

Swallowfield Duathlon

Sunday 18th September 2016

INFORMATION PACK

Thank you for entering. The Swallowfield Duathlon is organised by the Swallowfield 10+3 event committee supported by the 1st Swallowfield Scouts. This is the fourth year for the Duathlon and the sixth year for the Swallowfield 10+3. The course has been accurately measured and the event is under the British Triathlon Federation rules.

If you are new to the Duathlon this year or are returning to get that elusive PB please read these notes carefully to ensure that you have a great and safe event. Please also check the website before the event for last minute information.

This year we are pleased to announce that we will be closing the roads on the running routes to all through traffic. Roads will be closed from 9:30 but will remain open for entrants until 10:00.

The event is for all and the competitors range from those looking to complete the course in a fast time to those aiming to enjoy the challenge whether as an individual or as a team.

The first run leg climbs up Farley Hill before returning to Swallowfield for transition. The bike course passes through rural West Berkshire ending back in Swallowfield with the final running stage around Swallowfield to finish at the Parish Hall.

The Duathlon starts at the Brookside Business Centre, Church Road, Swallowfield, RG7 1TH, transition is in the centre of The Street, Swallowfield in the Swallowfield Medical Practice car park and the finish is at the Parish Hall, RG7 1QX. Please refer to the website for more information about getting to the event, the route and parking arrangements.

The Duathlon is being run in conjunction with the 10K, therefore there will be 10K competitors on the road with you. Please note that the road courses whilst overlapping separate at the top of Part Lane for Duathletes to run to Transition so please don't follow 10K runners down Part Lane on the first leg.

THINGS TO DO ON THE DAY

- Arrive in good time and collect your competitor's numbers and pack from the Information Desk at the Parish Hall
- British Triathlon members will need to show a valid current race licence / membership card at Registration or they will have to purchase a day licence; everyone else will be issued with a day licence at registration
- Attach the two competitor's numbers to your clothing and the smaller number to your bike (see below)
- Rack your bike in the allocated position in the transition area; make sure you're familiar with the layout of bike in/out and running in/out
- Be ready and prepared at the start by 10:15 for the compulsory Duathlon briefing
- Enjoy!

KEY THINGS TO REMEMBER

- You must obey the rules of the road and keep yourself and others safe
- Obey the marshals and the referee – failure to do so can result in a DQ
- You must have a helmet and a roadworthy bike

- On the cycle route there is one right turn close to the start of the stage. Please be circumspect
- British Triathlon rules mandate that no headphones are worn.

EVENT DAY

Before the start

Please complete the medical details on the back of your runner's number when you receive your entry pack.

Timetable

8:30 Information desk opens at the Parish Hall where you register and pick up your competitor's pack

8:30 Transition area is open for competitors to rack their bikes. All bikes should be racked by 10:00

10:00 Roads will be closed to through traffic on the running course

10:15 Compulsory briefing at the Start

10:30 Duathlon starts

12:30 Presentation to winners at the Parish Hall

13:00 Transition area closes and will be dismantled – all bikes and kit to be removed by this time

Parking

Signs and marshals will be in place on the day to help. Please allow sufficient time to walk from the parking areas to transition and back to the starting line.

Toilets

Toilets are available at the start and the finish at the Parish Hall.

Competitor's numbers

Your numbers will be at the Information Desk at the Parish Hall. Please collect in good time. Each entry will be provided with three numbers: one for your front, one for your back and one to attach to your bike to identify it - please attach it to a seat post or other suitable place. Duathlon teams should wear one number each with the runner having the number on the front and the cyclist with his number on the back. The numbers must be pinned in all four corners and shouldn't be folded. Please write your name, any medical conditions and an emergency contact number on the back of your number. Number belts are allowed.

Transition / bike racking

The transition area will only be open between 8:30 and 13:00. Only Duathlon competitors will be allowed into the transition area. Bikes should be racked by the appropriate entry number.

Duathlon briefing

A compulsory briefing will take place at 10:15 am on the start line at Brookside Business Centre. Please make sure you listen and take in updates from the day on course conditions and any hazards.

