



# RACE INFORMATION

THE CLUMBER PARK DUATHLON  
THORESBY PARK  
NEITHERFIELD LANE  
NOTTINGHAMSHIRE  
NG22 9EH

SATURDAY 24<sup>TH</sup> OCTOBER 2020

(UPDATED 15/10/2020)



EVENT  
PERMIT  
2020

**Sprint Distance: 6.5km Run – 18km Bike – 2.5km Run**  
**Standard Distance: 6.5km Run – 36km Bike – 6.5km Run**

## VERY IMPORTANT UPDATE

Due to COVID-19 restrictions, the venue has been moved to Thoresby Park. This is an ideal venue & has successfully hosted the Covid Compliant, Outlaw X Triathlon. We will be using the experience gained from delivering Outlaw X to ensure all athletes, crew, volunteers & officials attending will have a safe & enjoyable experience.

The new venue is located just a couple of miles from Clumber Park and will be using the identical bike route.

The run routes have been changed, with the 'Sprint Distance Event' starting with a slightly longer 6.5KM first run & finishing with a 2.5KM second run. In the 'Standard Distance Event' both the first & second run will be 6.5KM. The run route is slightly more technical & we would recommend wearing a light weight trail or off-road shoe.

Standard road running shoes will be fine, however, we do not recommend using racing flats.

## Coronavirus Update

We are continuing to follow the advice set out by the UK Government, the NHS, World Health Organisation, British Triathlon & local authority.

The Clumber Park Duathlon, based at Thoresby Park has an expected field of 700 athletes attending on race day. As much as we are a sporting event, we are no way similar to the likes of London, Manchester & Brighton Marathon, that all are city centre based, place additional pressure on the local NHS, attract tens of thousands of runners and spectators, all of which we are very aware have postponed until 2021.

We will be taking additional precautions at the event to lower any risks of catching the coronavirus, as well as some small changes to the event to help social distancing.

- There will be no 'Race Registration' your entry packs will be despatched w/c 12<sup>th</sup> October & you should receive your packs by Wednesday 21<sup>st</sup> October. If you have not received your pack by Thursday 22<sup>nd</sup>, please contact us via [hello@trisociety.co.uk](mailto:hello@trisociety.co.uk).
- There will be no physical 'Race Briefing'. This will be replaced by an online briefing & be emailed to you on Tuesday 20<sup>th</sup> October.
- You will be required to complete a health declaration form, 72 hours before competing for you to confirm you are fit & healthy to compete.
- Athletes are asked to wear a face covering at all times on the 'Event Site'. It is compulsory to wear a face covering inside of the transition area, except during the live race.
- We will be using by disposable timing chips, which will be located on the rear of your race number. This saves the

interaction between you and a volunteer removing a standard chip.

- Timing for the event will be 'live to web', available online in real time. There will be no timing tent, screens or ticket printers.
- There will be sanitisation stations all around the event site, please remember to use them regularly.
- There will be no mass starts, starts will be on a socially distanced individual basis, starting every 5 seconds.
- Queuing for the start will be socially distanced – you are not required to start in number order, you will be called to the start in 5-minute intervals.
- There will be no presentation of awards, these will all be despatched by post two weeks after the event.
- There will be no spectators allowed onto site other than those arriving with you in the same vehicle. They must be part of your family bubble. They are required to wear face masks around the event site.

If you personally feel in any way unwell, we strongly urge you do not attend the event. If you receive a positive coronavirus test result or are asked to isolate, please email us via [hello@trisociety.co.uk](mailto:hello@trisociety.co.uk).

## Race Licences

If you do not have a 2020 Home Nations Race Licence you must show some form of photographic ID. If you have pre-paid for a Day Licence you will be sent an email a few days before the event with your Day Licence, please show this as you enter transition for the first time. If you have not paid for a Day Licence and you do not have your 2020 Home Nations Race Licence with you, then you will need to purchase a Day Licence for £6 as you come into transition when you bring your bike into transition.

## BTF Race Rules

You are recommended to familiarise yourself with the British Triathlon rules and regulations. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – British Triathlon Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

## Age Restrictions

In line with British Triathlon rules, to be eligible to take part in these events competitors must be at least: **Sprint:** 15 years old or **Standard:** 17 years old on or before the 31<sup>st</sup> December 2020. In addition anyone under 18 years old must have parental permission to take part in the event.



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## Directions to Thoresby Park

Thoresby Park is easily found from either the north or south. The Park is only 4 miles south from the junction of the A1, A614 and A57 (Worksop).  
SAT NAV: NG22 9EP.

## Car Parking – Open from 0730

Once you have found Thoresby Park, please follow the event signs to the 'Athlete Parking'. Please do not park in any of the other Thoresby Park car parks.

## Race Packs

Due to Covid Compliance, there will be no 'Race Registration', your Race Packs will be despatched, week commencing 12<sup>th</sup> October. If you have not received your Race Pack on Wednesday 21<sup>st</sup> October, please contact the office via [hello@trisociety.co.uk](mailto:hello@trisociety.co.uk). If it is your mistake that you haven't received your Race Pack, namely, you've not updated your address, you will be required to pay £5 for a replacement pack.

## Approx. Race Start Times from 0845

We are completely mixing up males & females, with the aim to reduce groups forming on either the bike or run courses. There are no specific start times, just times when you will be called to the start. Again, this is to reduce groups of people being formed. Please ensure that you move to the start area at your allotted times – this is important, so we are able to start people in an equal manor. Please check your 'To The Start Times' on the start list.

