

# PARBOLD DUATHLON



## PARBOLD DUATHLON SUNDAY 17<sup>TH</sup> MARCH 2019

### The Farmer's Arms Pub, Parbold, L40 3SL

The race starts with an undulating 2 lap 5k run followed by a 27k cycle course (3 laps @ 9k each), which includes the challenging ascent of Parbold hill on each lap and the fast descent of Hunter's hill to follow. The final run course is a repeat of the first, to finish back at the Farmer's Arms Public House. Most the course takes place on scenic rural roads with little traffic.

We would like to wish all of you who have entered this event good luck with your final preparations for the race, we request that you read fully all the details outlined in this race information, but please note that all information attached in this race information is now FINAL & CONFIRMED.

Please note however that it is sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day.

#### CONFIRMATION OF ENTRY

Competitors who enter online will be automatically forwarded a confirmation of entry by e-mail.

#### PARKING

Parking will take place at the Farmers Arms Pub Car Park. You will be shown where to park. You will be blocked in until the end of the event. Parking is very tight, please listen to the Car Parking Team on the day.

**There is no parking on Bannister Lane or Bentley Lane. This will compromise the safety of the event and anyone caught parking here will not be allowed to participate.**

Spectators cannot park anywhere on the bike or run course. If you have friends or family wanting to spectate please car share with them.

#### EVENT TIMETABLE

Event Schedule:

- 07:00 – Car Park opens
  - Registration opens
  - Transition opens
- 08:00 – Registration closes
  - Car Park closes
- 08:15 – Transitions closes
  - Race briefing under the gantry
- 08:30 – Race starts
- 11:00 – Presentation

#### RULES GOVERNING THE EVENT

The event is not BTF affiliated but will be held under the rules of the British Triathlon Federation and competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence! If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org)

#### - Terms and conditions of Entry

Terms and conditions of entry are clearly stated on the website [www.epicevents.co.uk](http://www.epicevents.co.uk). In making the application competitors have agreed to abide by these terms and conditions of Epic Events and abide by the regulations of the governing body.

#### - Swapping of Entries

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the [www.epicevents.co.uk](http://www.epicevents.co.uk) website.

The consequences of such an undertaking by any competitor is so serious in jeopardizing the continuation of events that any athlete found to have passed their entry to another athlete or any athlete taken up that entry will be banned for life from all Epic Events.

#### - Competitor Conduct

Competitors are reminded that they share the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors & event officials with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event

and a ban from all future events hosted by the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

#### **- Rules Governing Riding on the Highway**

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white center lines, or failing to take due care will result in a DQ. It is also illegal and may result in a prosecution by the police.

Please recognise that Race Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

#### **- Right of Way**

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

#### **- Non-Drafting**

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring ten meters long by three meters wide, which surrounds every cycle on the cycle course (approximately the size of an estate car). The front edge of the front wheel defines the center and top edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone.

A maximum of 20 seconds is allowed to progress through the draft zone of another competitor. If an overtaking maneuver is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and DQs will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

#### **- Helmets**

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the

cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

#### **RACE NUMBERS**

You will be issued with one body number, which must be clearly visible on your front for the run and your back for the bike. Do not cut or fold the race number, as penalties will be issued for number mutilation.

You will need a race belt to display your race number. Race belts will be available to buy on the day from registration.

Please ensure your race number is visible from the front on both runs and the back for the bike section.

#### **REGISTRATION PROCEDURE AND TIMINGS**

##### **- Registration Open Sunday 7.00am – 8.00am**

Please don't leave it until five minutes before registration closes to attend. If there is a queue you may find yourself unable to complete registration in time to race. It is vital that registration closes on time.

Registration will take place within a marquee outside of the Farmers Arms.

All competitors will need to register on the morning of the race – it will operate as a one-way system.

##### **- Registration Procedure**

###### **1. Phase one – Number Identification**

On arrival at registration, please provide your full name to a member of the registration team.

