



Welcome to the Fire Fighters '2 UP' Duathlon,
organised in conjunction with Greater Manchester Fire
and Rescue Service.



Race HQ is based at Rivington and Blackrod High School,
Rivington Lane, BL6 7RU.

This event has a very different format to the usual duathlon competitions. Participants compete as teams of 2 and must run and cycle together at all times. Please ensure you social distance throughout the event, there is sufficient room on both the bike and run course to allow for 2 metres distance between you and your partner and any other competitors.

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 in full the details outlined in this race information. 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, any other changes will be announced via email and social media.

CONFIRMATION OF ENTRY

Competitors who have entered will automatically be forwarded a confirmation of entry by e-mail. An alternative way to check your successful entry is to view the list of entries posted on the web site or check your Resultsbase account for your list of entered events.

COVID SYMPTOMS & SOCIAL DISTANCING

Should you be exhibiting any Covid symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines on self-isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any Covid symptoms.

Please travel to the event alone. There are to be **no spectators** on the event site, any non-competitors present make the event non COVID compliant therefore putting the whole event at risk.

During the event, please ensure that you keep 2mtrs away from all other competitors & all staff and marshals at all times. When in a queue or coming close to any event staff at registration or racking in transition (for example) please ensure to wear a face covering. Please do not congregate in groups and please use the hand sanitiser whenever you pass it.

It is important that everyone plays their part in ensuring that all social distancing measures are met. There are strict regulations in place for this event to go ahead. Please help us to ensure the success and safe delivery of this event and that we can continue with further events in the future.

PARKING

There is free parking available at the school, this is located on the hard standing area across the road. Marshals will be on hand to direct you. Please refer to the image at the bottom of the page to familiarise yourself with the parking lay out.

RULES GOVERNING THE EVENT

This event will be operated under British Triathlon Race Rules. Competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised. Ignorance is no defence! If you require further information about Race Rules, please visit www.britishtriathlon.org

TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website www.epicevents.co.uk. In completing a race entry competitors have agreed to abide by these terms and conditions and abide by the event regulations.

SWAPPING OF ENTRIES

Please note that the unofficial 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 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 from future events.

COMPETITOR CONDUCT

Competitors are reminded that they share both the school facilities and 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 and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate disqualification from the event and a ban from all future events hosted by Epic Events. 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 Highway Code rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ. Any reckless riding may also be illegal and may result in a prosecution from 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, please 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 a few seconds.

HELMETS

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.

BIKES

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition. **IMPORTANT** – The cycle section is draft legal for pairs (explained more below). British Triathlon regulations insist that you do not have triathlon bars extending further than brake hoods for draft legal races - **THIS IS NOT THE CASE FOR THIS EVENT - you may ride time trial bikes with full-length triathlon bars, there are no specific bicycle requirements for this draft legal event other than being in roadworthy condition.**

CYCLE DRAFTING RULES

This section may take some understanding so please take time to read through carefully and avoid facing penalties on the day.

This event is 'draft-legal' for competing pairs, this means that you and your partner can work as a team on the cycle section and take turns to lead whilst the other shelters from the headwind. This form of cycle time trial is generally termed a '2 UP'. **It is compulsory for each pair to ride together and if riders within a pair separate by more than 50m, you will be penalised 2 minutes. Please remain at least 1 metre away from each other whilst on the course and racing to adhere with social distancing guidelines.**

However, the race is 'non-drafting' in the sense that one pair of riders MAY NOT shelter behind another pair of riders. If you and your partner choose to draft another pair of riders, you will be penalised. The draft zone rules apply for each pair of riders (see below)..

The draft zone is a rectangle measuring ten metres long by three metres 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 centre and top edge of the rectangle. A competing pair may enter the draft zone of another competing pair but must be seen to be progressing through that zone to overtake.

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

RUN AND TRANSITION SPECIFIC RULES

Competitors are required to run together at all times, if runners within a pair separate by more than 50m, you will be penalised 2 minutes. If you reach transition and you are running 50m or more ahead of your partner you will be stopped and you must wait for your partner until you are allowed to enter the transition area, this will be repeated at the end of the cycle section. In both situations, you will also receive the 2-minute penalty.

TOILETS

There will be portable toilets at the venue HQ.

