



## **Firefighters '2UP' Duathlon**

**Sunday 10<sup>th</sup> March 2024**

**Location: Race HQ is at Rivington and Blackrod High School, Horwich, BL6 7RU**

Welcome to the **Firefighters 2Up Duathlon 2024** with the support from Greater Manchester Fire and Rescue Service. Thank you for entering the 2024 edition of the race, we're looking forward to seeing you at the event. Please read through this document in full, it will help to ensure that you have a safe and enjoyable day.

Firefighters 2Up Duathlon has a different format to more traditional duathlon competitions, participants compete as Teams of 2 and must run and cycle together at all times n.b. we have also included a solo category this year which allows solo entrants to race as an individual.

All information attached in this document is now FINAL & CONFIRMED. However, please note that it is sometimes necessary for pre-race changes to be made and it is vital that you attend the race briefing on the day when any necessary amendments will be announced

### **CONFIRMATION OF ENTRY**

All entrants receive an automatic email from the entry system (Resultsbase) confirming their entry and will be included in the Participant's List [CLICK HERE](#)

### **PARKING**

Free parking is available across the road, adjacent to the school and also further along the road at the public car park. If you are expecting to leave prior to the end of the race, please take care as there will likely be cyclists still on the road. Please always follow the highway code when parking.

### **RULES GOVERNING THE EVENT**

The event will be operated in compliance with British Triathlon Competition Rules. 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 Competition Rules, please visit the British Triathlon website [HERE](#) but note that drafting between team members is permitted on the bike section but not permitted with solo competitors or other teams (e.g. a team cannot draft another team or solo participant)

### **TERMS AND CONDITIONS OF ENTRY**

The Terms and Conditions of entry are clearly stated in the entry process and on the website [HERE](#). On confirming entry all entrants have agreed to abide by these terms and conditions and 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 insurance undertaken by Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the Terms and Conditions.

**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 organised or managed by Epic Events and associated companies. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

**RULES GOVERNING THE HIGHWAY**

You are reminded that the cycle section takes place on closed and open road sections, please ensure that you observe the rules of the road at all times, always ride on the left of the road and “Give Way” as required. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ and may result in prosecution by the Police who will be present on the course.

Please be aware that Race Marshals are not permitted by law to stop traffic and will not do so under any circumstances, Marshals are in place to provide direction only and participants are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt you should stop!

**RIGHT OF WAY**

Participants must take care at junctions and should note from the course details included in this document that you do not have right of way at several sections on the route please check that junctions are clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save a few seconds!

**EVENT SCHEDULE**

- 06:00 Car park opens
- 06:15 Registration opens
- 06:30 Transition opens
- 07:30 Registration closes
- 07:40 Transition closes
- 07:45 Race briefing
- 08:00 **Start Wave 1** (all Male Team – Yellow Race Numbers)
- 08:05 **Start Wave 2** (all Solo competitors, Female Teams & Mixed Teams – Green Race Numbers)
- 11:00 Prize presentation at registration tent (approx.)
- 12:00 Race cut off



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### **HELMETS**

Approved hard shell helmets are compulsory and must be worn throughout the cycle section. Helmets 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), but non drafting for solo competitors. 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.**

### **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 team member shelters from the wind. This form of cycle time trial is generally referred to as a '2 UP'. **It is compulsory for each pair to ride together and if riders within a pair separate by more than 50m, the team 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 or a solo rider. If you and your partner choose to draft another pair of riders or a solo rider, 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 in pairs are required to always 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 a 2-minute penalty.

### **TOILETS**

'Portaloo' Event Toilets will be available throughout the Event at Race HQ.

### **REGISTRATION PROCEDURE AND TIMINGS**

**Registration Open Sunday 06:15am – 07:30am**

Registration takes place at Rivington and Blackrod High School (n.b. each participant must collect their race number (n.b. It is not possible for one person from the pair to collect both race packs as we are required to verify the ID for each participant, not only for race integrity but also as a requirement of our insurance). 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 to allow the Race to proceed as planned.