The Duathlon is run under British Triathlon Federation rules. A concise overview of the rules is available on the website www.swallowfield10plus.com. Drafting is not permitted in the cycle stage. See below for more details.

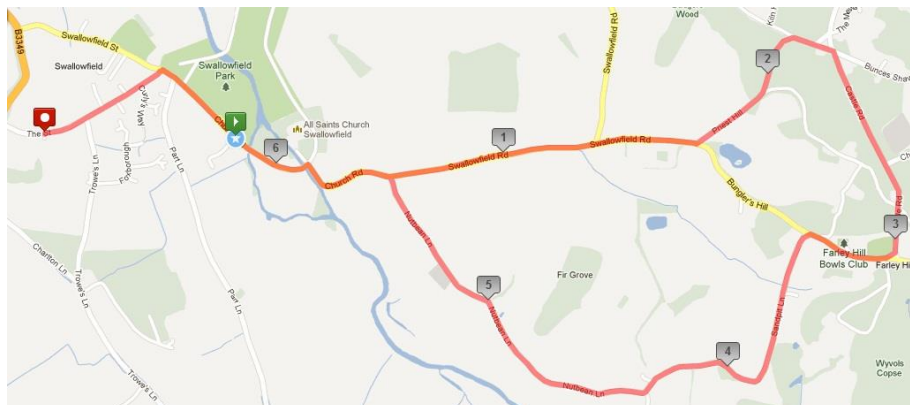
The course

Course maps are included and are available on the website. Please take a good look to get a feel for the day's challenge.

Run Leg 1 – 6.7K

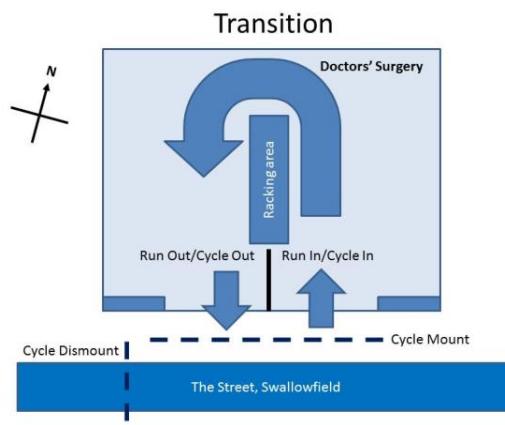
The start is at Brookside Business Centre. The run turns right across the bridge. Please keep to the left; **whilst the roads are closed there will still be local traffic.** Continue along past the George and Dragon pub and take the second left into Priest Hill. At the top of the hill you will pass into a wooded area – please ensure that you keep to the left as visibility is poor. At the T junction turn right into Castle Road – a marshal will be on hand to direct you and warn you of traffic. Please obey any instructions you receive from all marshals around the course – but remember you are responsible for your own safety; don't put others at risk from what you do. After ½ km turn right at the T junction into Church Road. Again please watch for traffic and obey the marshals. The next turn is left into Sandpit Lane. This lane is narrow with tight corners – please watch out for vehicles and other road users. Be aware that the road surface may be slippery when wet and the road surface may be loose or uneven in some places. Please watch your footing. At the T junction with Church Road turn left and pass back over the bridge, past the start and continue on to the mini roundabout where you turn left into The Street. The Street may have cars parked and local traffic. Transition is on the right hand side in Swallowfield Medical Practice car park.

On reaching Transition follow the signs in.



Transition

There will be a one-way flow in transition as per the diagram. **Please be mindful of others Duathletes and be careful when entering or exiting as your paths may cross.** On reaching your bike, you must put on and fasten your helmet before removing your bike from the racking. Failure to do so will incur a penalty. You cannot mount your bike to start riding until you cross the mount line. Team cyclists will be held at the far side of transition, cyclists may not leave this area until tagged by their first runner. Instructions are then as for individual entrants.



