



GREAT NOTLEY AUTUMN DUATHLON

Great Notley Country Park
Great Notley
Braintree
CM77 7FS

Sunday 3rd October 2021

Born2Tri looks forward to welcoming you to this race, we hope you enjoy the venue.

9am Race Start

The Run/Bike/Run race incorporates a 4km run across grassland and paths, with a sting in the tail when you visit the Kestrel at the top of the hill. This is followed by a 21km two lap cycle ride on a fast flat course, finally a repeat of the 4km run to finish close to transition.

Event Permit Granted by British Triathlon

THIS DOCUMENT COMPRISES THE RACE BRIEFING - Please read the following notes carefully, to assist you on race day.

How to find us:

The Great Notley Country Park, is accessed from the A131 Great Notley By-Pass just south of Braintree. The Discovery Centre is well signed and easily visible from the A131.

The Discovery Centre has a café and toilet facilities, with refreshments available, there will also be Portaloos adjacent to transition

Parking

Parking is within the venue. Upon entering the venue, bare right and make sure you pass through the barriers so your vehicle number plate is recorded. You will then be using the main site car park. Upon leaving the venue, you must make sure you pay the correct car parking fee via the machines outside the café (there are 5 machines around the cafe building). Apologies but this is out of our control and failure to pay will not allow you leave through the exit barrier. In order to reduce costs, you may wish to look at car sharing with friends or other competitors.

Registration

You will find registration opposite transition, with registration opening at 7.30 a.m. Please ensure you are registered by 8.45 a.m. This is to ensure you have time to prepare your equipment and complete any warm up prior to the start.

BTF Home Nation members will be required to produce their current race licence. If it is not produced a day licence will need to be purchased for £6.

You will be provided with an envelope at registration which will include your race numbers and stickers. Stickers need to be applied to your bike (seat post) and helmet. You will also receive your timing chip and this needs to go on your left ankle. **Do not discard your race number after you finish, as you will need it to collect your bike and equipment from transition. No number means you have to wait until yours is the only bike in transition before collecting it.**

Although there are no current restrictions prescribed by our Government. The British Triathlon Event Guidelines will be followed at this event.

Gatherings together are to be discouraged, with only athletes attending the venue.

On completing the event you are asked to collect your equipment to leave the venue. There will not be a prize giving, but the 1st placed athletes (male and female) in the open and vet categories will receive winners trophies through the post.

When collecting your equipment you will be permitted to re enter the Transition Area under direction - using the 'Run In' entrance.

Please be aware the Transition will be 'Live', with competitors still racing entering and leaving the area, so have consideration and

awareness for others. Listen for any directions given by Marshals when in the Transition Area.

Removal of your equipment will be via the 'Run in' route after the last bike is in.

Only competitors and officials will be allowed in the transition area. Racking will NOT be numbered, so please rack your bike and equipment with consideration. Marshals will be on hand to assist with any questions you may have. You must make sure your equipment does not interfere with any other competitors.

Rules of Racing

Please read the following before racing as there have been several rule amendments. [British Triathlon Rules 2018](#)

BTF Technical Officials will be present for the race.

Cycle helmets will be checked for condition and suitability (ANSI/BSI standard or similar) prior to your race. Your helmet strap must also fit snugly under the chin with no more than two fingers able to be passed horizontally between the chin and the strap. If you don't do this before the event starts, the Technical Official will stop you and you will have to adjust the strap regardless of how long this takes.

Your helmet must also fit correctly and not sit with the front raised or with an excessive gap between the base of the helmet and your ears and forehead.

Remember: no cycle helmet no race.

Timing

The race will be chip timed and we will endeavour to provide you with accurate split times along with your overall race time and position. At registration you will be provided with a timing chip to wear on your LEFT_ankle. Please follow the fitting instructions supplied so it is not lost on the course. Lost timing chips will be subject to a £5 fee for replacement.

Race Start

Your race number must be clearly visible from the **front**, number belts are permitted, and the number must be fixed full size, not cut or folded in any way.

This race will be a rolling start - Competitors will be started one at a time. Timing for each competitor will commence on crossing the timing mat on the start line. Competitors are required to line up in any order, keeping 2m between each other, in the start feed adjacent to the Transition as shown on the site plan.



