

## Ful-On Duathlon Competitor Instructions – Sat 24th April

Congratulations on entering the Ful-On Duathlon, and we look forward to welcoming you at Kempton Park Racecourse on race day.

### **Getting there:**

The race takes place at Kempton Park Racecourse, Staines Road East, Sunbury-on-Thames, Middlesex TW16 5AQ. You can either choose to drive there and park, or take the train to Kempton Park station (Shepperton to London Waterloo line). Please enter the Racecourse via the main gate 3 entrance (as indicated on the Course Map). Race HQ is on the right hand side.

For those arriving by train, there is an option to check a small bag in at registration which you can pick up at the end of the race (it will be label-matched to your competitor number). To check full train time listings, go to the National Rail website: [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### **Registration & Start:**

Registration opens at 8am and will close at 9.30am. The race consists of two wave starts:

- 09.30hrs – Open Male ONLY
- 10:00hrs – Open Female, Male & Female Vets (aged 40 or over on 31st December 2010)

Please allow yourself at least 45 minutes to park, register and rack your bike before your race start time. You must start in the correct wave for your race distance and category, with no exceptions.

Registration takes place in the Race HQ building. Please check your competitor number on the list at registration and go to the appropriate desk to sign-in and pick up your race numbers, bike & helmet stickers and goodie bag.

You will be required to show your BTF licence at registration together with an appropriate form of ID (driving licence, credit card). If you do not have a BTF licence then you will be asked to pay the £5 fee to get a BTF day licence in order to race. If you forget your licence or your licence has expired, you will have to pay the £5 levy for a day licence.

You can then proceed to rack your bike in transition.

### **Identification & Transition:**

You will need to fix the bike sticker to your bike's top tube and the helmet sticker to the front of your cycle helmet. Please wear or carry your race number at all times when accessing transition, as non-competitors are not permitted in this area. You will be issued with TWO race numbers which must be worn. They must be clearly visible on your back for the bike and front for the run. The numbers should be attached at all four corners – please bring your own 8 safety pins. The use of race number belts is permitted, so long as your number is clearly displayed on your front for the run and your back for the bike. You will receive a two minute penalty if we can't see your race number. Do not cut or fold your race numbers – penalties will be issued for number mutilation.

BSI, ANSI or SNELL approved hard shell **cycle helmets are compulsory** and must be worn throughout the bike section. Your cycle helmet will be checked for safety and the marshals will check that your bike number and competitor number match whenever you enter or exit transition with your bike. Handlebars and tri-bars must be plugged, and the marshals will use tape to do so where necessary. It is YOUR responsibility to ensure that your bike is in a roadworthy condition.

Fixed wheel bikes are not permitted. There must be a brake on each wheel, and both wheels must be classified as free wheels.

If you arrive in transition during the race, please give way to those who are racing and be alert at all times. Do not block the path of those competing. You must rack your bike in your allocated zones for your race category. No riding is allowed in the transition area at any time. You will mount your bike at the mount line beyond BIKE OUT and dismount in the zone indicated at the end of the bike leg next to BIKE IN. During the race your cycle helmet **must** be fastened to your head **prior** to removing your bike from the rack and **must not be undone** until your bike is **replaced** in the rack after the bike section. You will be given a two minute time penalty if you do not comply with this rule. Do not use mobile phones, MP3 players or iPods during the event or in transition at any time.

Warm-up laps of the bike course are permitted between 08:15 and 09:00 after which time the bike course will be cleared. There should be NO cycling in transition at any time and helmets **MUST** be worn even for warm-up laps.

Bike shop spares such as tubes and tyres will be available for purchase from PROLOGUE BIKES at Race HQ along with track pumps for your use. There are also public toilets and a café (remember to bring small change) available in this area. Unfortunately there are no showers or changing facilities available.

Once you have registered, racked your bike in transition and are ready to start, please go to the start line (access via Transition Run Out) in the centre of the Racecourse **15 minutes before your wave start time** for the safety briefing.

Enjoy the race!

### **The Race:**

You are racing the following distance:

- 5k run (2 laps) / 18.6k bike (6 laps) / 5k run (2 laps)

Please refer to the **Course Map** for layout details.

The run consists of two laps of the road inside the jumps course, taking competitors around the lake. The run is flat and mostly on tarred road surfaces, except where it crosses the all weather racecourse. There will be a water station before the lap turn around point, with water available on each lap of the run. You are responsible for counting your own laps and failure to complete the correct number of laps (2 laps) will result in disqualification.

The bike course is entirely on the road and contained within a closed road circuit. Each lap takes you out along the flat perimeter road of Kempton Park and passes through the Gate 6 barrier for a loop around the road enclosing the exercise gallop field beyond the racecourse, before heading back along the perimeter road towards transition and completion of the lap. The loop to complete each lap involves a small incline to give a wide turn back onto the next lap.

