

8th Bath Duathlon 2020

Change of Race Format due to Covid 19 (following BTU guidance)



EVENT
PERMIT
2020

Race Briefing – Essential information that you are required to know in order to take part in our event.

There will be no race briefing or registration. Please ensure that you read these notes carefully AND watch the video briefing [Click here](#). If you still have further questions please attend our zoom session on 27th Oct at 19:00 hrs. Email us and we will send you the link.

We will be unable to answer questions on the day to avoid unnecessary contact.

Covid 19 mitigation measures

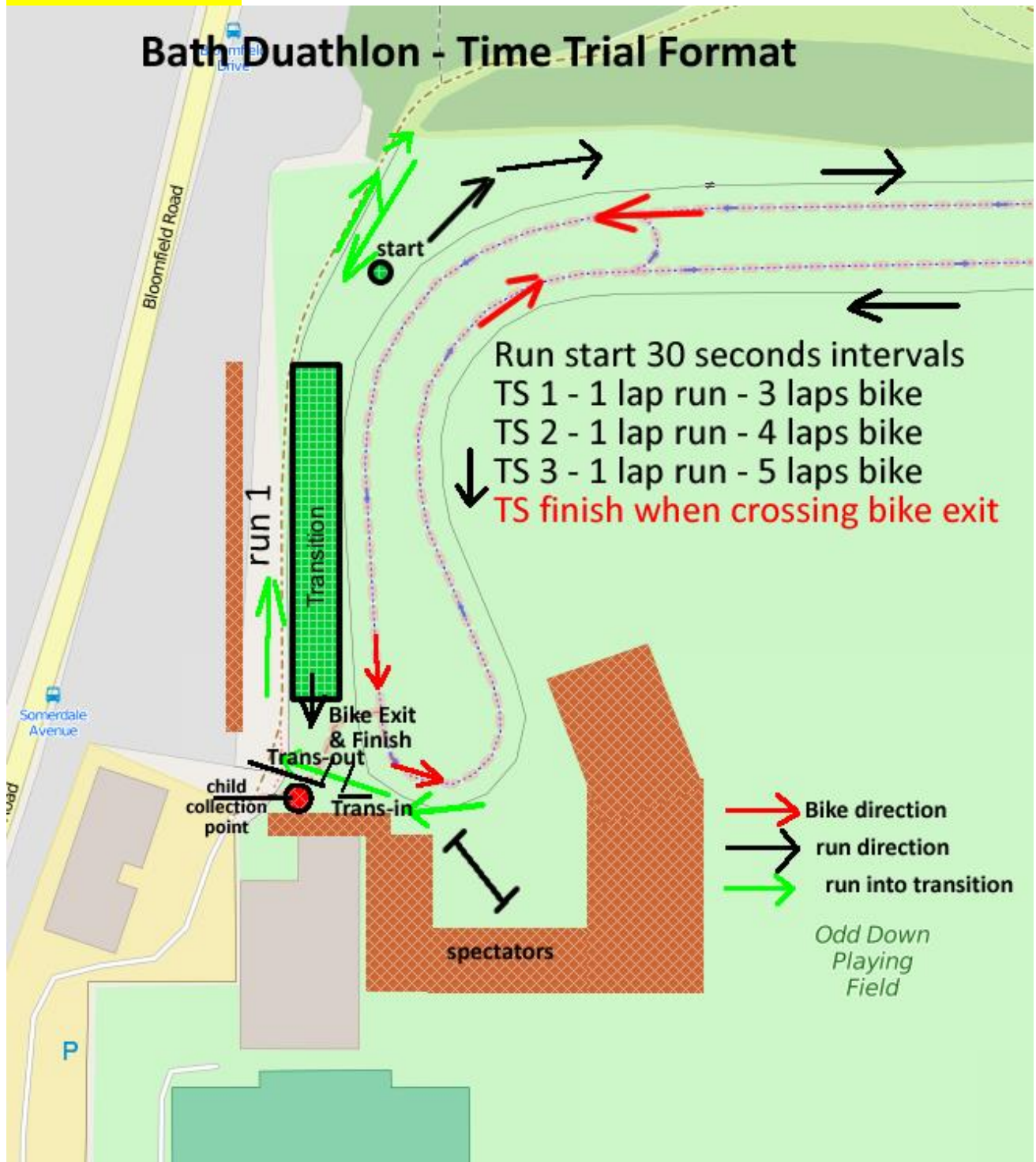
- Please use hand sanitiser provided upon entry to transition and at finish line
- Please wear a mask should you enter the building to use the toilet and when collecting your bike from transition
- Please do not arrive earlier than one hour before your start time and leave promptly once you have finished
- Please complete the [Covid 19 Health Questionnaire](#) by October 24th
- Please only bring one spectator and ensure their details have been entered on the above questionnaire to help us comply with NHS track and trace.
- Spectators to remain in the designated area.
- Respect social distancing measures at all times including when exiting your car
- No spitting or clearing of nose.
- Please refrain from warming up on your bike in the carpark.

