



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



The race HQ is Rivington and Blackrod High School, in Horwich, BL6 7RU.

This event has a very different format to the usual duathlon competitions. Participants compete as teams of 2 and must run together and cycle together at all times.

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 fully read all 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 and it is vital that you attend the race briefing on the day.

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.

PARKING

There is free parking available opposite the school and further along the road at the public car park. If you need to leave prior to the end of the race, please take care as there will be cyclists on the road.

RULES GOVERNING THE EVENT

This event will be held under the Competition Rules of British Triathlon. 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 <https://www.britishtriathlon.org/competitionrules>

TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website www.epicevents.co.uk. On confirming the entry all competitors have agreed to abide by these terms and conditions and abide by the event regulations.

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers 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. Any athlete found to have passed their entry to another athlete or any athlete taking 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 members of the public who may or may not be fully aware of the event. We request that you treat 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 DQ from the event and a ban from all future events hosted by the organisers. 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 centre lines, or failing to take due care will result in a DQ. It is also illegal and may result in 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.



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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 n.b. **THIS IS NOT THE CASE FOR THIS EVENT - You may ride time trial bicycles with full-length triathlon bars, there are no specific bicycle requirements for this draft legal event.**

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.**

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.

The draft zone is a rectangle measuring ten metres long and is the width of the carriageway, this zone 'surrounds' every cycle on the cycle course. 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 – please [CLICK HERE](#) for a visual representation and more info on drafting rules.

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 – Race briefing

08:00 – Duathlon Start Wave 1 (Blue Numbers - all Male Pairs)

08:05 – Duathlon Start Wave 2

11:00 – Prize presentation at registration tent (approx)

REGISTRATION PROCEDURE AND TIMINGS

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

Registration takes place at Rivington and Blackrod High School (n.b. each participant must collect their race number, it is not possible for one person from the pair to collect both race packs). 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.

Registration Procedure

Phase one – Race Pack

Important - each participant must collect their race pack, this will contain;
1 x Race Number (Blue for Wave 1 (all Male Pairs), Yellow Wave 2 (all Female and Mixed Pairs))
1 x Bike Sticker (please keep these safe, as they are required to allow entry into the transition area)
1 x Timing chip and Velcro strap (please attach the chip on the strap to your left ankle – and remember, no chip = no time)
1 x Custom Event 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 will be available at registration to buy if you don't have one.

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, in alternate directions (see appendix). As the transition area will only be open for 1 hour and 10 minutes, please rack your bike promptly. Competitors only are allowed into the transition area, no family, friends or other spectators.

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 through 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 right to enter the transition (T1). You will move **ANTI CLOCKWISE** 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.

Warming Up

Please do not warm up on the main road prior to the race. The school access lane will provide plenty of space.

Race Briefing 7:45am

There will be a short race briefing at the start line at 7:45am for all athletes. Please attend this race briefing as any last-minute changes will be announced. Any questions will be answered here. The briefing will take place under the start/finish gantry.

Start Times

The event start will take place at 8:00am. The race will start immediately after the race briefing under the start and finish gantry in front of the school. The start will be split into 2 waves separated by 5 minutes. Please refer to the colour of your bib number designated to your appropriate wave.

Wave 1 = Blue = all Male "Open & Vet" Teams

Wave 2 = Yellow = all Female & Mixed Teams



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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 will be many trip and slip hazards on the run course due to it being a trail run. Please take care with 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 Anglezark 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 – there will be marshals on this section with Red Flags.
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 remove your timing chip or let a marshal remove it for you (DO NOT LEAVE UNTIL YOUR CHIP HAS BEEN REMOVED). Please do not keep your chip in your pocket as the timing mats will not register you as you pass over them. **Any lost or missing chips will be automatically charged at £20 each on the Monday following the event.**

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 point on the entry and exit of transition and at the finish line.

Results

A set of provisional results will be available online immediately as you cross the finish here <https://epicevents.co.uk/results/>

DO NOT approach any of the timing staff on the day and request your race time their focus will be on ensuring the system records your time.

