



RACE MANUAL

for

SUNDAY 20TH MARCH 2016

Dartington Duathlon

RACE MANUAL

It is IMPORTANT that you take time to read this document before you travel to ensure you fully understand the format of this event and the terms and conditions under which you participate. There is always an element of risk when participating in Active Sports. This document provides the necessary information to minimise those risks and ensure you get the most out of your time with us.

REGISTRATION:	
All participants must attend the Registration Desk at Dartington Refectory to collect their Race Pack.	
Reg. Times:	07:00 hrs to 08:00 hrs
BTF Licence:	There is no requirement for participants to hold a BTF Licence or purchase a BTF Day Licence for this race. Event Insurance has been purchased from Pro-Cycle and Third Party Liability Insurance cover is included in your entry fee.
Pack Contents:	<ul style="list-style-type: none">• 1 x Bike Number (Must be fixed to the front of your bike)• 2 x cable ties (used to fix bike number to your bike)• 2 x Body Numbers (Pin to front and rear of your sports top)• 8 x Safety Pins (for your body number)• Information card for getting event photos• 1 x Timing Chip strap (disposable)• 1 x RF Timing Chip (must be returned at end of race)• 1 x Event Mug
Sport Massage:	The Massage Clinic will be available at the Race HQ for Kinesiology Taping (Rock Tape) and to provide a pre and post race sports massage service. If you have any niggling aches, pains, or injuries, please do consult them as they have a wealth of knowledge and experience in this area.
EVENT HQ:	Dartington Hall Refectory, Dartington Estate, Totnes, TQ9 6EL
Telephone:	Event Support: 07548 946358 (Only use during the event) Just Events Ltd: 07764 793122 (For contacting organiser pre and post event)
Email:	stewart@justevents.biz
DIRECTIONS:	
From Exeter:	<ul style="list-style-type: none">• Leave the A38 at Marley Head and follow the A385 towards Dartington• Turn LEFT onto the A384 signed Exeter / Ashburton• Continue straight on at the next roundabout (A384 - Ashburton)• Turn RIGHT at the church - Signed Dartington Hall Estate• Follow Road to main Car Park
From Plymouth:	<ul style="list-style-type: none">• Leave the A38 at Marley Head and follow the A385 towards Dartington• Turn LEFT onto the A384 signed Exeter / Ashburton• Continue straight on at the next roundabout (A384 - Ashburton)• Turn RIGHT at the church - Signed Dartington Hall Estate• Follow Road to main Car Park
From Torbay:	<ul style="list-style-type: none">• Follow the A385 through Totnes to the Shimmers Bridge roundabout, Dartington• Turn RIGHT onto the A384 signed Exeter / Ashburton• Continue straight on at the next roundabout (A384 - Ashburton)• Turn RIGHT at the church - Signed Dartington Hall Estate• Follow Road to main Car Park
PARKING:	
Parking is limited at Dartington Hall Estate so please park considerately. Parking is NOT FREE , tickets MUST be purchased from the machines in the car park unless you have purchased a parking permit when entering online.	
If you have purchased a parking permit, this will be issued to you when you attend registration. The permit MUST be placed on your dashboard so that it is clearly visible in your vehicle. The Car Park attendant always attends this event and is extremely strict about issuing tickets. YOU HAVE BEEN WARNED! This includes things like parking across 2 bays or parking outside of an official bay.	

Dartington Duathlon

RACE MANUAL

TERMS & CONDITIONS:

All participants **MUST** agree to our Terms & Conditions. This was a condition of entry when you registered for the event. The full terms & conditions can be viewed on our website www.JustEvents.org. Key points are listed below. If you do not accept them all, please do not participate in this event.

Key Points:

- You participate in this event at your own risk
- You **MUST** comply with Traffic Laws, Local Bylaws, and the Highway Code at all times.
- You must be registered with the organiser under your own personal details.
- You will be polite and courteous to the public & other participants at all times.
- Do not do anything that would bring the event into disrepute.
- You **MUST** wear an approved cycle helmet at all times whilst on the bike stage.
- Race Number **MUST** be clearly displayed at all times
- You must comply with the instructions of the event officials
- Do **NOT** drop litter. Put it in your pockets
- You must ensure your bike is in good mechanical order. If in doubt take it to an reputable bike shop to be checked prior to attending the event.
- You must comply with the BTF Race Regulations
- Routes will be clearly signed & marshalled at key points but the onus of remaining on-course rests with the participant.
- Do not use a mobile whilst on your bike.
- Do not wear earphones or ear pieces whilst racing.
- In the unlikely event of cancellation, due to unforeseen circumstances, entry fees are **NOT** refundable.
- Participants under 18 years **MUST** have parental consent (part of registration process)
- All participants must be aged 15 **MUST** or over (as of 31/12/2015) to race (Rule 17.2).
- **No Bikes to be removed from transition before 10:30 hrs**