## Transition Area Open from 0745

Bike racking will only take place on Saturday morning. There will be three different security entrances to get into transition. Please ensure that you are wearing a face covering when queuing up & at all times inside transition. Ensure you are wearing your security wrist band, helmet with stickers on either side as you enter transition, bike number sticker provided onto your seat post in your race pack. Competitors only will be allowed into the transition area. Please rack only in your designated place, any bikes found incorrectly racked will be removed. Please keep your belongings in transition to a minimum. Boxes and bags will be allowed to be left by your bikes in transition as long as they don't impede other athletes.

Transition is a fully secured area for competitors only, where you will keep your bike during the run sections. You will also be asked to show both your security wristband & bike number when taking your bike out. This is for your security. Please understand this may cause queues during peak times, but it is for your benefit.

## Team Event

All Team Members must show either their valid 2020 TE/Home Nations Race Licence or purchase a TE Day Licence for £5 when checking into

transition for the first time. No teams have purchased these upfront as we do not allow it. All relay changeovers will take place by the team's bike racking position, inside the transition area. To compete in the Team Category, you will need 2 or 3 team members. Due to Covid Compliance, there is no requirement to actually tag, the next athlete can start when the previous athlete is within 5 metres.

## Electronic Timing

We are using a RFID chip timing system to time the race. Your timing chip will be located on the back of your race number. Please do not put a pin through your timing chip. Please ensure that you only cross the timing points, which register your times when you are competing.

## Live To Web Timing

On the day, the event will have live timing, please use the link below:  
<https://resultsbase.net/event/5132/results>

## Medical Conditions

Competitors are required write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. 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.

## Standard Distance Race

Run One – (One lap x 6.5km)  
Bike – 36km (Two laps x 18km)  
Run Two – (One lap x 6.5km)

## Sprint Distance Race

Run One – (One lap x 6.5km)  
Bike – 18km (Two laps x 18km)  
Run Two – (One lap x 2.5km)

## The Run Route

The 6.5km lap, uses a mixture of tarmac, sandstone, gravel & grass paths. It is an undulating route, going through woodland with surrounding the Thoresby lake, as well as passing the magnificent Thoresby Hall. We would recommend wearing a lightweight trail shoe, or, something with a good outsole. We would not recommend racing flats.

The 2.5km lap, uses a mixture of sandstone, gravel & grass paths. Again, this is undulating similar to the longer 6.5km route, however, you will get closer to the lake. There is also a short out & back section, with a specific turnaround point.



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#### BIKE COURSE – NEUTRALISED / NO OVERTAKING SECTIONS

There is a small neutralised section on the bike route for reasons of safety. The neutralised section is approx. one into the lap, as you turn onto the A614. All riders must ride inside the cones. This is to protect cyclists as you turn onto the A614.

There is no overtaking allowed within this section as it is too narrow. You will be disqualified for Dangerous Riding if you DO NOT adhere to these neutralised sections.

#### The Bike Route

From leaving transition, you will mount your bike & then turn right onto Netherfield Lane – this will be done under the guidance of our traffic management company. The bike course will be using a number of main roads and a number of smaller roads through some of the adjacent villages. All major junctions will be both signposted and marshalled but cyclists should familiarize themselves with the route prior to competing. 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.

At the end of each lap, if you are continuing onto the second lap, please stay on the left-hand side. If you are finishing the bike section & returning to transition, please move across to the right-hand side of the road when safe, ready to turn right, across the carriageway. There will be traffic managers at this section to help assist you making this movement.

There will also be British Triathlon motorbike marshals on the cycle section. These motorbikes will be on the course to ensure that athletes adhere to the rules of the sport and rules of the road, and also to act as communication points for us the event organisers. If you need any type of assistance, then please flag down one of these motorbikes. There will also be a mechanical support vehicle and medical ambulances based along the bike course.

At many of the junctions, there will be assistance from our traffic management company, however, competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

Please ride on the left and overtake briefly on the right before returning to ride on the left. This race is a non-drafting race for all categories (i.e. no cycling too close to another cyclist or in a pack). You are also reminded no 'side by side' riding will be allowed. Time penalties and DQ's 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.

Please do not jeopardize either your safety or the future of this event by riding recklessly. Please also be courteous to other road users. Abuse of other road user's, race staff, officials or the public by any competitor will result in an immediate DQ.

#### Medical Cover

The safety of our competitors is paramount. Onsite during the event will be a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of medics and paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry – all of which we hope are not needed!

#### Prizes & Prize Giving

Age Group Categories for prizes are broken down into 5 year age bands. For this event, prize categories will start from 15 years for the Sprint event & 17 years for the Standard distance event. Age group category prizes will continue up to the maximum age of competitors entered at the closing date. The winners of each age group will be sent their prize in the following two weeks.

#### Penalties & Appeals

Any time penalties will be posted by the race referees, these will be posted in the finish area. No other officials have the right to award a penalty and all penalties will 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 race director, event director or referee within 15 minutes of the penalty being posted.

#### Refreshments

There will be a number of catering units within the event site, offering hot drinks and breakfast food items.

#### And Finally

On behalf of Tri Society, all the team would like to wish you well with your race and hope you have a safe and enjoyable event. Whatever your reason for racing we hope you race hard & race well, as well as racing safely & fairly.

#### Further Competitor information

Any questions related to the event can be answered by emailing [hello@trisociety.co.uk](mailto:hello@trisociety.co.uk).

NB. All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.