Please note that you cannot change your t-shirt size at registration but if you return to either Registration or the Finish Area after your race, we can look to change your t-shirt with the sizes remaining.

### **Registration Race Pack**

**Important - each participant whether solo or in a team must collect their own race pack.**

This will contain:

- 1x Race Number (these are required for entry into transition)
- 1x Bike Sticker (attach to your bike around the seat post, required for entry into transition)
- 1x Timing chip (attach the chip on the strap to your left ankle, remember, no chip = no time)
- 1x Custom Event T-shirt

To comply with Competition Rules your race number must be clearly visible on your front for the run and your back for the bike and for this reason we recommend wearing a race belt. If you do not have a Race Belt they will be available to purchase at registration (n.b. cash only) if you don't have one.

### **RACE INFORMATION AND TIMINGS**

Transition Area Opening Times 06:30am – 07:40am (n.b. 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 identification and security reasons. Please rack using your seat on the bike rack support A-frames, in alternate directions (see appendix). As the transition area will only be open for 1 hour and 10 minutes, please rack your bike promptly. Transition will be a secure area with only Competitors allowed into the transition area – no family, friends or other spectators will be allowed access.

To gain access to the Transition Area you will need to wear your bike helmet which must be fastened & also show your race number which should match the bike number attached to your bike. 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 07:40am 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 the race number attached to your bike. If challenged, please be prepared to show your race and bike numbers at all times, this is for the security of all participant's bikes and kit.

The Transition Area should be used in a specific manner during the race (see appendix). On return from the first run and following the cycle section you will turn right to enter the transition (T1 and T2). 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. MARSHALS AND BRITISH TRIATHLON OFFICIALS WILL BE IN TRANSITION AREA TO ANSWER ANY QUESTIONS.

### **Warming Up**

Please do not warm up on the main road prior to the race, the main road is not closed for the event. The school access lane will provide plenty of space to warm up but please be aware of spectators.

### **Race Briefing 07:45am**

There will be a short race briefing at the start line at 07:45am 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 at the Start/Finish Race Arch.

### **Start Times**

The event start will take place at 08:00am. The race will start immediately after the race briefing at the Start and Finish area 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 = Yellow = All Male Teams

Wave 2 = Green = All Solo Competitors, Female & Mixed Teams

### **PRIZE GIVING AND PRESENTATION**

This will take place near to the finish line at approx. 11:00am. Please listen for announcements.

### **Prizes**

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

- Male Team overall 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>
- Female Team overall 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>
- Mixed Teams 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>
- Male Team Age Groups V40, V50+ = 1<sup>st</sup> Place
- Female Team Age Groups V40, V50+ = 1<sup>st</sup> Place
- Male Solo overall 1<sup>st</sup>
- Female Solo overall 1<sup>st</sup>

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 Age Group Prizes and these will then be 'rolled down' to the next finisher. Prizes awarded may change based upon a low 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.

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## COURSE ROUTES

### Run

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 and follow the course signs as per below;



### Cycle

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 towards Abbey Village, at the Hare and Hound you will take a left onto Dole Lane. You will follow this down Bury Road through Witnell until you reach Chorley Road. 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 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.
4. 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. Please follow the signs **YELLOW WITH BLACK ARROWS** as indicated below;





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 2<sup>nd</sup> 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](#)

**DO NOT approach any of the timing staff on the day and request your race time as 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 [info@epicevents.co.uk](mailto:info@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.

**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 after you have been 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 – please 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 see any other competitors in need of assistance please inform the nearest marshal. There will be medical cover on the course and at the start/finish area.