Run Route
The Run (4Km): - The run will first cross the field following the hedge lines then running parallel to the A131 to the southern end of the park. There is an adverse camber of the ground which requires care if it has been rain. It then joins the path to the lakeside making a sharp right turn and following the lakeside path anti-clockwise. Once at the western end of the lake making a right turn onto the bridleway. The run then follows the course of the bridleway up the western side of the park and around the rear of the large hill heading back towards the start. Once at the foot of the hill the runners will turn sharp right up the hill, round the base of the 'Kestrel', then down the other side. At the base of the hill turn left to join the footpath back towards the Discovery Centre, crossing a small bridge and turning sharp right, returning to the transition area. The grassland and tracks are relatively smooth but if wet, puddles and muddy patches can form.

On return to transition, enter through the 'Run In' and make your way to the cycle. Runners must take care for slippery sections and natural hazards such as rabbit scrapes and small ruts.

The park is open to the public. Please be aware and be courteous to other park users, including dog walkers and children.

Transition 1: **Your helmet needs to be worn correctly and fastened prior to removing your cycle from the racking.** Push your cycle through and out of Transition at the 'Bike Exit'. **Riding your cycle in Transition is not permitted.** Continue to push you cycle to the 'Mount Line' at the gates. Having crossed the line you are permitted to mount your cycle. The road to exit the Park slopes up, so consider setting a low gear when racking your cycle before the event starts.

Ensure your clothing is appropriate for the weather, your front torso must be fully covered and front fastening trisuit zips must be fully fastened at all times. Your race number must be clearly displayed to the **rear** for the bike section. Number belts are permitted, the number must be fixed full size, not cut or folded.

Cycle Route



The cycle (two laps approx. 20km):

Take care, all the roads are open to traffic, you must ride according to the Highway Code and Give Way if required. While traffic can be light on Sunday mornings, beware of other road users.

From the Mount Line you may cycle on to the access road, **Take care of vehicles entering or leaving the park as there will be football matches taking place elsewhere on the site.** You will be joining the A131 duel carriageway via a slip road. **Beware of fast moving traffic from the rear.**

Within a short distance at the first roundabout making a left turn. At the next roundabout system turn right then

left onto Queenborough Lane.

Follow this route through to Rayne. **Caution is required on Queensborough Lane as the road narrow in places which can cause motor vehicle to slow or stop if two vehicle approach each other.**

Follow the road through Rayne and Willows Green until reaching the rear entrance to the Race Course and the roundabout junction with the A131. Taking the first exit, left turn, back onto the A131, duel carriageway. This road is straight with good views, but please be aware of possible fast traffic approaching from the rear.

You will pass the main entrance to the Race Course. There is no event taking place at the Race Course, but please consider the movement of traffic in this area.

Having passed the Race Course, at the roundabout, take the first exit tuning left continuing on duel carriageway.

Within a short distance, there is a slip road system for the entrance and exit to a service area. Beware of vehicle movements in this area.

Within a short distance at the next roundabout (Tesco's Roundabout). Take the second exit, continuing on the A131 towards the entrance to the Country Park.

On exiting the roundabout there is a set of pedestrian controlled lights. These are very lightly used on a Sunday morning but you **MUST** comply with them. This crossing will be marshalled to record any significant delays to athletes and make necessary adjustments to the race time. **If you ignore the traffic signals you will be disqualified.**

On passing the pedestrian crossing you will approach the slip road for the entrance to the Country Park. You will continue passed the Country Park to complete the first lap of the cycle course. You will then repeat the same route to complete the second lap of the cycle course.

On completion of two laps take the slip road into the park access road and approach the Dismount Line. Take care of any cars accessing or leaving the park area. Consider your speed on entering the slip road and approach to the 'Dismount Line'. **You must get off your bike before reaching and crossing the 'Dismount Line' on foot.**

Drafting on the cycle course is not permitted, **drafting is cheating**, any rider seen to breach this rule will be reported and may be subject to a time penalty or disqualification. Drafting is using the assistance of a rider in front to take pace from. You are required to maintain a 10m exclusion zone, measured from the front of the front wheel of the cycle in front the the front of the front wheel of the cycle behind. You are permitted to enter this exclusion zone ignorer to overtake the cycle in front. The overtaking manoeuvre must be completed within 20sec.