Any queries relating to provisional results posted on the web must be e-mailed to simon@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

Any time penalties issued 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 results, please inform us immediately on the day.

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

1. Crossing the centre line – DQ
2. Dangerous cycling – DQ
3. Fail 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, advising of your race number and return your timing chip.

PRIZE GIVING AND PRESENTATION

This will take place near to the finish line at approx. 11:00hrs. Please listen 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 3rd (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
- Mixed 1st 2nd 3rd (All Age Groups)

The categories are based on the youngest member of the team. If you win an Open 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.

You must be in attendance at presentation to receive your prize. Prizes will NOT be posted out following the event.

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.

REFRESHEMENTS

The Crazy Cow catering unit will be onsite selling hot and cold refreshments.

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 attend the race briefing on the day.

Regards

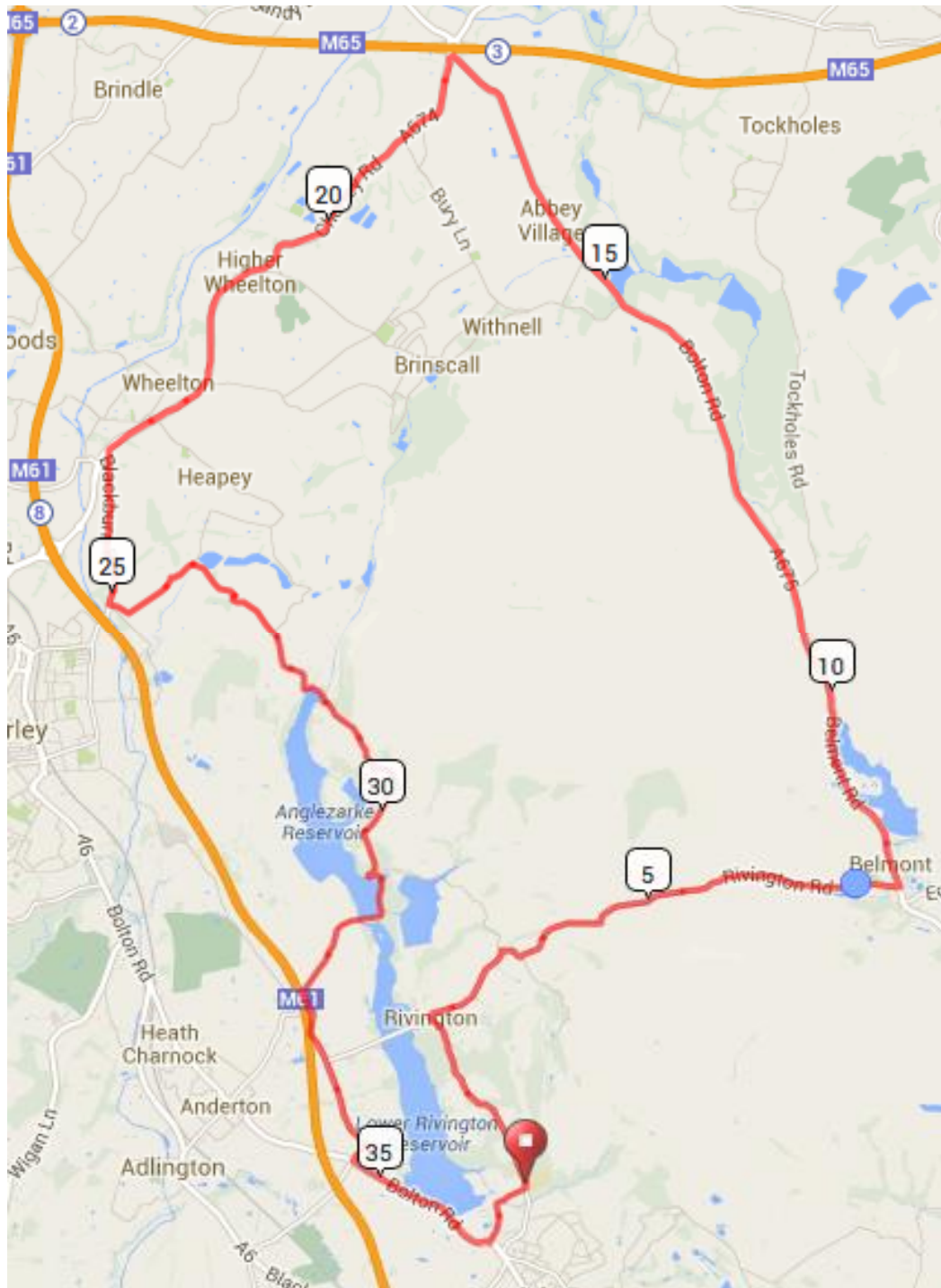
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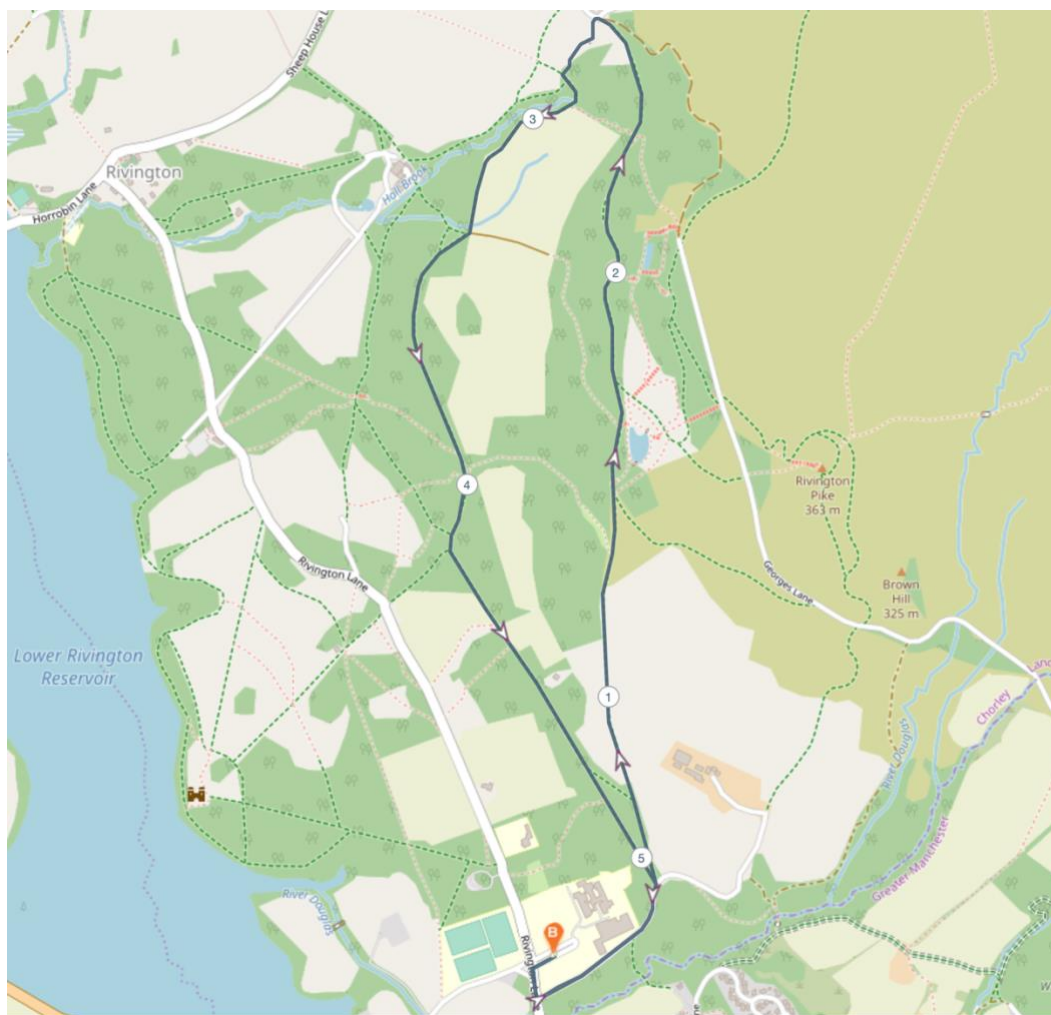
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Route Map – Cycle Section