TIMETABLE

06:30 – Car park opens
06:30 – Registration & transition opens
07:30 – Registration closes
07:40 – Transition closes
07:45 – Begin start queue with your partner in bib number order
08:00 – Race starts in bib number order in 5 second intervals

REGISTRATION PROCEDURE AND TIMINGS

Registration Open Sunday 6:30am – 7:30am

Registration takes place at Rivington and Blackrod High School. Please do not 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. **Please ensure only one member of the team attends registration to reduce congestion and**

queuing and please wear a face covering when both registering and entering transition.

Registration Procedure

Phase one – Race Pack

One member of the team should collect your race pack; this will contain 1 x race number per person, 1 x bike sticker per person (Please keep these safe, as they are required to allow entry into the transition area) and to collect your race t-shirt.

Your race number must be clearly visible on your front for the run and your back for the bike. You will need to have a race belt. Race belts can be bought from [The Endurance Store](#) if you have not got one. It is vital that you wear your race number as the timing chip is attached to the back of the number.

RACE INFORMATION AND TIMINGS

Transition Area Opening Times 6:30am – 7:40am. 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 (see appendix). As the transition area will only be open for 1 hour and 10 minutes, please rack your bike promptly. Only competitors will be allowed into the transition area, no family, friends or other spectators. Please do not gather in transition, once you have racked your bike, please leave transition.

To gain access to the transition area you will need to wear your bike helmet which must be fastened & show your race number. The racking is numbered, and you must rack in the correct place which corresponds with your race number.

Transition for ALL competitors will close at 7:40am promptly.

During the race, only racing competitors will be allowed to enter the transition area. **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.

The transition area should be used in a specific manner during the race (see appendix). When you return from the first run and following the cycle section you will turn left to enter transition (T1). You will move around the outside of the

racking to the top corner before moving down your chosen row of racking to collect your bike/shoes. You will then exit transition by the same entrance gate.

CHECK THIS ON THE DAY TO ENSURE YOU ARE FAMILIAR WITH THE PROCESS.

Race Briefing

Race briefing will take place via video on social media and will also be emailed to you. Between the race brief and notes all points will be covered. If you have a question on the day, event staff will be available.

Start Times

The race will start from 08:00. **Pairs will be set off in bib number order.** All competitors will start within 20 minutes so please be ready to start from 08:00 to avoid any delay. The race will start as soon as you pass through the first timing point. You will start in 5 second intervals from the team in front of you. You will queue adjacent to your race partner. Please remain at least 1 metre away from each other when on the run and bike course.

Routes

The 5.6k run route is an off-road trail run. The route follows the tarmac road up the hill alongside the school before flattening out. The course will be fully signed with marshals in place along the route. There is potential for many trip and slip hazards on the run course due to it being a trail run. Please watch your footing at all times.

The 37k cycle route is a single loop that leaves from the school and turns right to climb Sheep House Lane and then descends into Belmont Village. Here, the route turns left and drops down through Abbey Village, all the way to the M65 roundabout. The route then turns left again and climbs back to Chorley whereupon you turn and head over to Anglezarke Reservoir and the famous Anglezarke climb. The route returns back to the start/finish via New Road and Bolton Road.

There are a few key points on the bike route that are more dangerous than others and it is important that you take care.

1. When turning onto Sheep House Lane (2k), visibility to oncoming traffic is very poor so you must have caution.
2. The descent from the top of Belmont is steep. At the

end of the descent there is also a busy junction. You MUST control your speed along this section.

3. At the M65 motorway roundabout (18k) you must **STOP** at the junction and ensure it is safe before turning left.
4. At 28k you will descend Anglezarke. The descent is extremely fast and steep. It also has a 90-degree hairpin at the bottom. You MUST control your speed on the descent.
5. As you join the A673 (35k) the junction is blind to the right. You will need to slow before turning left.

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, 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. Please note that marshals cannot legally stop or direct traffic in any way.

Please respect the surroundings and other people/vehicles along the route. Do not drop litter.

A copy of the route can be downloaded from the event web page and is also enclosed in these notes (see the "useful information" section).

Finish

You can only finish once you have completed your 2nd run. Upon finishing, please take your water and medal from the table. Please avoid touching other medals and water bottles. Once you have your water keep heading down the finish chute and leave the finish area as soon as possible. Under COVID Secure restrictions we cannot allow any competitors or spectators gathering near to the finish or anywhere on the course/event site. If there are competitors in the finish chute at the same time as you, please keep 2 metres distance from each other.