Revised programme and approximate start times

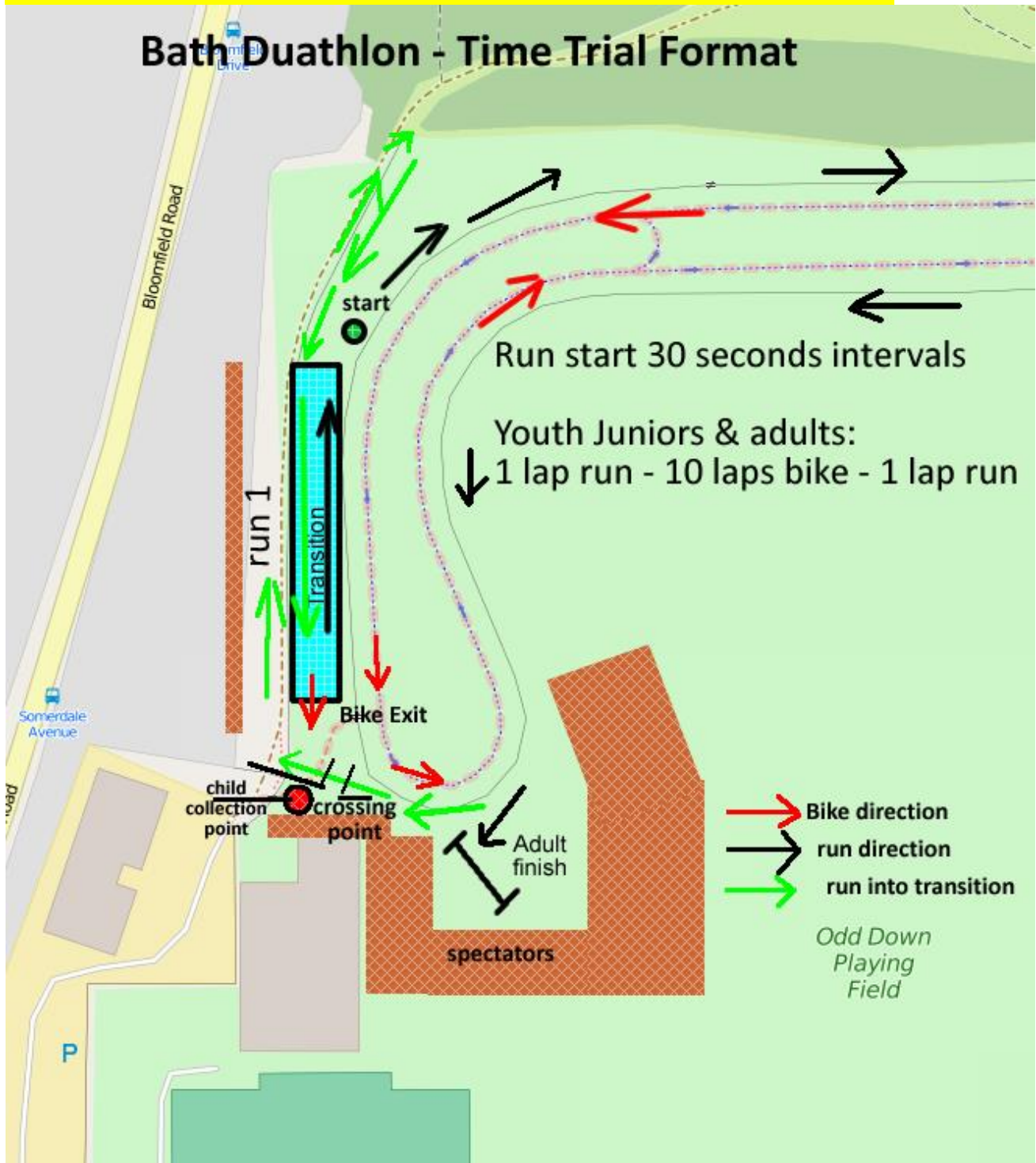
Distances	Approx Start	1 st Run	Bike	2nd Run
9/10 yr olds Tri Star 1	9:00	1500m	4.5km (3 laps)	
11/12 yr old Tri Star 2	10:00	1500m	6 km (4 laps)	
13/14 yr old Tri Star 3	11:00	1500m	7.5km (5 laps)	
Team /Youth/Juniors	12:00	1500m	15 km (10 laps)	1500m
Adults	13:30	1500m	15 km (10 laps)	1500m

Tristars

Bath Duathlon - Time Trial Format



Adults/Juniors/Youth/Team



What will you need?