###### **2. Phase two – Race Pack**

Collect your race pack; this will contain 1 x race number, 1 x bike sticker (Please keep these safe, as they are required to allow entry into the transition area), your timing chip and the event t-shirt.

#### **RACE INFORMATION AND TIMINGS**

Transition area opening time is 7.00am – 8:15am. Bike racking will take place on Sunday morning ONLY.

Please ensure that you affix the bike number sticker provided in your race pack to your bike for security reasons. Please rack using your seat on the support frame, in alternate directions. As the transition area will only be open for 1 hour 15 minutes please rack your bike promptly. Competitors only will be allowed into the transition area.

To gain access to the transition area you will be asked to show your race number. You must demonstrate on arrival to transition that your approved cycle helmet fits correctly. The racking is numbered.

Transition for ALL competitors will close at 8:15am promptly. During the race, only racing competitors will be allowed through the transition area. The Transition Area will open again once all cyclists have returned and are out on the run.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number. If challenged, please be prepared to show race numbers at all times.

All bikes must be removed from transition no later than 15 minutes after the final competitor.

#### **- Race Briefing – 8:15am**

There will be a short race briefing in the car park at 8.15am for all athletes. Please attend this race briefing as any last- minute changes, as well as any questions will be answered here.

#### **- Start Times**

There will be one mass start at 8.30am for all competitors.

#### **TIMING AND RESULTS**

Please ensure your timing chip is in place on your left ankle for the duration of the race using the strap provided. There will be a timing mat on the entry and exit of transition and at the finish line. When you have crossed the timing mat at the finish, please remove your chip & strap and place in the bucket provided.

**Any lost or missing chips will be charged at £10 each, this will be charged automatically from your debit/credit card**

#### **- Results**

A set of provisional results will be available to download immediately after the race from [www.epicevents.co.uk](http://www.epicevents.co.uk)

Any queries relating to provisional results posted on the web must be e-mailed to [events@epicevents.co.uk](mailto:events@epicevents.co.uk) by Monday following the event, after which time all results will be deemed as final and complete.

#### **- Time Penalties, Disqualification, Withdrawals & Appeals**

The issue of time penalties will be posted on the finish line tent. (No other officials have the right to award a penalty and all penalties must be directed through the race referee).

If you have a query over any results, please inform us immediately on the day. All appeals must be issued in writing to the appointed referee within 1 hour of the penalty being posted.

In addition to the standard penalties within the BTF Rules 2017, disqualification or penalties may be awarded for the following race specific items:

1. Crossing the center line – DQ
2. Dangerous cycling at fast turn opposite transition - DQ
3. Failure to acknowledge direction from a marshal – 2 mins
4. Mounting bike before entering mount box – 2 mins
5. Not dismounting within the dismount box – 2 mins
6. Irresponsible transit through transition – 2 mins

If you withdraw from the race, please report to a race marshal, advising of your race number and return your timing chip.

#### **- Prize Giving and Presentations**

This will take place in the Registration Tent at approx. 11.00pm. Please listen out for announcements.

#### **- Prizes**

On the day prizes, will be awarded for the following categories (subject to entry):

- ❑ Open Male 1st 2nd 3rd (All Age Groups)
- ❑ Open Female 1st 2nd 3<sup>rd</sup> (All Age Groups)
- ❑ Male V40 (AG H-I); V50 (AG J-K); V60+ (AG L+) = 1st place
- ❑ Female V40 (AG H-I); V50 (AG J-K); V60+ (AG L+) = 1st place

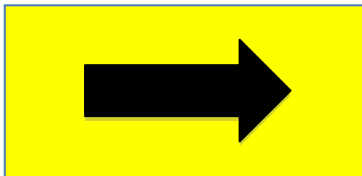
If you win an Open Prize, you will not be eligible for either the V40, V50 or V60 individual Prizes. Vet prizes will only be awarded if there are 2 or more entrants in each category.