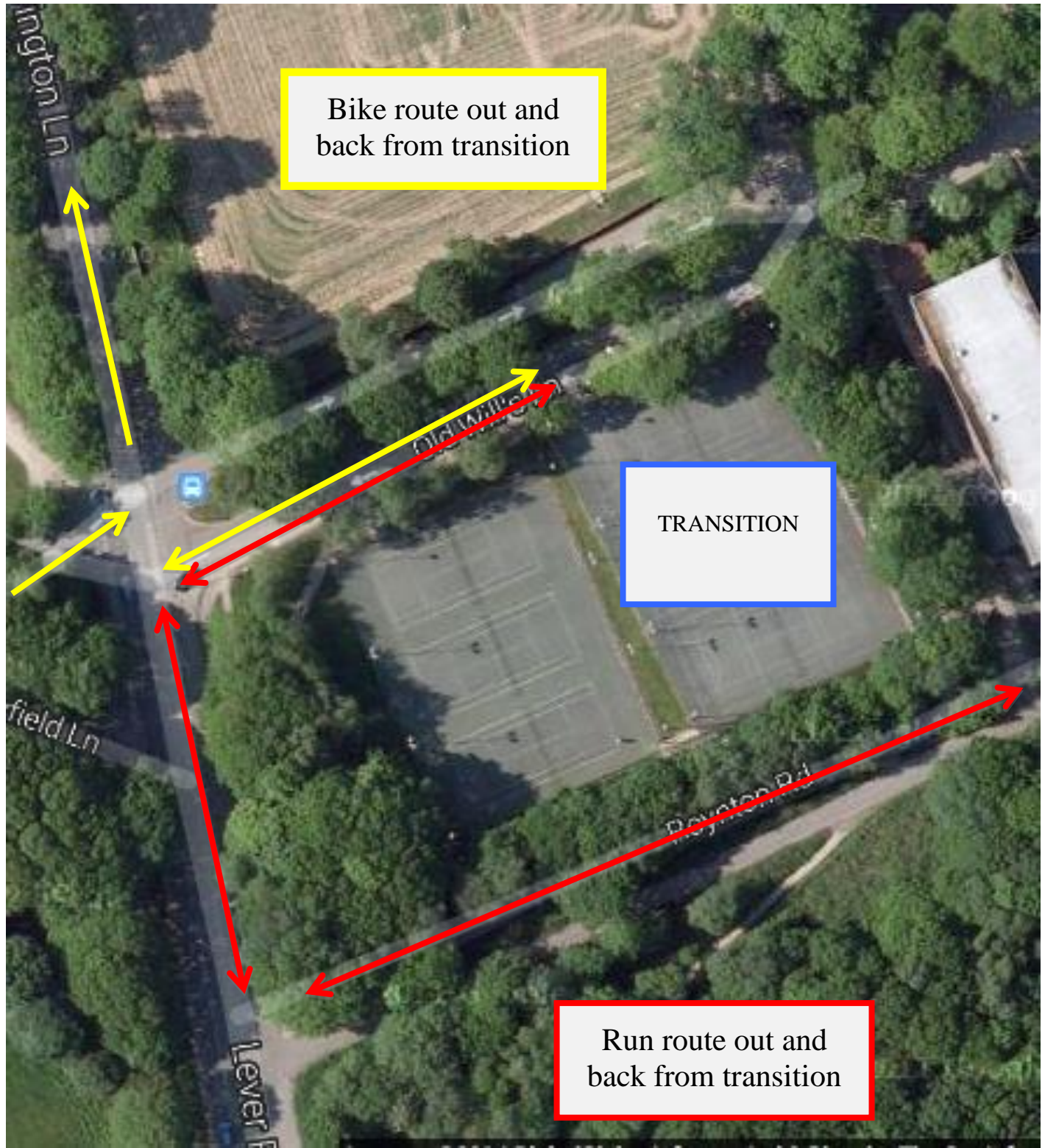
To view cycle route on web, go to: <https://www.strava.com/routes/3417251>