**REFRESHMENTS**

The Crazy Cow catering unit will be onsite selling hot and cold refreshments 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 all the details outlined in this race information pack and all the information attached in this race document 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

Epic Events

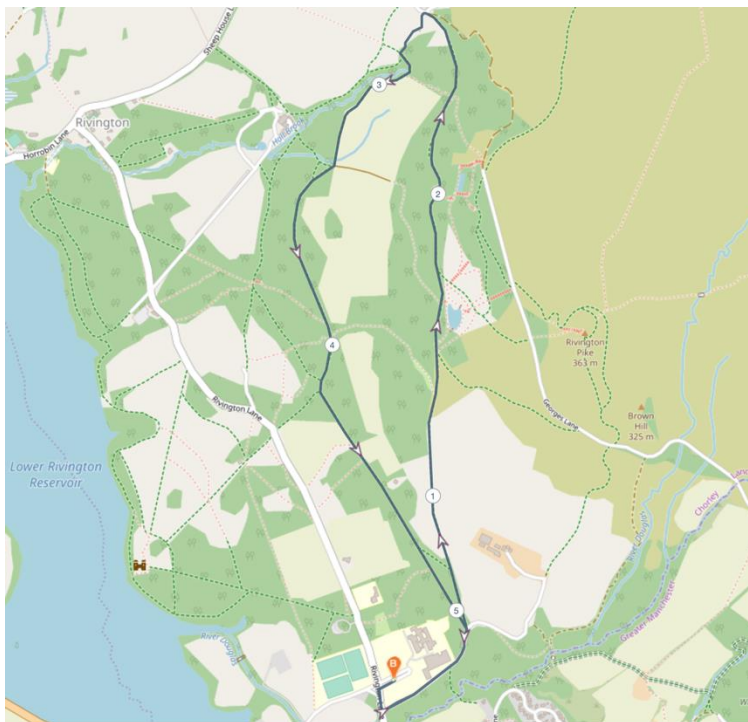
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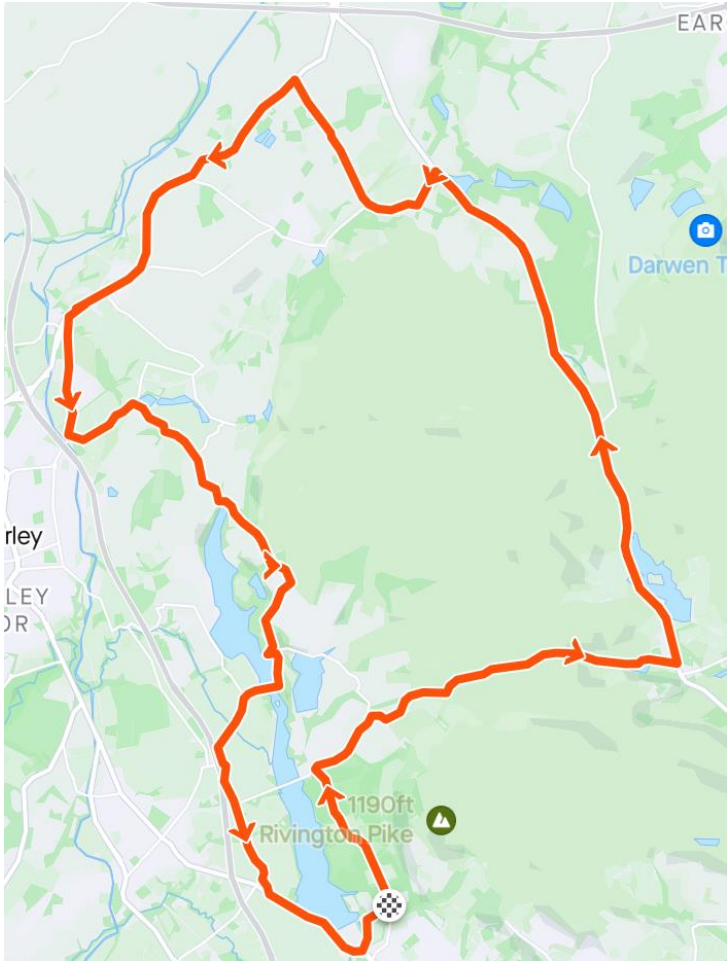
**ROUTE MAP – RUN SECTION**