You must be in attendance to collect your prize. Prizes will not be posted out following the event.

## COURSE DETAILS – 5km Run – 27km Bike – 5km Run

All sections of the course will be well marked, but it is your responsibility to know the route as opposed to relying upon someone else to point the way.

Signs will be in place similar to those pictured below, these may point left, right or straight on and will only be in place before a junction.



At specific points on the course marshals may be in place, this will generally occur where you join a busy road. If a marshal tells you to slow or stop you must do so or you will be disqualified, marshals cannot legally stop or direct traffic in any way.

### - Transition

The transition area should be used in a specific manner. When you return from the first run you will enter the transition (T1) and move ANTI-CLOCKWISE around the racking collecting your bike as you go. On return from the cycle section you will turn right into transition (T2) and again move ANTI-CLOCKWISE around the racking, depositing your bike as you go, to leave and turn left for the final run section.

### - The 1st Run – 5km (2 x 2.5km Laps -Please see maps)

Immediately after the race briefing all athletes will be led out to the start line as a group and the race will start on Chorley Rd.

Proceed along Chorley Rd following the road around to the right onto Bannister Lane. After 500m meters, turn left at the first road junction into Jackson's Lane. Follow this road down and round to the left. At 1.8k turn left onto Bentley Lane. This junction will be marshalled, but please keep to the left side of the road. Follow Bentley Lane to the junction with Chorley Rd/Bannister Lane – which marks the completion of one lap. Keep to the left and complete your second lap.

When you reach this junction for the second time, head straight on and turn right into T1. Please be aware of residential exits/entrances throughout the run route.

### - Bike– 27km (3 Laps x 9km -Please see maps)

As you leave transition with your bike to start the cycle course you will be crossing the road, if the

marshal tells you traffic is approaching **YOU MUST STOP ON THE PAVEMENT**, you will only be allowed to mount your bicycle once you have pushed it across to the left-hand side of the road and have entered the mount box.

The first 2.5k of the bike course takes you straight down Chorley Road (towards Parbold) which merges into Lancaster Lane, this is a built-up residential area for the most part with parked cars, so please ride with caution.

At 2.5k turn left onto Parbold Hill. This junction will be marshalled and there will be a line of cones in place, providing a safe channel around the corner. Please exercise extreme caution, as you will be entering a potentially fast flowing road.

The next 1.5k takes you straight up Parbold Hill, if you overtake other riders please ensure it is safe to do so without impeding other riders or cars. After 1.5k you will go over the brow of the hill and the next 1k will take you onto Sparrow Hill and then Hall Lane turning left onto Robin Hood Lane at the 5k marker.

This road then climbs gently up to the next left hand turn at High Moor Lane (this is the first left turn on Robin Hood Lane) just before 6k. You then follow High Moor Lane for the next 1k and at the Rigby Arms follow the road around to the right on to Whittle Lane. At the 7.75k mark there is a blind bend before the drop-down Hunters Hill – please ensure you do not cross the white lane, keeping left and be aware of any oncoming traffic.

Just after this point at about 8k the downhill section starts, which is very steep and fast. The road is in a poor state of repair following the winter weather. There are a number of large potholes on this section of the road – this will be highlighted with additional signage and from the signs **please exercise extreme caution**.

At the 9k mark the road sweeps around and joins Chorley Road again, please take care on this bend and do not cross the white line. **PLEASE BE AWARE THAT ATHLETES MAY BE STARTING THEIR FIRST LAP AND THEREFORE KEEP TO THE CENTRE OF THE ROAD AS YOU PAST TRANSITION** this completes your first lap of 3.

On completion of the third lap you will dismount in the dismount box next to the curb, keep to the left-hand side of the road until you are instructed that it is safe to cross into transition by the marshal. At this point please be aware of athletes leaving transition on the final run, runners will have the right of way.

Once again marshals will be advising you with regards to oncoming traffic. Travel ANTI-CLOCKWISE through transition depositing your bike in your numbered rack.