ROUTE MAP – RUN SECTION



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

TRANSITION



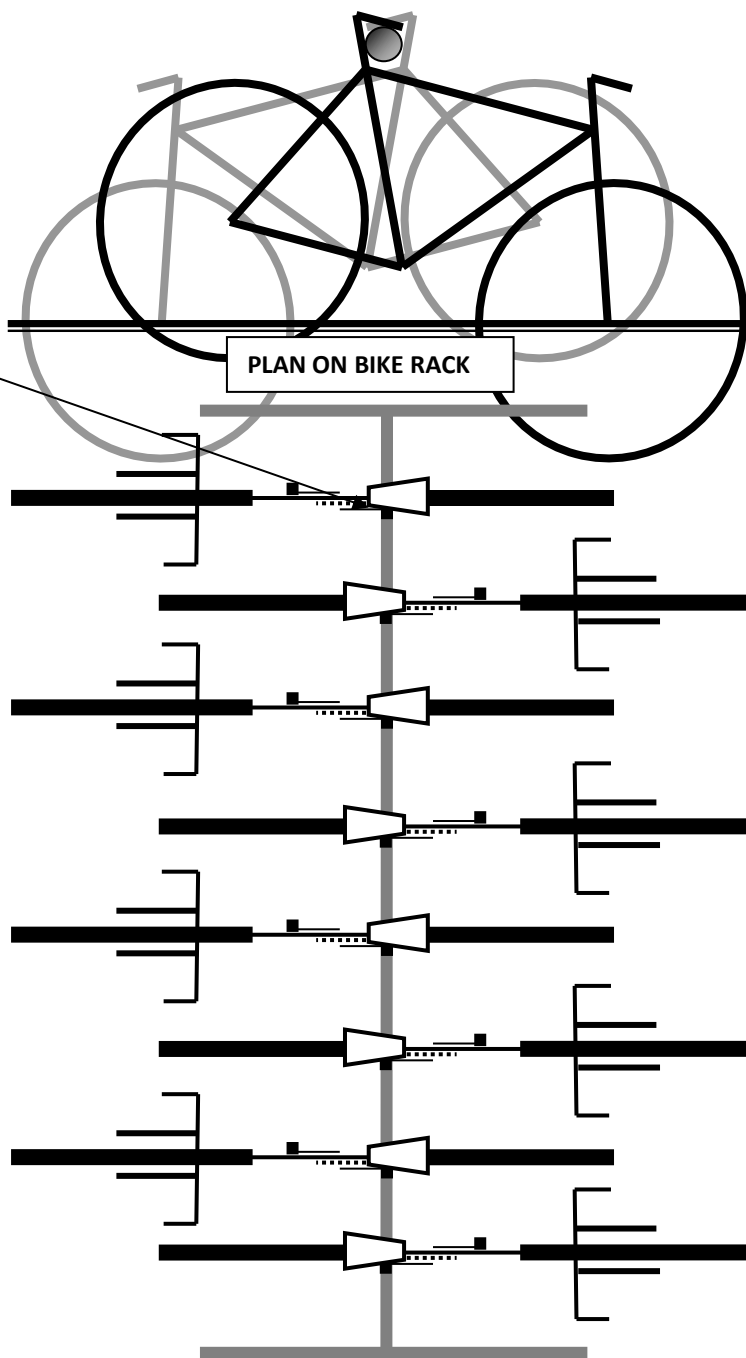


You will enter transition via the transition funnel and through the gate keeping to your right into the tennis courts. Once in the tennis court you will move anti clockwise round the outside of the racking until you get to the cone at the far corner of the transition area. Only once you get to the cone can you then make your way down your line of racking to get to your bike/run shoes. You can then leave transition via the same gate you used to get in again, keeping over to your right to avoid any collisions.

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

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

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Racking

CAR PARK LOCATION



Please do not park on the road.