TIMING AND RESULTS

Please ensure your race number is in place on your race belt for the duration of the race. Your timing chip is on the back of the number, without this you will not have a finish time. There

will be a timing point at the start and on the entry and exit of transition and at the finish line.

Results

A set of provisional results will be live throughout the event from www.epicevents.co.uk

DO NOT approach any of the timing staff on the day and request your race time or with any queries, instead please contact us via email (see below) - results will be finalised 24hrs after the event, please raise any queries before this time.

If you have purchased SMS messaging, you will receive a text with your live time after you have finished.

Any queries relating to provisional results posted on the web must be e-mailed to simon@epicevents.co.uk within 24hrs 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 at the finish line. (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 penalties, please inform us immediately on the day whilst the official is onsite – any queries regarding penalties raised after the event will not be possible to be disputed.

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

1. Crossing the centre line – DQ
2. Dangerous cycling – DQ
3. Failure to acknowledge direction from 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 at the finish area, advising of your race number and return your timing chip.

PRIZE GIVING AND PRESENTATION

Due to COVID Restrictions there will be no presentation on the day. Prizes will be emailed out post event.

Prizes

Prizes will be awarded for the following categories (subject to entry):

- Male Team 1st 2nd 3rd (All Age Groups)
- Female Team 1st 2nd 3rd (All Age Groups)
- Male Team V40 (AG H-I); V50 (AG J-K); V60+ (AG L+) = 1st place
- Female Team V40 (AG H-I); V50 (AG J-K); V60+ (AG L+) = 1st place
- Mixed Team 1st 2nd 3rd (All Age Groups)

The categories are based on the youngest member of the team. If you win an Overall Prize, you will not be eligible for either the V40, V50 or V60 categories and prizes awarded may be changed based upon number of entries into each category.

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 numbers, 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! In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event First Aid Team who will assist.

EMERGENCIES

During the race, should you come across another competitor who is in need of assistance please inform the nearest marshal.

There will be first aid cover on the course and at the start/finish area.

REFRESHMENTS

Crazy Cow Catering will be onsite providing takeaway Hot and Cold Snacks and Drinks.

GOOD LUCK

On behalf of Epic Events and Greater Manchester Fire Service, we would like to wish you well with your race and hope you have a safe and enjoyable event.

We request that you read fully all the details outlined in this race information pack. 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 watch the race briefing*