### **- The 2nd Run 5km (2 x 2.5km lap)**

Exit transition and turn left, be aware of cyclists crossing your path into transition, you will have the right of way.

The second run will follow the same route as the first run and will again be two laps. Once you have left transition and are running towards the first turn please keep to the right as there may be athletes coming in to finish.

After the 2<sup>nd</sup> lap continue back toward the Farmers' Arms, keeping to the right. The finish line is situated approximately 25m after the transition entrance within the pub car park area.

The finish line will be identified by a timing mat and will funnel you into the finish tent.

### **- Medical Advice**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application.

Following registration where you will be issued with your race number, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number.

This is not just an administrative request, it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't race!

### **- Finally**

On behalf of Epic Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

Yours in sport,

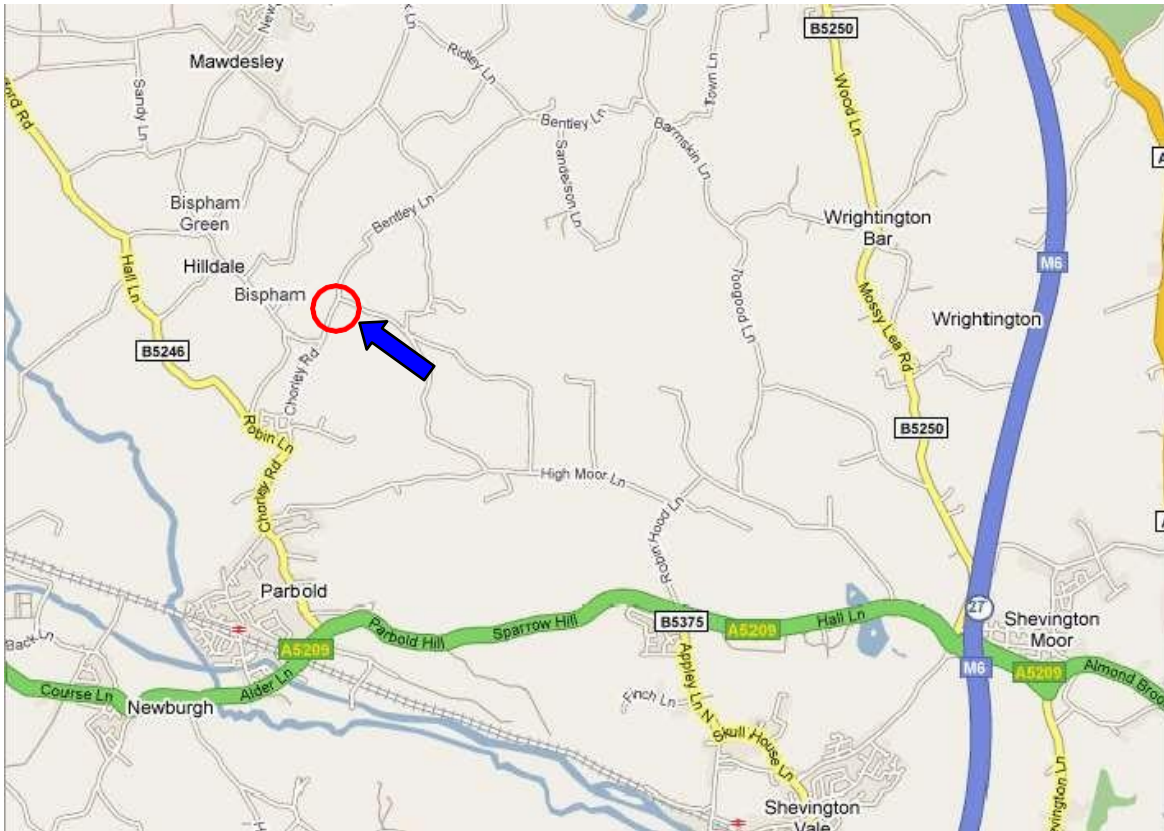
Epic Events Team

Email: [info@epicevents.co.uk](mailto:info@epicevents.co.uk)

