole document so that you are sure what will be happening on the day, it will save a lot of time and need to ask questions. There is a site plan below but there will be plenty of signage around the school. When parking please use the bays in the car park and park closely so as not to waste space, where possible please car share to come to the event.

Itinerary

8:00	Parking Opens
8:15 - 9:30	Adult Event Registration
9:45	Race Briefing
10:00	Race Start
11:45	Awards
12:00 - 12:30	Junior (11-14) Registration
12:30 - 13:00	Junior (8-10) Registration
12:45	Junior (11-14) Race Briefing
13:00	Junior (11-14) Race Start
13:40	Junior (8-10) Race Briefing
13:45	Junior (8-10) Race Start

Site Map



Registration

You will need to sign to show your registration and you will be handed an envelope with your race numbers in. There are several numbers in the pack:

2 Paper Numbers - One to be worn on your front during the running legs and one to be worn on your back during the cycle leg. You may choose to use a race belt but it is your responsibility to make sure that your numbers stay visible to our marshals, please also do not pin the middle of the number as it will fold in half.

2 Sticky Numbers - One to go on your cycle helmet and one to go on your bike.

After collection of your numbers please go to the timing chip desk and collect your ankle strap, re-usable timing chip, we will need these back at the finish line, there will be a container to throw them into.

At registration you will also collect your event tech t-shirt (adult duathlon only) and Tribe Energy Bar (vegan).

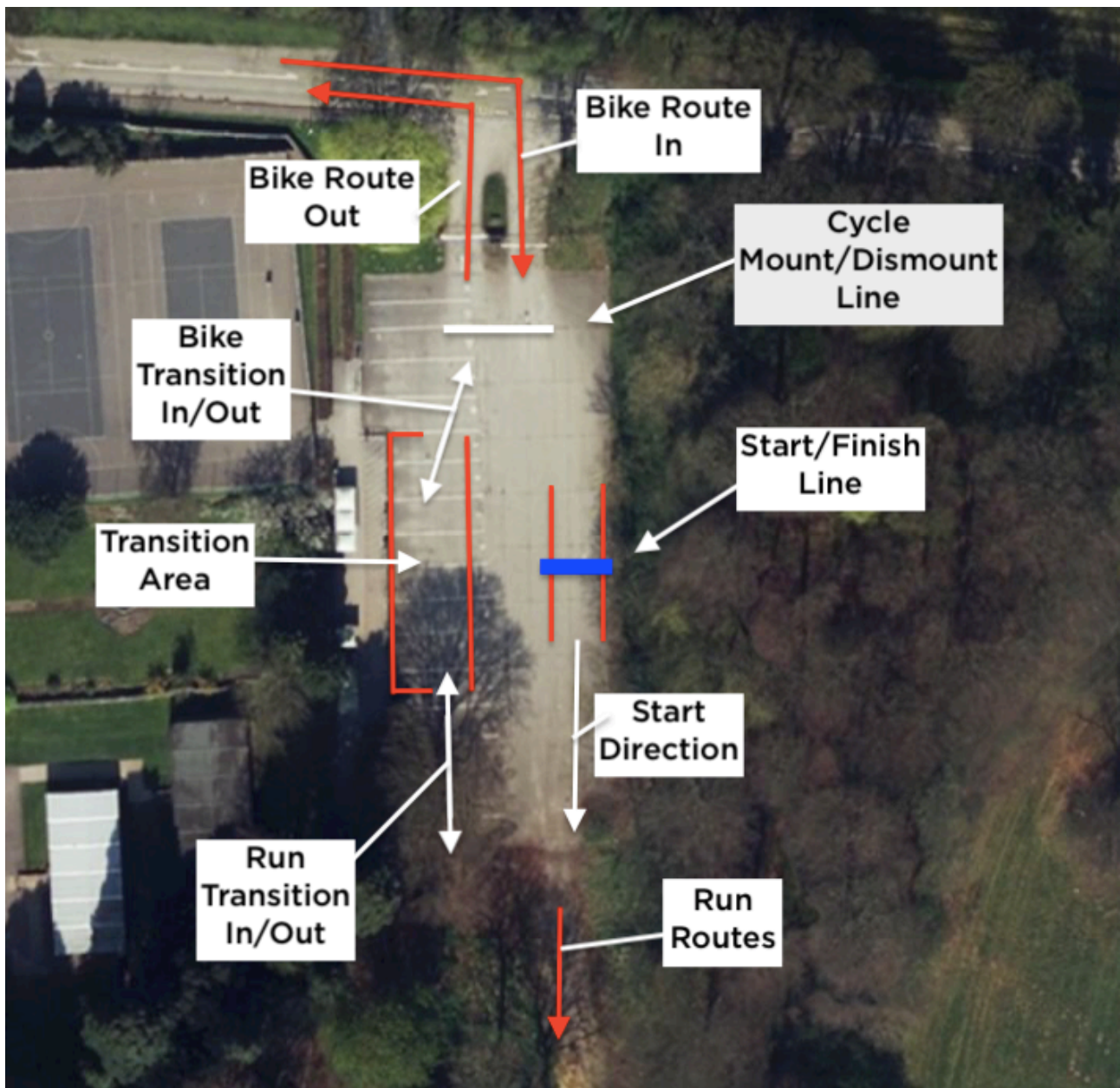
Pre - Race

After you have collected your race numbers and placed them on your bike and helmet, you may rack your bike in the transition area.