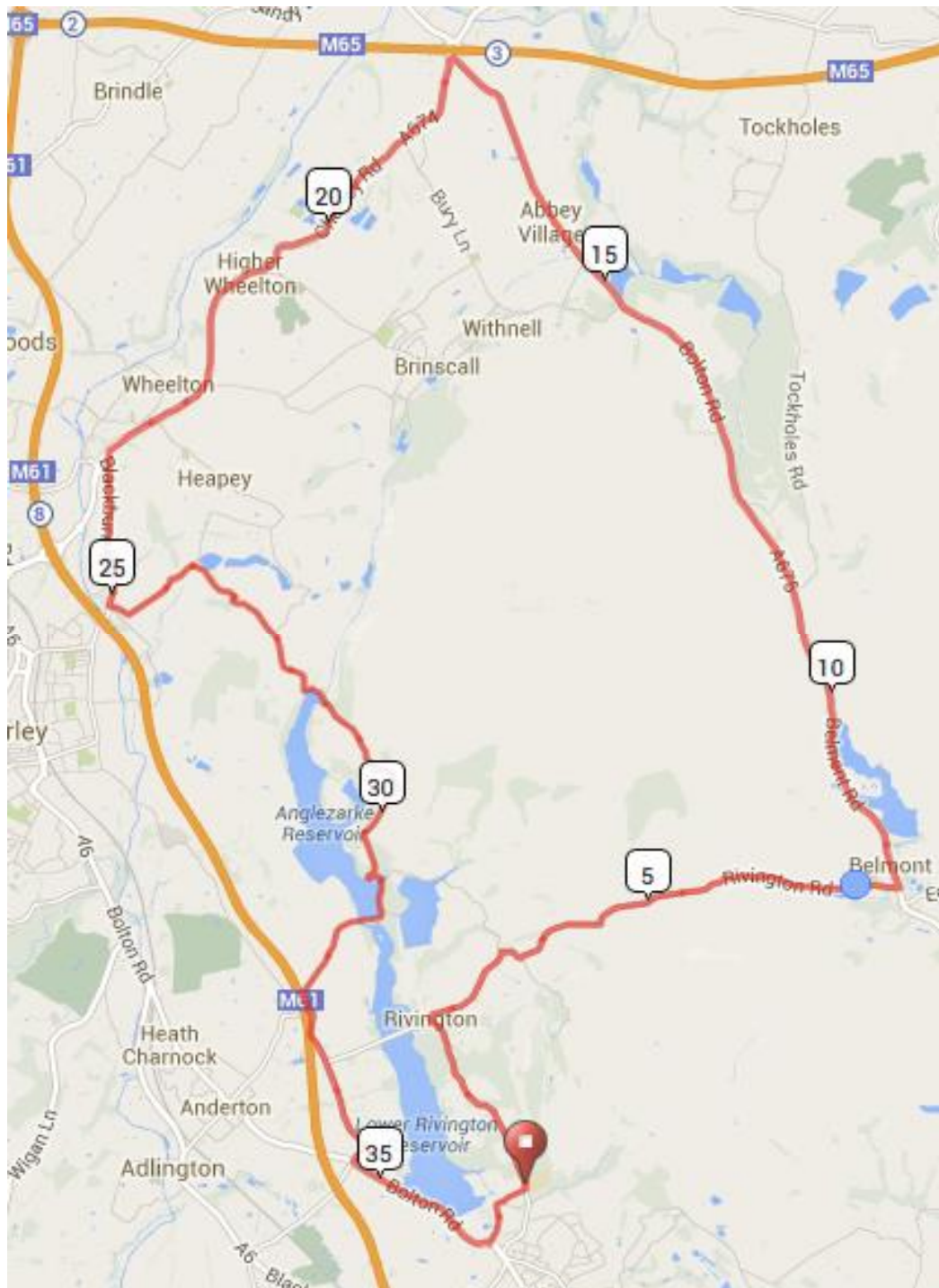
Regards

Epic Events

01257 251217

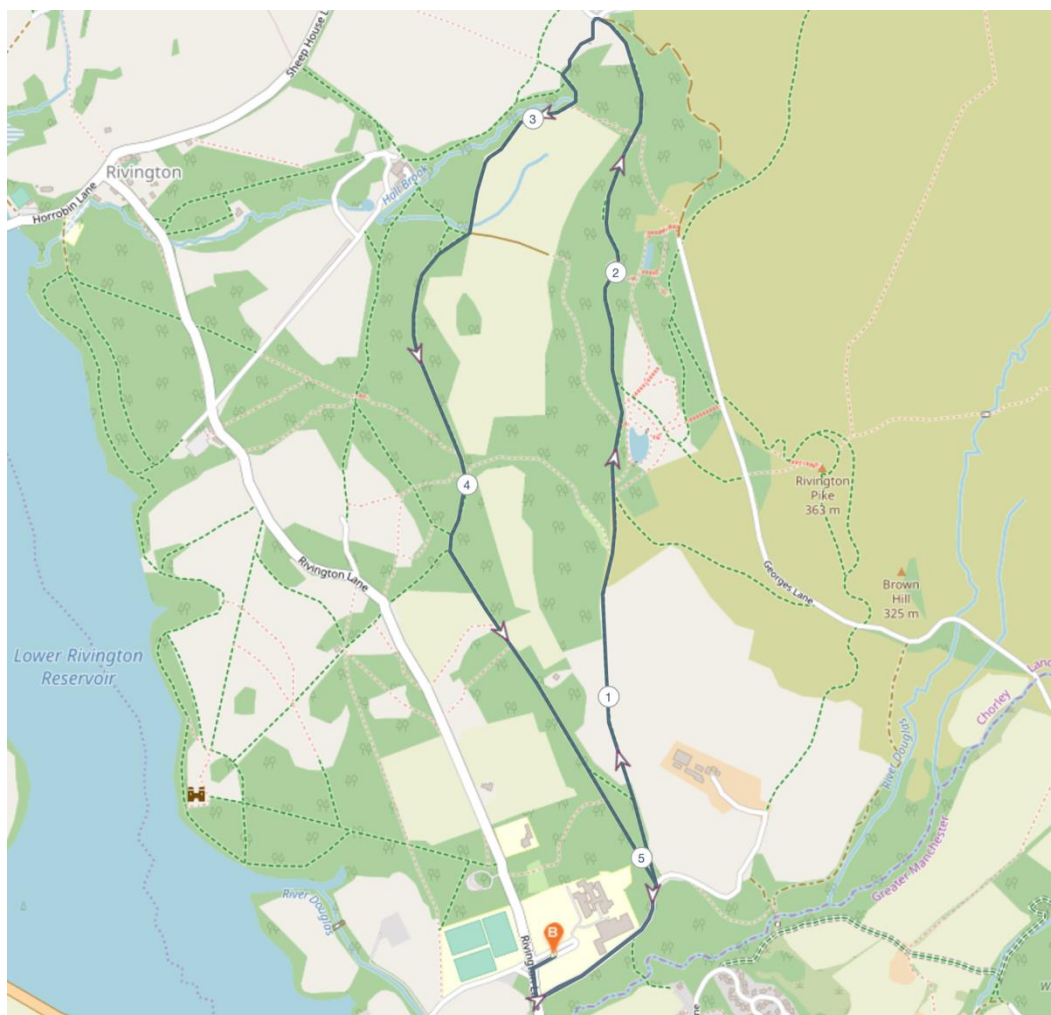
info@epicevents.co.uk

www.epicevents.co.uk



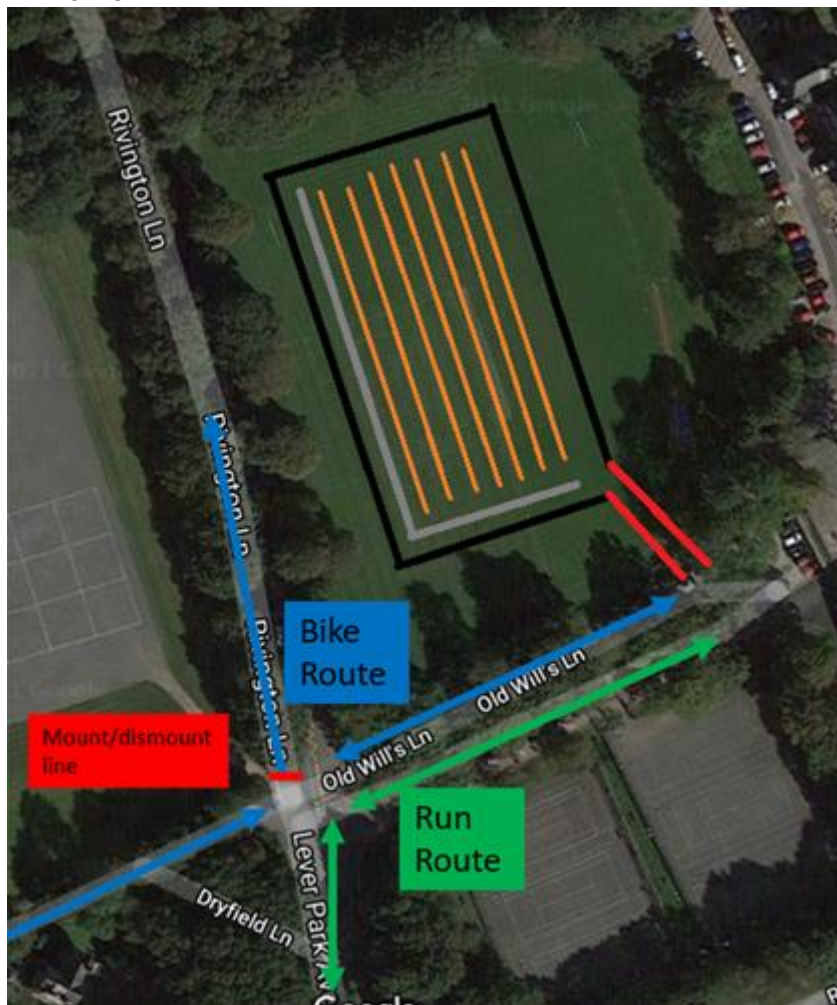
To view cycle route on web, go to: <https://www.strava.com/routes/3417251>

ROUTE MAP – RUN SECTION



To view run route on web, go to: <https://www.strava.com/routes/24204576>

TRANSITION





Make sure you check transition flow out on the day prior to the start of the race so it is clear in your mind.