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



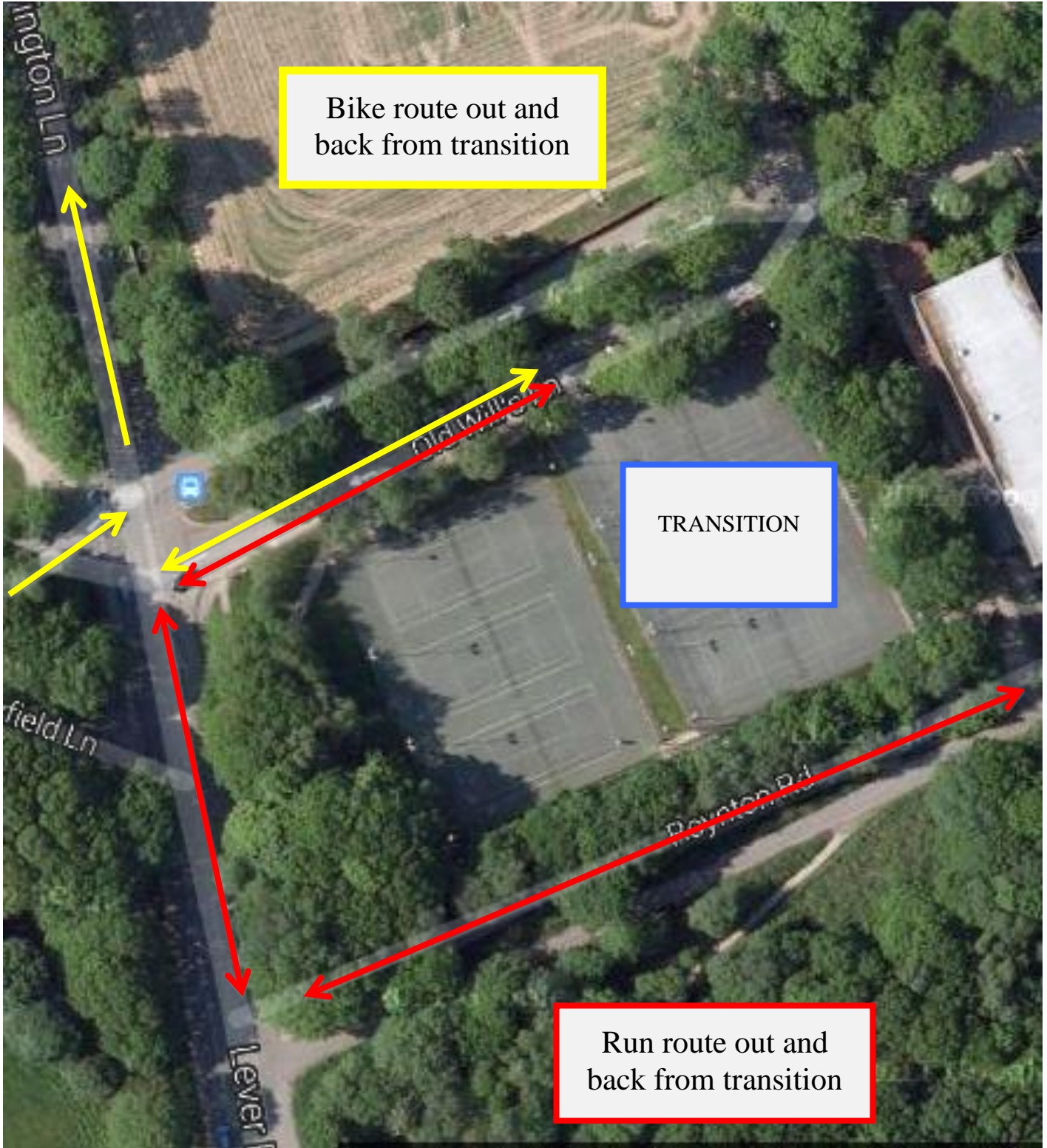
**ROUTE MAP – CYCLE SECTION**

To view cycle route on web, go to: <https://www.strava.com/routes/3201194807892025088>