BTF RULES:

The full British Triathlon Federation Rule book can be downloaded from their website. The follow are some of the key points relevant for this race

Key Points:

- The race qualifies as a Sprint Distance Race (5 k run | 20 k bike | 2.5 k run)
- No equipment to be used that will impede hearing (Rule 8.1)
- Bike must be properly maintained and safe for use on roads (Rule 11.1)
- Bike must display race number (Rule 11.2)
- Cycle Helmets must be worn (Rule 11.3)
- Relay Team Cyclists - Must be tagged before they put on their helmet (start). They must then rack their bike first and remove their helmet, before they tag the runner (end) (Rule 11.6)
- No cycling inside transition (mount / dismount lines) Rule 23.5 / 23.6)
- No Pacing or Drafting (7 meter gap) (Rule 27)

STARTING PROCEDURE:

Start Times:

- Registration 07:00 hrs to 08:00 hrs
- Race Briefing at Transition - 08:15 hrs
- Race Start 08:30 hrs

There will be a Race Briefing at the Transition area at 08:15 hrs. We will then form up on Park Road for the mass start (all categories setting off together for run 1). For those who have taken part in this race previously, this is a new start point, closer to transition, as we have new run routes this year.

RACE TIMING:

The Race will be timed using Electronic Chip Timing. This service will be provided by RF Technologies Ltd. You will receive a Timing Chip and Ankle Strap in your race pack. The chip will need to be attached to the strap and fixed to the **OUTSIDE** of your **LEFT ANKLE**.

Relay Teams will have **ONE** Timing Chip which must be treated like a relay baton. The chip is worn by the runner at the start and passed to the cyclist inside of the transition area. The cyclist then passes the chip back to the runner for run 2. Relay Teams will be issued with a velcro strap for their chip so that they are able to quickly fix and remove the chip from their ankles.

Timing Points are located at the entry and exit of transition and at the finish gantry.

If you are not correctly wearing the chip when you enter / exit transition, your time will not be recorded.

At the end of the race, please make sure you return your timing chip to the organisers.

Dartington Duathlon

RACE MANUAL

RACE CATEGORIES:	
	<ul style="list-style-type: none">• Youth & Juniors (Under 21) Male• Youth & Junior (Under 21) Female• Senior (21 - 39) Male• Senior (21 - 39) Female• Veteran (40-49) Male• Veteran (40-49) Female• Super Veteran (50-59) Male• Super Veteran (50-59) Female• Vintage (60+) Male• Vintage (60+) Female• Relay Team (open age & gender)
RACE PRIZES:	
	<ul style="list-style-type: none">• Engraved Silver Coaster Trophies will be awarded to the first three finishers of each race category.• Cash Prize for winner of each category with 6 or more competitors
REFRESHMENTS:	
	<p>The Roundhouse Cafe will be open from 07:00 hrs and will be serving Hot & Cold Drinks and light snacks throughout the day.</p> <p>Hi 5 Recovery Drink will be available at the finish zone.</p> <p>The White Heart Hotel Restaurant will be open post race for anyone who would like to stay for Sunday Lunch.</p>
MEDICAL COVER:	
Medical Services are provided by Velo Med (UK). There will be a paramedic on a motorcycle on the course at all times during this race.	
MECHANICAL SUPPORT:	
There is NO mechanical support. In accordance with the BTF regulations, participants must maintain their own bike.	
RUNNING SHOES:	
Road Running shoes are suitable for both run 1 and run 2. Run 2 has some grass sections but road shoes will be fine unless we get unexpected rain in the few days prior to the race.	
FINISHING PROCEDURE:	
<p>The race finishes with a 2.5 km run. You will then return to the transition area where you will take the finish lane to go under the finish gantry and record your finish time. Once in the Finish Zone you will be able to have a recovery drink and watch your fellow competitors finish.</p> <p>Please respect the other competitors and ensure they have a clear passage to transition and the finish line. Do not loiter in the finish lane or under the finish arch. Thank you.</p>	
BIKE SECURITY:	
The Transition Entrance will be manned from 08:00 hrs. Until this time, the security of your bike rests with you. Once you have placed your bike into transition you will NOT be permitted to remove it until 10:30 hrs. There are two reasons for this. (1) security of the bikes (2) uninterrupted and fair racing conditions for all competitors.	
Sportive Photography:	
Action photos on the race will be available through CharlesWhittonPhotography.com	
Event T-Shirts:	
There are no FREE T-Shirt for this race. We are giving you Ceramic Mugs instead. If you want an even t-shirt, we will be selling off the surplus stock from previous races with all profits being donated to the Dartington Estate Trust. Stock is very limited and will be available on a first-come-first-served basis.	