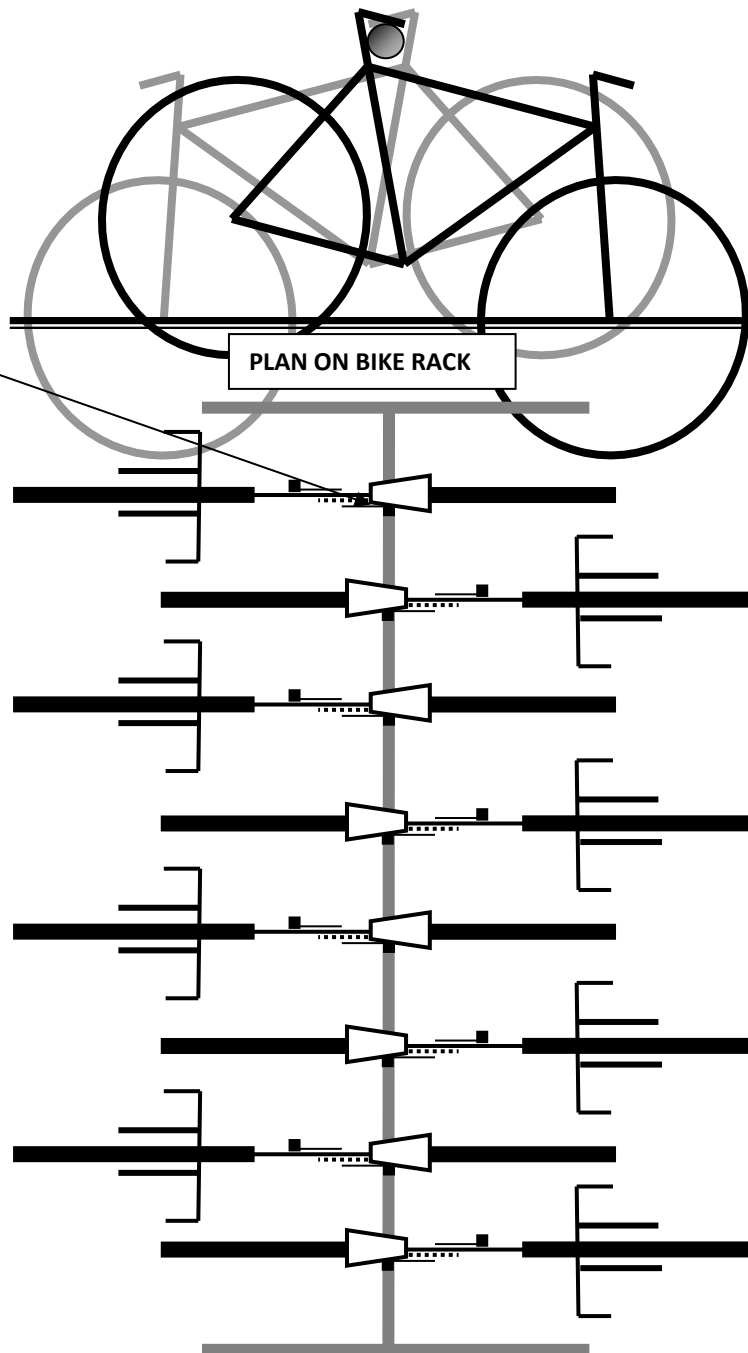
You will run up & down the right side of the school driveway. You will push your bike up & down the left side of the school driveway to get to transition on the field.

When returning to transition from run 1 you will keep to the right and go anti clockwise round the outside of the racking to the far corner of transition. You can then make your way down your line of racking to get your bike. Once you have your bike you leave transition directly via the exit gate, keeping to your left at all times.

When returning from the bike course you will enter transition via the same point you left from, again keeping to the left to avoid competitors leaving transition. Once you have racked your bike and you are ready for run 2 you exit transition via the top left corner and move clockwise round the outside of the racking to exit onto the driveway.

