



## Hercules Festival of Sport - Northwood Duathlon Race Day Briefing

<b>Date of event:</b>	Sunday 28 <sup>th</sup> May
<b>Registration:</b>	Saturday 27 <sup>th</sup> May from 14:00-17:00 ( <b>HIGHLY RECOMMENDED</b> ) Sunday 28 <sup>th</sup> May (Race Day) from 05:30 – 08:30
<b>Briefings:</b>	08:45- Novice, Sprint and Standard distances
<b>Start:</b>	09:00- Novice, Sprint and Standard distances

This is your race briefing to bring you up to date on the event and what to expect on the day.

### Summary and start times

There will be three Duathlon events at this year's Hercules Festival of Sport - Northwood. There will be one briefing for all duathletes at 8:45am and all distances will start at 09:00 prompt. All events will be conducted under BTF rules so please familiarise yourself with the BTF Rules before race day.

[BTF Rule Book](#)

### Registration

Registration will take place in the event office in the Old Merchant Taylors Club House in the rear carpark near the lake. There will be signs to lead you to registration. Registration will be from **14:00 – 17:00 on Saturday 27<sup>th</sup> May** and will also be available on **Sunday 28<sup>th</sup> May between 05:30-08:30**. **We strongly urge competitors to register on Saturday afternoon**, so that you can orientate, ask questions and focus all your attention on race day to your race and not to last minute queuing.

At registration you will be issued with your race numbers, chip timer, T-Shirt and swim. **You will need a race belt or safety pins for your race number**. You can buy race belts at registration if you don't have one. Chip timers are to be worn around your left ankle. If you wear the chip timer in any other position we cannot guarantee that your time will not be recorded. BTF members **MUST** bring their BTF membership card with them to registration. Non BTF members will be issued with their day license during registration. Please bring some form of ID with you for registration and you will not be able to collect the race pack of another person without prior consent by email to: [admin@herculesevents.com](mailto:admin@herculesevents.com)

## **Parking**

Parking is free for all competitors and spectators on event day and our allocated parking area is in the top field. On entering Merchant Taylors turn left and parking for the event is on the left in the top field which will be clearly signed from the entrance.

When entering or leaving Merchant Taylors please drive very carefully as there may be competitors on the road.

## **Bike Racking**

The transition zone will be available for bike racking from 05:30 on Sunday 28<sup>th</sup> May only. You will need to show your race numbers to gain entry into the TZ. You must have completed racking before your pre-race briefing, which is 08:45 (All distances). If you do not attend the race briefing you will not be permitted to race.

## **Changing rooms and toilets**

There are excellent male and female changing rooms available at the venue with ample hot showers and toilet facilities. There are no lockers in the changing rooms. Do not leave valuables in the changing rooms. **Competitors who do will do so entirely at their own risk as the event organisers have no control over security in the changing areas.**

## **1<sup>st</sup> Run leg**

The run is predominantly on grass and the course is fast and flat. Apart from the 2.5 km Novice run route (used for both run legs of Novice Duathlon and on the second run of the Sprint Duathlon), the same 5KM run route is used for all events and you will need to ensure that you complete the required amount of loops for your event distance.

A map of the run route can be found here:

Novice: [Novice Run Route](#)

Sprint 1 lap: [Sprint Run Route](#)

Standard 2 laps: [Standard Run Route](#)

## **Transition zone (TZ)**

After the first run, on entering the TZ you will proceed to your bike. Standard BTF rules apply. No electronic music devices or phones are permitted to be used in the TZ. Before handling your bike you must be wearing your helmet. No cycling is permitted in the TZ. Breaches of these rules could lead to time penalties or disqualification. A BTF race official will be present in the TZ.

Follow the directions of the marshals to the "mount point". Do not mount your bike before this point. Keep your area clear in the interests of safety and other competitors.

## **Cycle Course**

This is an open road event. YOU MUST ABIDE BY THE HIGHWAY CODE AND KEEP TO THE LEFT AND GIVE WAY WHERE REQUIRED. Breaches of the Highway Code may lead to your disqualification.

The bike leg will be conducted over on open roads. Once you leave Merchant Taylors and pass out onto the open roads, you will proceed along the marked course and return down the same route back to Merchant Taylors and Transition. Please study your required distance route carefully. It is your responsibility to know the route.

For a map of the cycle leg click the relevant link below:

[Novice 10KM Cycle route](#)

[Sprint 20KM Cycle route](#)

[Standard 40KM Cycle route](#)

On completing the cycle leg, you will dismount at the dismount point which is clearly signed before you reach transition. You will then enter transition and you must not remove your helmet until you have racked your bike. Then proceed to the RUN OUT point and begin your run.

### **2<sup>nd</sup> Run leg**

The second run leg is conducted over the same course as the first run leg. **BUT REMEMBER YOUR SEOND LEG MAY BE SHORTER THAN YOUR FIRST RUN LEG.** Novice and Sprint competitors will undertake a single 2.5 km lap of the Novice course. Standard competitors will run a single 5km lap of the standard 5km lap..

A map of the run route can be found here:

Novice: [Novice Run Route](#)

Sprint **1 lap**: [Novice Run Route](#)

Standard **1 lap**: [Standard Run Route](#)

### **Expert Mechanical Support for Duathlon**

There will be an on course cycle support and sweep wagon services. The number that you need to call for assistance on route is 01923 883 177. Please ensure that you save this number and do not hesitate to call should you require any help with your bike during the event.

### **Finish**

At the finish you will receive your medal; your chip timer will be removed and you will be able to view and print your results with your "splits" from the timing van. This will not be your official result as all times have to be checked by the chip timing provider and the race official before the winners are announced.

**Please note that you will be charged £5.00 if you don't return your chip timer to a member of the Hercules Team.**

### **Prize Giving**

There will be a prize giving ceremony, which will be held near the Finish Gantry at approximately 10.00am. Listen out for announcements on the day. There will be trophies for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Men and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place women.

Hot showers will be available in the changing rooms so that you can relax and get refreshed, grab something to eat in the clubhouse restaurant and come out for the presentation and to clap other competitors home.

There will be other races taking place, on the morning of your event. Your support for those competitors would be greatly appreciated. Please also show support for your fellow competitors by remaining for the prize giving ceremony that will follow.

### **Refreshments**

There will be hot food and refreshment upstairs in OMT bar above Registration and also other vendors on site for event day in the sports village.

### **Photos**

New Pixels Events Photography will take your photographs on the day and provide a view and buy website [here](#), where you can view and purchase prints or downloads of your images and you can also buy your images on site on the day.

### **Conclusion**

It is important to us that this is a highly enjoyable and safe event. Give yourself plenty of time to register and to look around the course. If at all possible, register on Saturday the 27<sup>th</sup> May between 14:00 and 17:00. Be on time for the race briefing and follow the directions of the marshals.

Look out for and take care of, fellow competitors and they will look out for you.

Most importantly, we will be working flat out to ensure you have a great day, so enjoy yourself!

If you have any questions or special requirements, please email us as soon as possible so that we can try to help and support you. Good Luck!

We look forward hosting you and we hope you have a great race.

### **Contact information:**

**Website:** [www.herculesevents.com](http://www.herculesevents.com)

**Email:** [admin@herculesevents.com](mailto:admin@herculesevents.com)

**Telephone** – 01923 883 177

Regards,

The Event Team