Please exercise caution at the sharp left turn at the Gate 6 barrier on the bike and **SLOW DOWN. DO NOT overtake on this bend, or you will be penalised.** Ride on the left at all times and overtake briefly on the right before returning to ride on the left. You are responsible for counting your own laps and failure to complete the correct number of laps (6 laps) will result in disqualification. The completed bike distance should be 18.6km (11.5 miles).

### **Drafting:**

Competitors are not permitted to draft (ie. Take shelter behind or beside another competitor or motor vehicle) during the bike section of the race. Athletes who break the rules will be penalised. Familiarise yourselves with the drafting rules:

- The draft zone is a rectangle measuring 7 metres long x 3 metres wide. The centre of the leading 3 metre edge is measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back out of this zone.
- The draft zone of one competitor may not overlap the draft zone of another competitor.

- Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed above or in the following circumstances:
  - For safety reasons;
  - At the entrance/exit of transition area;
  - At an acute turn, such as 180° around a traffic cone
  - If race officials exclude a section of the course from drafting rule because of narrow lanes, or for safety reasons
- When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor. A competitor is passed when another competitor's front wheel is ahead of his/hers.
- Side-by-side riding, while still observing the draft zone, is allowed where the width of the road permits it because the race takes place on a closed road circuit.

There will be a number of static draftbusting marshals out on the course and there is no requirement for them to indicate to the athlete in question that they have noted the athlete's number. Three reports from static draftbusters will result in a two minute time penalty, Four reports will result in disqualification. You have been warned!

#### **Water Stations:**

There is a water station before transition on the Run course only, with water available on each lap of the run and at the finish.

#### **Timing System & Results:**

We are operating a manual timing system and your split times will be recorded at the end of your first Run leg, the start of the second Run leg and the finish. Please make sure that your race number is clearly visible to the timing marshals and be prepared to call out your number if it is obscured in any way.

Results will be posted periodically at Race HQ, together with any penalties. A full list of results including split times should appear on our website: [www.fulontri.com](http://www.fulontri.com) within 24 hours.

#### **Prize Giving:**

The prize giving will take place at 12.30 in the Ful-On Tri Gazebo in front of the main grandstand area. A full list of prizes will be on display at registration.

#### **First Aid & Medical Issues:**

First Aid cover is being provided by Medical Despatch. The first aiders are in a Landrover at Race HQ and various points on the course for the duration of the race.

If you have a known medical condition (such as diabetes, asthma, allergy to penicillin, etc) please inform us prior to the race by emailing [event@fulontri.com](mailto:event@fulontri.com). IMPORTANT: Please write all personal and medical details on the back of your race number and put a small indelible red cross on the front of your number to indicate a known medical issue. Whether you have a medical condition or not, if you feel unwell on race day – don't race!

#### **Massage:**

Pre- and post-race massage will be available from Physio4Life in the sponsor's village from 8am. You can pre-book a 20-min massage for £10 by either emailing [admin@physio4life.co.uk](mailto:admin@physio4life.co.uk) or calling 020 8704 5998. Alternatively you can wait for an available slot on race day.

#### **Photographs:**

Photographs from the event will be available for purchase through the following website: [www.philoconnor.com](http://www.philoconnor.com)

#### **Withdrawals:**

As per the terms & conditions on our website, please note that all fees are non-refundable but entries can be transferred to the subsequent year's event. If you are ill, injured or unable to take part for

personal reasons, and want to transfer your entry you must do so by emailing the organiser on [event@fulontri.com](mailto:event@fulontri.com) BEFORE MONDAY 12TH APRIL. Athletes who withdraw after this date will forfeit their entry fee. Athletes will need to reapply for a "Deferred Entry" place under the same name for the subsequent year's event. Deferred entries must be used in the subsequent year or they will be forfeited.

Please note that the swapping of entries between competitors without requesting permission from the event organisers is strictly forbidden as it invalidates insurances undertaken by the event organisers to cover the event. Photo ID checks will be implemented at event registration.

**Finally:**

Please avail yourselves of the delicious toasted sandwiches, snacks and drinks available at the Toasty van next to Race HQ.

We hope you have an enjoyable and safe race!

Siobhan Brownlow  
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[www.fulontri.com](http://www.fulontri.com)

Ful-On Tri also organises the Surrey Legs of Steel: Dave Aitchison Challenge Ride taking place this year on 25th September at Box Hill, Surrey. This is a challenging cyclo sportive ride with two routes on offer – 81k & 46k. The event is held to commemorate Dave Aitchison, a Ful-On Tri Club member and rising star in British Triathlon who died suddenly in January 2007. All profits from the event go towards the Dave Aitchison Sports Aid Fund. Full details of how to enter can be found on our website.