Website: [www.epicevents.co.uk](http://www.epicevents.co.uk)



## Location & Car Park



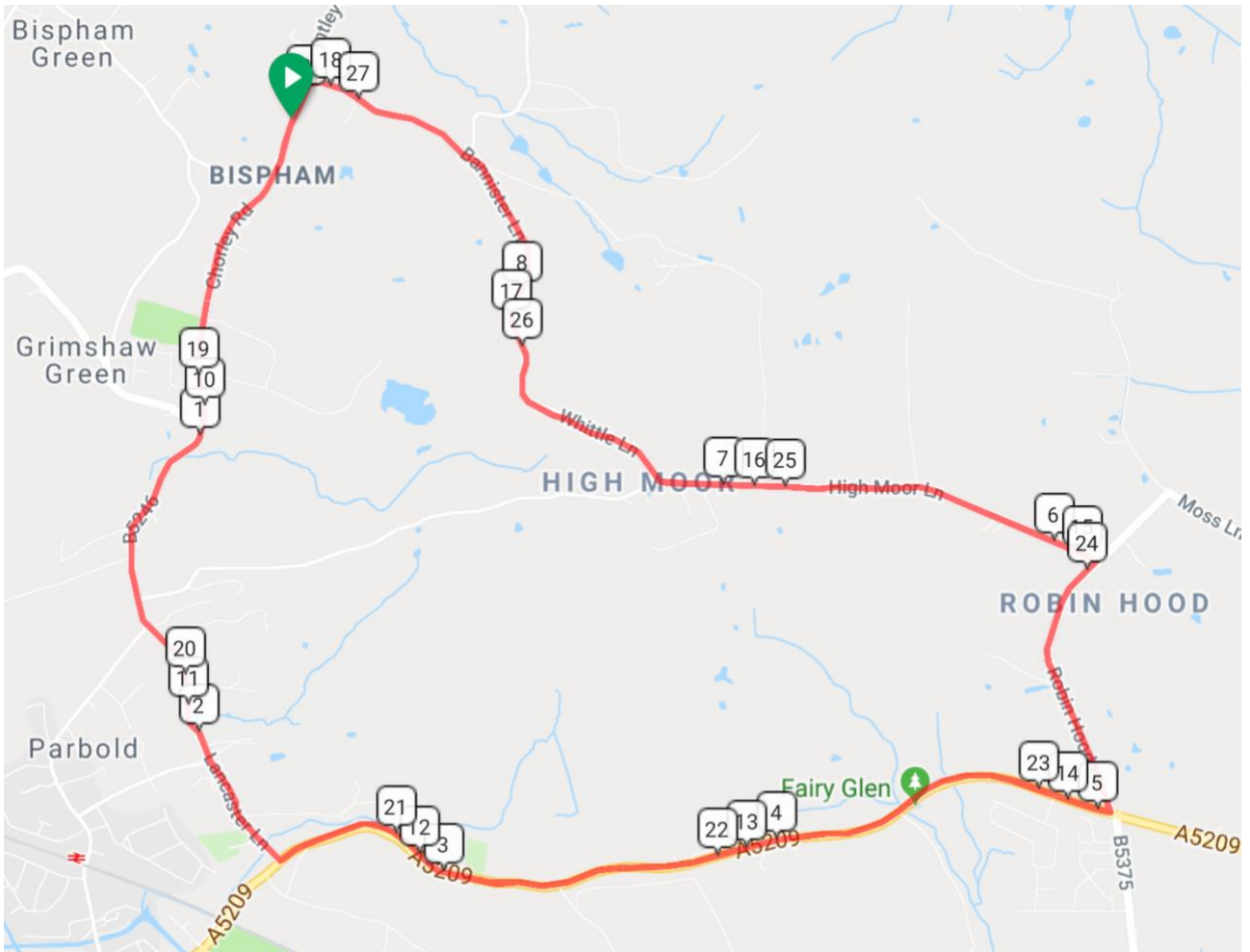
**Run Route:**

Run 1 (5km) = 2 Laps

Run 2 (5km) = 2 Laps



**Bike Route:**

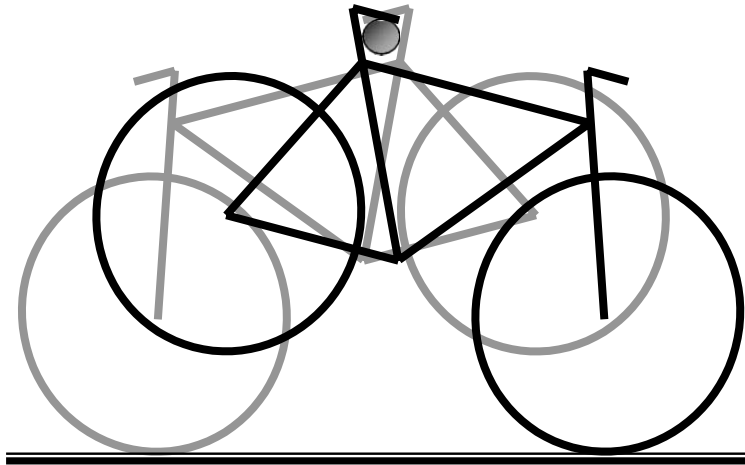




BIKE RACKING

SECTION ON BIKE RACK

Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number.

