



The Newmarket duathlon



RUN 2.5 MILES • BIKE 14 MILES • RUN 2.5 MILES

Thank you for entering the Newmarket Duathlon. The following information details everything we think you'll need to know about participating in and safely enjoying our event.

EVENT SCHEDULE

10:00am	Registration opens
12:00pm	Race starts
13:00pm	First competitors finish
14:00pm	All competitors finished
14:30pm	Prize Presentation

EVENT VENUE

The Ellesmere Centre Ley Road, Stetchworth, Newmarket, Suffolk, CB8 9TS

CAR PARKING

Please follow Car Park signs and the marshalls' directions once at the venue. Weather permitting, there will be parking available on the opposite side of the road from the Ellesmere Centre, follow directions once in the village. Parking is by kind permission of the Stud Owner, please be considerate. **All vehicles are parked at the owner's risk.**

CHANGING FACILITIES

Changing rooms and showers available inside the Ellesmere Centre.

REFRESHMENTS

There will be a full range of refreshments available during the day.

REGISTRATION

Registration will open at 10am and close at 11.30am. You will be asked to produce your BTF licence if you have entered as a BTF member. No Licence means you will need to buy a Day Licence at £3.

All competitors must go to Registration (before racking your bike), where they will receive their goody bag. Inside the bag will be two race numbers, one for your front and one for your back. Number belts may be worn. There will also be a small sticky number which must be applied to your bike.

BIKE RACKING

Once you have collected your numbers you may rack your bike. You must show the Transition Marshall your sticky number attached to your bike and also your helmet. **Only competitors are allowed in the Transition area.**

HELMET

Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. (NB: a CE mark is NOT an approval mark.)

RACE BRIEFING will be by the transition area at 11.40am.



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Race start is by the large tree behind the Ellesmere Centre.

FIRST RUN – 1 LAP of 2.5 miles

Run two laps around the perimeter of the field in an anticlockwise direction to spread the competitors out before exiting onto the road via the main entrance. Turn left towards Woodditton, after about 0.5 miles turn left onto bridleway and follow this for about 1 mile until it joins Church Lane. Go left and left again onto High Street, Ley Road and back into the Ellesmere Centre. Dismount at the main entrance.

TRANSITION

Before your bike is removed from the racking your helmet must be securely fastened. The competitors will collect their bikes and run with them around the other side of the Centre, between the Centre and the tennis courts, turning left immediately past the courts to join the road at a point on the extreme south-east corner of the Recreation ground. Competitors will mount their bikes here and complete three laps of the following 4.7 mile circuit.

BIKE – 3 LAPS of 4.7 miles

This is a non drafting event, anyone caught drafting will receive a two minute penalty for the first offence. Continue to Woodditton, turn left at crossroads towards Newmarket, left at staggered crossroads towards Stetchworth and left again at T-junction to return into Stetchworth village. On completion of your third lap, return into the Centre via the main entrance, dismount and run with your bike back into transition. Do not undo your helmet until you have racked your bike.

SECOND RUN – 2 LAPS of 1.25 miles

Leave transition in an anti clockwise direction, at the bottom of the playing field exit through gap in bushes to join a footpath around the arable field and join the bridleway as before, follow along same route as previous and after the second lap finish by the transition area/starting point.

CONDUCT

All competitors must obey the rules of the BTF and the Highway Code.

MUSIC

The use of personnel music/MP3 players is not allowed during the race.

MASSAGE

Pre-race massage available from 11am.

Post-race massage available at £5 for a 10-15minute session.

WITHDRAWAL POLICY

If you are unable to race for whatever reason, please contact the Race Organiser by email and express your intent to withdraw. We will then arrange a refund based on the entry fee paid, minus the following:

- Up to 4 weeks prior to race day – refund minus £10 admin charge
- 2 - 4 weeks prior to race day – refund minus £15 admin charge
- Within 2 weeks of race day – no refund given

Please note, the refund will be in the same format as the original payment, i.e. card or cheque.