Please have a read of the rules and regulations in regards to this from British Triathlon at the end of the document.

There will be refreshments available in the start area from the caterers should you wish.

Start Area



Race Briefing

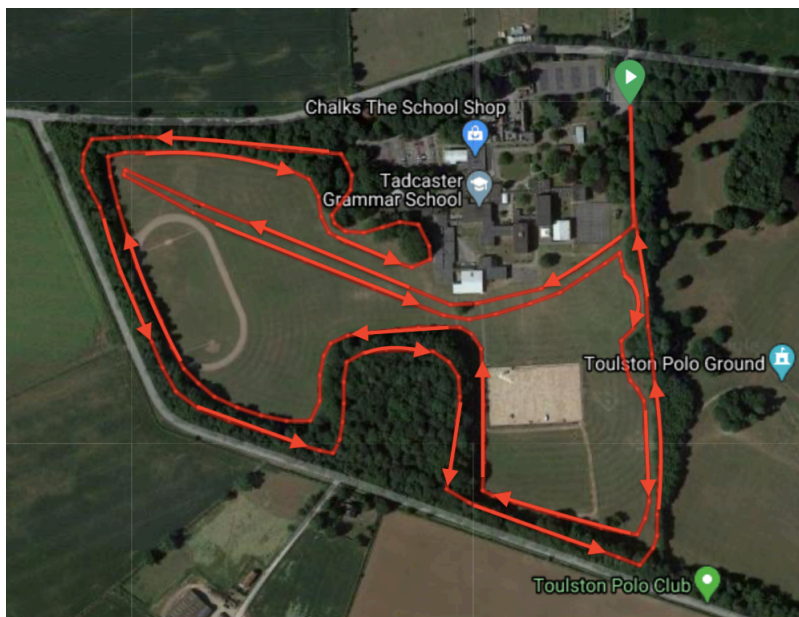
You must be present at the race briefing so that understand what will be happening and any points of safety that you need to know.

Race Routes

The routes are 5k trail run, 20k road ride (open road with marshals) and 5k trail run. The run route is the same both runs.

Online Maps - [RUN](#) / [CYCLE](#)

Run Route



Cycle Route



Awards

There will be trophies sponsored by Cycle Sense of Tadcaster for 1st Male and 1st Female.

Age Group Categories will be named in the final results.

Massage

There will be massage available after the event from Cycloform, they will be doing this for donations to Yorkshire Air Ambulance so please give generously.

Junior Events

The junior events are over shorter distances and will not be on open roads, they are all within the grounds of Tadcaster School.

The run and the bike routes for both junior duathlons are on grass so please make sure you have appropriate footwear and tyres for running and riding on grass.

Sponsors



YORKSHIRE
AIR AMBULANCE



SportiveHQ duathlons are sanctioned by the BTF and as such are bound to abide by their rules and regulations. There are some additional rules for draft-legal races, please see below before entering a draft -legal race.

Each race will have a chief BTF trained referee and usually trained assistant referees. There will also be National Escort Group trained motorcycle referees. All other event marshals and officials can also act as referees assistants.

The role of all of these people is to ensure fair play and the safe running of the event.

There are many rules governing the sport which you can find on the BTF website. However the ones that are generally the most infringed and you really need to know are listed in the next section.

The full British Triathlon Rule Book can be found [here](#).

HELMETS

During the race must be worn and fastened before you remove your bike from the racking and until you place it back on the racking before your second run.

TRANSITION AREA

There is no cycling in the transition area at any time. The cycle mount and dismount points will be marked outside the transition area. Space is limited, only take into transition what you need for the race. Helmets, shoes and other equipment must be stored neatly at your racking point and not impeding other competitors. **New BT rule for 2016.** No large hard boxes in transition...

OUTSIDE ASSISTANCE

Once the race has started you cannot accept any outside assistance other than that provided by marshals or other race officials. Things like taking food or drink from persons out on the course or mechanical assistance are prohibited.



Drafting Rules

DRAFTING

Drafting or taking pace off another cyclist is not permitted. There must be at least 10m between cyclists on the road. If you are overtaken it is your responsibility to drop back at least 10m before you can attempt to pass them again.

CONDUCT

All officials and marshals are volunteers, races could not take place without them. Abuse will result in disqualification.

LITTER

Any littering during the race will result in DQ. Food wrappers etc can be tucked in the leg of your shorts until you can dispose of them properly.

MOTOR CYCLE MARSHALS

Are there to ensure that you are riding responsibly and safely and within BTF rules, particularly drafting. They have no authority to stop or control traffic in any way. If they consider that you are infringing any rules and if you are lucky they may warn you first. Failure to heed that advice will result in a penalty or DQ. They are all National Escort Group trained and have also been trained by British Triathlon in the assistant referee role.

STATIC MARSHALS

Their role is to be a visible presence, to indicate the route and to summon assistance if any required at their point. They cannot and will not engage in any form of traffic control.

NEW TO MULTI-SPORT RACING?

You are very welcome, duathlon and triathlon is a very friendly and inclusive sport. You certainly don't need to be an ultra fit athlete to get a great deal out of it. You do need to be fit enough to get around the course naturally, but of more importance is the wish to challenge yourself and be prepared for the rather nice feeling of satisfaction and achievement when you cross the finish line. For us the last person over the finish line is equally as important as the first.