IMPORTANT – TEAMMATES WILL RACK FACING IN OPPOSITE DIRECTIONS. YOUR FRONT WHEELS SHOULD BE ON OPPOSITE SIDES OF THE RACKING.

SECTION ON BIKE RACK



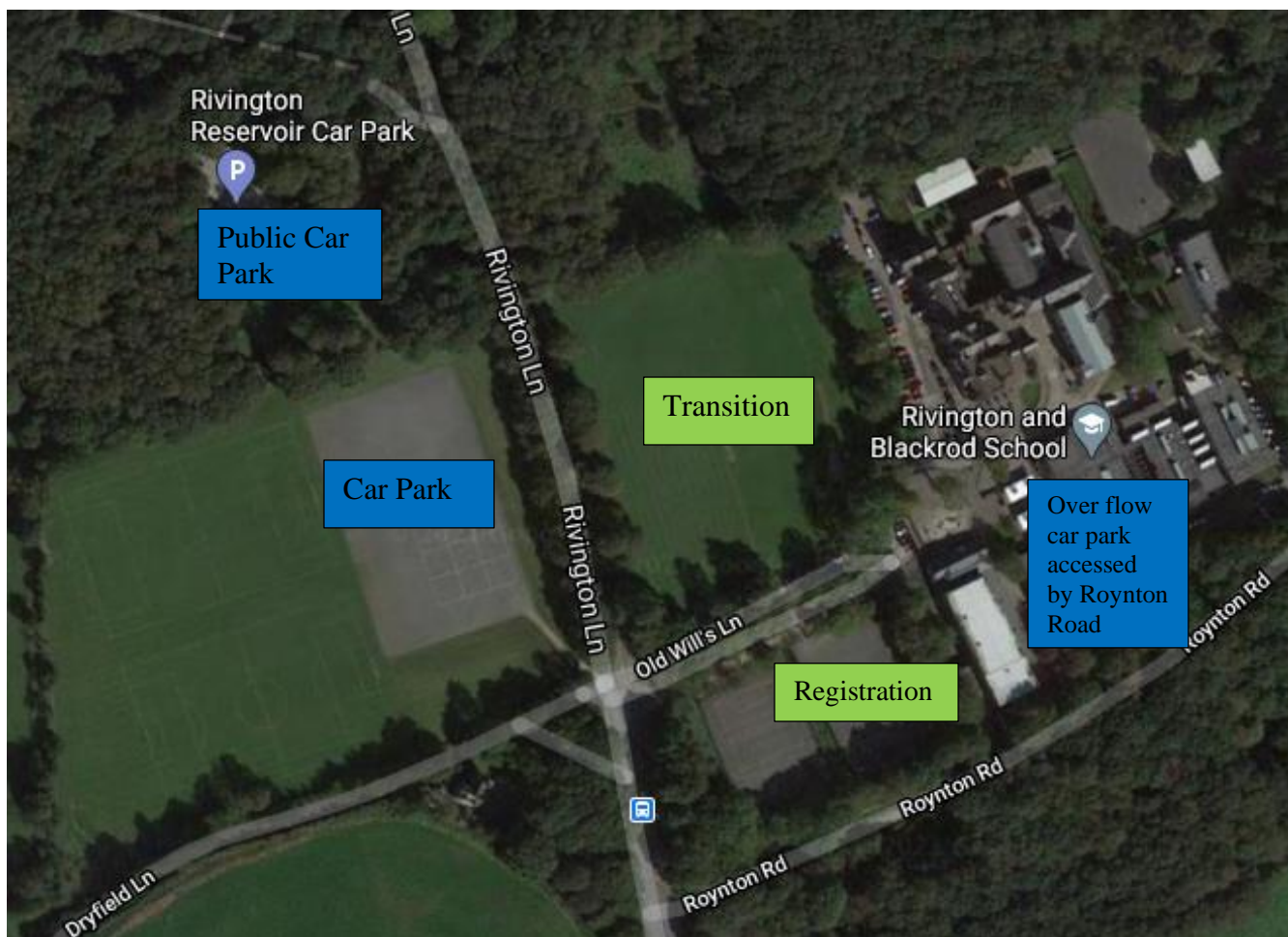
Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number. THIS WILL BE THE SAME FOR YOUR PARTNER

FF DUATHLON

001

Racking

CAR PARK LOCATION



Please take care when leaving to not impede other competitors who are still running.