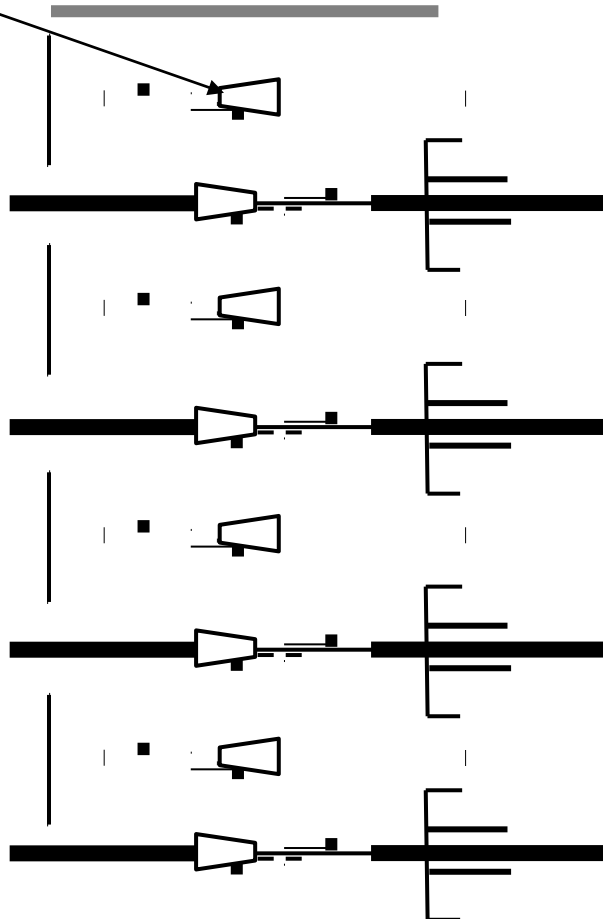


PARBOLD DUATHLON

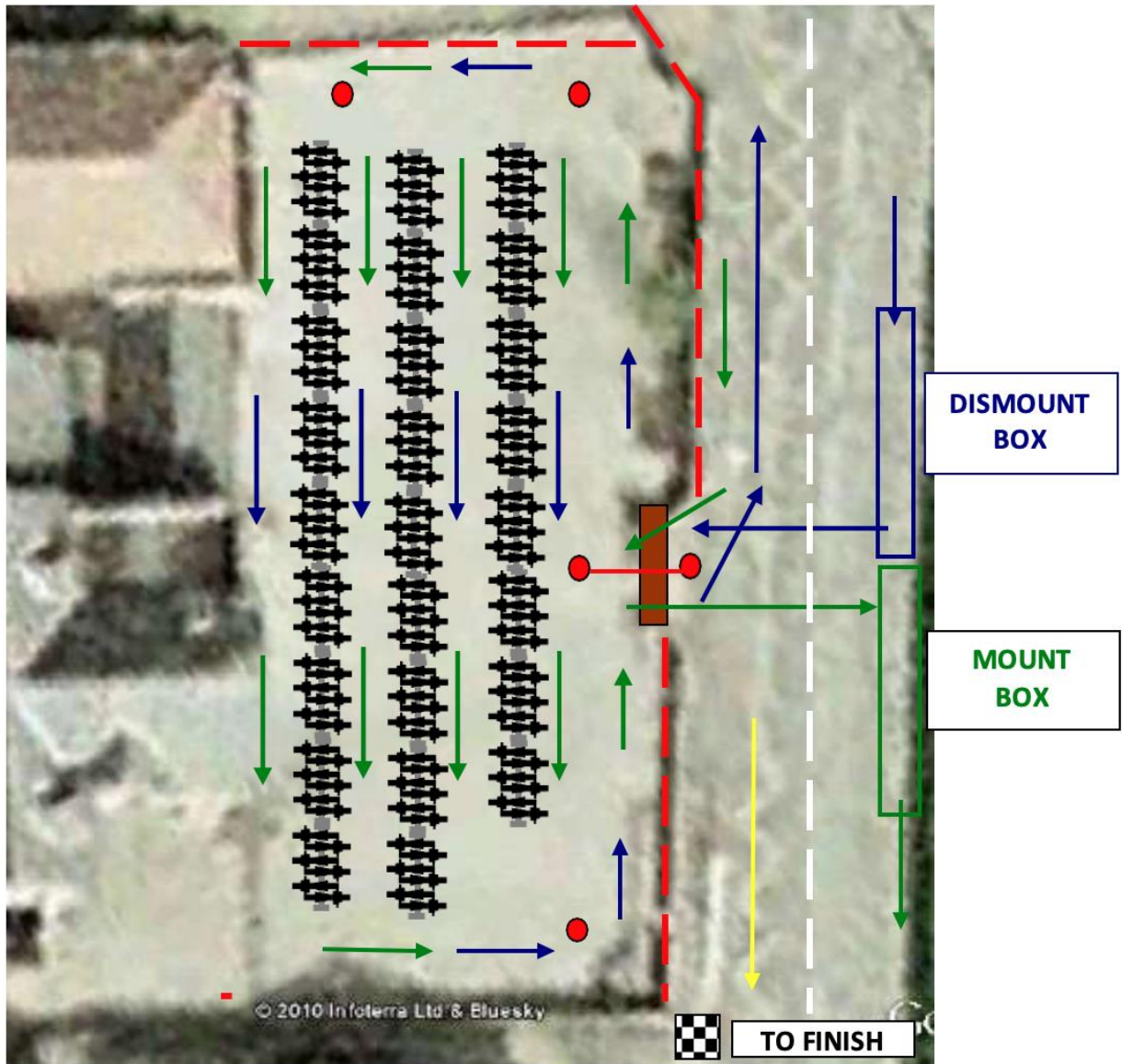
**001**

Racking

PLAN ON BIKE RACK



**TRANSITION PLAN & OPERATION**



Key:



Transition will work in an anticlockwise direction entering and exiting through the central gate each time. The route then follows the transition area around to the North West corner, where you enter the racking area. Athletes then proceed to the South East corner to exit the racking area.

There will be a clear mount box and dismount box, which will be carefully marshalled – there may be penalties of disqualifications awarded if directions from marshals are not followed.