On being overtaken (when the front of the front wheel of the overtaking cycle passes the front of the front wheel of the cycle being overtaken) it is the responsibility of the overtaken rider to drop back out of the exclusion zone.

Water will NOT be available on the bike course; ensure you have sufficient for your needs if it is a hot day.

Transition 2: Having crossed the 'Dismount Line' on foot, push your cycle to the Transition area, entering through the 'Bike In'.

Push your cycle to your spot and rack your cycle. **Do Not unfasten and remove your helmet prior to your cycle being racked.**

The second run: - The second run will follow exactly the same course as the first. Exiting the Transition Area via the 'Run Out'.



Run RouteThe Run (4Km): - The run will first cross the field following the hedge lines then running parallel to the A131 to the southern end of the park. There is an adverse camber of the ground which requires care if it has been rain. It then joins the path to the lakeside making a sharp right turn and following the lakeside path anti-clockwise. Once at the western end of the lake making a right turn onto the bridleway. The run then follows the course of the bridleway up the western side of the park and around the rear of the large hill heading back towards the start. Once at the foot of the hill the runners will turn sharp right up the hill, round the base of the 'Kestrel', then down the other side. At the base of the hill turn left to join the footpath back towards the Discovery Centre, crossing a small bridge and turning sharp right, returning towards the transition area.

The grassland and tracks are relatively smooth but if wet, puddles and muddy patches can form.

On return towards the transition, enter the Finishing funnel and cross the Finish Line to complete the event.

Runners must take care for slippery sections and natural hazards such as rabbit scrapes and small ruts.

The part is open to the public. Please be aware and be curious to other park users, including dog walkers and children.

There will be a water available at the finish line.

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the race. Please write all medical details on the back of your race number and put a small indelible red cross on the front of your number. Whether you have a medical condition or not, if you feel unwell on race day – don't race.

Competitor Conduct

Competitors are reminded that they share both the park facilities and the highway with other citizens 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, BTF technical 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 Born2Tri. Please try to remain courteous on the road even if some other road users do not offer you the same respect.

Results

Will be available on the web site www.stuweb.co.uk as soon as possible.

Notes for the first time racer:

A Duathlon event consists of a run cycle and run, each undertaken immediately one after the other. The race time is measured from the start of the first run, through the bike section and to the end of the second run.

The transition area is where you will change from one discipline to the next. You will have an allocated space to rack your bike and lay out the kit you need. You will be hot and breathless when you reach transition after your first run, so before you start, make a note of where the entrances and exits are, also where your bike is within the transition. There will be marshals to help you. Wear more clothing if the weather is cool.

You must not un rack your cycle until your cycle helmet is properly fastened on your head. If you are not wearing a suitable cycle helmet you will not be allowed to complete the cycle section of the race. For safety of other competitors, you may not cycle in the

transition area. There is a line away from the bike exit and entrance where you will Mount and Dismount your bike. You are riding on open public roads, you must comply with the Highway Code, and your race number does not give you any priority.

On returning to the transition, rack your bike before you remove your helmet.

The run course is traffic free and not too taxing, but the second run after a hard cycle your legs will feel very different to when you last ran the course. Just run as smoothly as you can, the stiffness will leave your legs as the run progresses.

If the day is warm, remember to drink plenty of fluid, water will be available at the transition exit and finish area. If it is cold don't be afraid to wear more clothes, what is bearable on the run will be very cold on the bike.

Please bear in mind that Duathlon is an individual sport and therefore assistance from friends, family or supporters in the form of drinks, clothing etc. being passed in either direction is not allowed. If you need help please ask one of the marshals or technical officials present. You must complete your transition in the transition area so if you need to put gloves or extra clothing on you must do so before you leave the area.

Our BTF technical official present is very used to novices and so if you make a mistake or inadvertently do something wrong, they will ask you to rectify it rather than give you a penalty. Please remember they are there for your safety first and foremost and so if you they ask you to do something please do respond. If you have any questions about the rules, then please do ask as there's no such thing as a silly question. Everyone has to start somewhere.

Remember, the aim of your race is to finish the course and enjoy the experience. Everyone there remembers how they felt on their first race.

Have a safe and enjoyable day, Born2Tri