Bike – 18.4 K

Take care as you exit the village as you are now on the open road where traffic will be coming in both directions. At the T-junction with the Basingstoke Road turn right and keep to the left hand side. It is essential you obey the marshal at this junction if he tells you to stop – do so! Follow up

the hill and turn left into Lambs Lane. Cycle to the T junction and turn left again towards Beech Hill. Pass through Beech Hill taking care as you pass the church at the start of the village. Turn left into Mortimer Lane. Take the next left into Green Lane keeping to the left as this is a tight corner - do not cross over to the wrong side of the road!

Take the next left turn into New Street at the staggered cross-roads. Take the second right turn right into Chequers Lane being careful of oncoming traffic. Proceed over the hump back bridge, up the hill and at the top take the left turn into Bull Lane. Turn right down a narrow lane – please watch for dog walkers and take care going through the underpass. Turn left and go to the T-junction. Visibility is difficult at this junction – SLOW DOWN and obey the marshal and keep safe. Finally take the right turn back into the Street and return to the transition on the left hand side. **WATCH OUT FOR 10K RUNNERS** – they have priority please give way to them!

Follow the directions into the transition area and rack your bike. Do not remove your helmet, or undo the clip, until the bike is on the rack. Relay team cyclists need to follow the instructions as for individual competitors, but as soon as you have racked your bike and removed your helmet, you should exit transition and tag your second runner in the designated area. They will then set off on the final run leg.

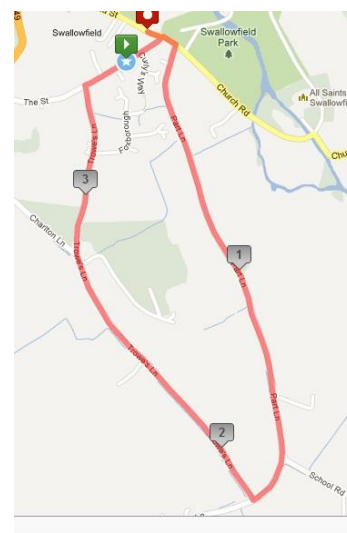
Final notes on the cycle leg:

- The Duathlon is non-drafting i.e. you cannot ride within a 7m x 3m imaginary box from the front wheel of the rider in front – you can only enter this box to overtake, once past it is the overtaken riders responsibility to drop back
- No side by side cycling is allowed – overtaking must be completed quickly
- All rules of the road must be observed. Any failure to do so or to obey any marshal's instructions may result in disqualification from the Duathlon
- No personal music devices are allowed.



Run Leg 2 - 3.7 K

Leave the transition area and turn left along the Street towards the Parish Hall being mindful of other road users and runners. Turn right at the mini roundabout being careful of slippery surface close to the memorial. Turn immediate right into Part Lane being careful of oncoming and passing traffic. Keep left. Be aware some parts of the road are uneven. Turn right into Trowes Lane – be mindful of uneven and loose road surface. Turn right out of Trowes Lane into the Street and head for the



Parish Hall. Take care crossing the final road to the hall as the surface can be very slippery in the wet.

Teams – only the competitor running the final leg should cross the finish line. Both should go and collect their medals once the whole route has been completed.

General

Please note that there will be no water stations on the cycle course, so please ensure that you have plenty of water/energy drink on the bike. Please also note that all main junctions will be marshalled but please be aware that marshals cannot stop traffic and the Duathlon is partly on open roads so it is your responsibility to run and cycle safely. Anything deemed to be unsafe will be recorded by marshals and the referee will impose a time penalty or disqualification.

Health & Safety

Medical cover will be available during the event, so in the unlikely event that you need medical attention please speak urgently to a marshal.

After the Duathlon

Please collect your bike and kit from transition as soon as you can after you have finished. We will check your number matches that on the bike so please keep your event number with you.

There will be NO RIGHT TURN exiting Car Park A before 12:30. Turn Left away from the Village and the event finish area

Prize categories

Prizes will be awarded in the following categories: 1st men, 1st Women and 1st Team

Results

Results will be available on www.swallowfield10plus.com

Swallowfield 10+3

CAR

PARK

PASS

2016

Place in car window on approach to
village so
marshals can guide you to car park. Print
as
needed for friends and family