**TRANSITION**



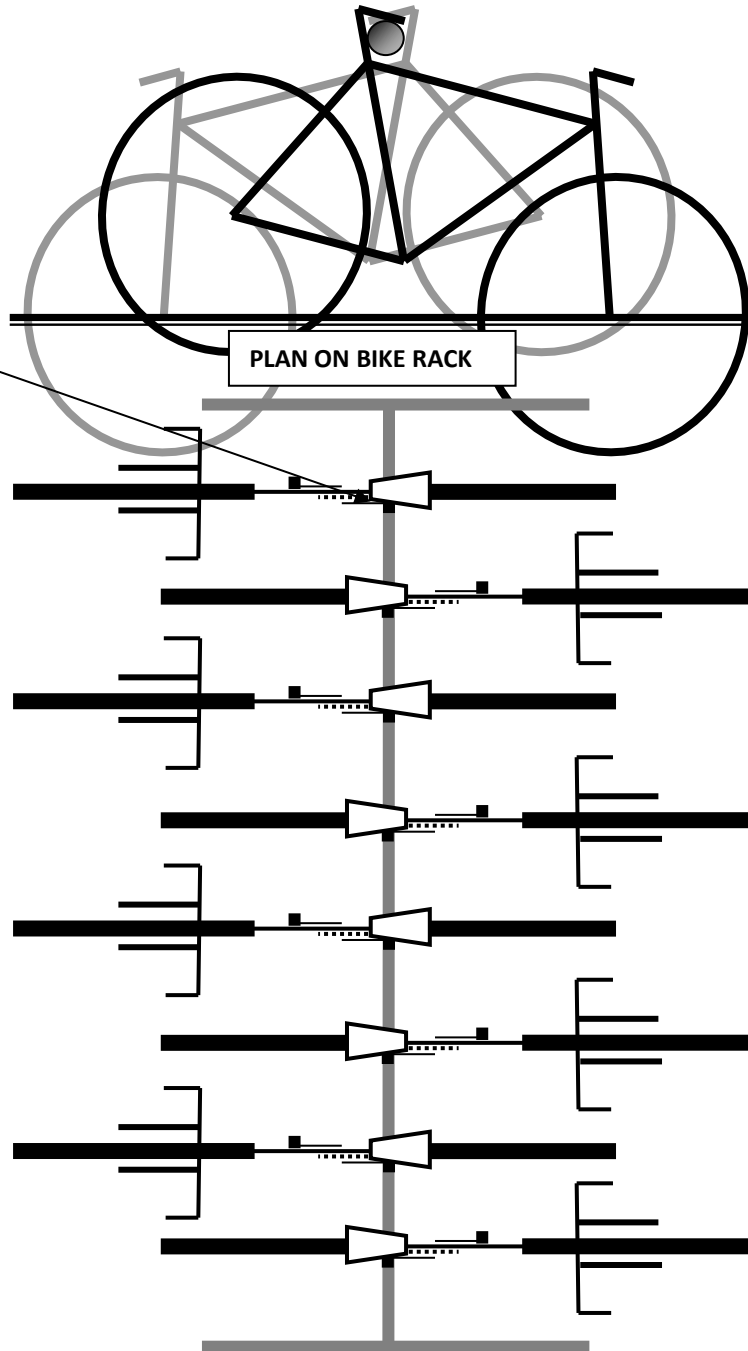


You will enter transition via the transition funnel and through the gate keeping to your right into the tennis courts. Once in the tennis court you will move anti clockwise round the outside of the racking until you get to the cone at the far corner of the transition area. Only once you get to the cone 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

FF DUATHLON

**001**

Racking

CAR PARK LOCATION



Please do not park on the road.