- Safe road worthy bike. It is your responsibility to ensure your bike is in good working order.
- Helmet – with your chip attached on right
- Gloves (optional)
- Running shoes
- Mask
- Clothing for after the event
- Water bottle (no water provided)

Chip Timing

To ensure accurate times and results, every competitor will receive in the post, two timing chips to use whilst racing. One chip on the back of your race number and one **helmet** chip to be fitted on the **RIGHT** of your helmet. The helmet chip is for the lap times.

You will also receive a seat post sticker. Please ensure it is attached and visible on your seat post. Please ensure that you do not cross the timing points except when you are competing. To avoid this problem do not climb over any barriers or fence lines as they are in place to prevent access to these areas prior to the event. Failure to comply with this request will trigger your timing chip and may invalidate your result.

Start

- The start line is accessed through the transition area.
- Please enter the transition area for the **first** time no earlier than 10 minutes before you start time. There will be a clock by the entrance area for you to check the time of day.
- Please rack your bike etc. YOU WILL THEN MOVE ONTO THE START LINE AREA. THERE WILL BE NO OPTION TO RETURN ONCE YOU ENTER THE TRANSITION AREA. Please queue up ready to start leaving 2M between yourself and any other person.
- Your time starts when you cross the timing mat.

Transition area

Space in transition is limited so please stay within your area. It will be arranged in sections according to your category. One space being indicated by tape on the racking. No big bags allowed.

ALL TRI STARS PLEASE NOTE - You MUST cycle in your running shoes. This is to minimise time in transition and possible contact with others. NO parents, coaches or helpers are allowed in transition. Marshals will be available if any child needs help.

Run

The run is **CLOCKWISE** for all competitors

Please note that most of the run will be on grass and playing fields pick your route carefully and watch out for rabbit holes and tree roots! It may be muddy if we have had lots of rain.

Please be aware that dog walkers may use grass area around the circuit.

Cycle - **ANTI-CLOCKWISE** around circuit.

This is a non-drafting race. Therefore if you are overtaken you should drop back. The draft zone is 3m wide by 10m. The rules on drafting are available from [the BTU website](#).

Please note that the 'slower' riders should ride on the left and the faster riders overtake on the right. Please take extreme caution at the two hairpin bends; please use the correct techniques for cornering these sharp bends:

1. Enter the corner wide
2. Adjust your speed prior to entering the corner
3. Stop pedalling and keep your inside pedal up.
4. Aim to pull in closely to the middle (apex) of the corner.
5. Exit the corner wide

Please do not overtake on corners unless for safety reasons. Once you have picked your line stick with it, **do not deviate** from your line and watch out for other riders cornering. The person in front has right of way, in particular when choosing a line around the corners. Only overtake if it is safe to do so. When overtaking shout to the rider in front something like: "overtaking on your right", to let them know you are there.

Lap Counting

Competitors are responsible for their own lap counting. It is a good idea to have some sort of system to count your laps. The helmet chip will record your lap times but we are unable to tell you the number of laps as you are cycling round. **If you are found not to have done the correct number of laps the race organiser will adjust your time to give you a result and you will not be eligible for prizes.** At the end of your laps use the filter lane to come off the circuit. **No overtaking in this filter.**

Team Pursuit

This has been adapted to comply with guidance and the team prize will go to the team with the fastest time for 4 team members entered in this category. **There will be no drafting allowed.**

Medical Conditions

Please make sure you have advised us of the correct emergency contact phone number and medical conditions when you entered on-line. These are stored on the computer on the day should we need these in the case of an emergency.

Race Numbers

Race number must be worn on the front during the run. Numbers must be pinned at all four corners. Racebelts are allowed. **NB. Please remember to bring safety pins, these will not be provided due to Covid 19 mitigation measures.**

Finish

At the finish line there is a self-service area to collect your Tribe protein bar (vegan/ gluten and dairy free) and your Duathlon water bottle as a memento of our race. (There will be no stand pipe this year to fill these in an attempt to minimise contact points). **Please only touch the items you are taking.**

Please collect your bike as soon as you have got your breath back!

Children's finish (TS1 only)

Once children come over the finish line they will be chaperoned to the child collection area. Please collect your child from there as soon as possible after they have finished.

Results

The results will be published on www.chiptimingresults.co.uk website.

Prizes

As well as our usual bespoke handmade pottery we have some other prizes kindly supplied by our sponsors. A selection of products from Aftershokz, Tribe bar boxes and 2 bike fits from BW cycles. We would like to offer our deepest gratitude to these sponsors for donating so generously to make this prize list.

Tristar 1/ 2 /3 / Youths = 1st, 2nd and 3rd overall

Juniors, Open and Veterans: 1st, 2nd, 3rd overall as well as 1st in the age categories; Junior B&C (17-19) Vet (40 – 49) & Supervet (50+)

NB Only one prize per competitor.

Fastest team (entered in team pursuit) – competitors in this category are only eligible for this category prize.

As per recommendations by BTU there will be NO prize ceremonies. Prizes will be able to be collected or posted to the winners.

Special offer to all competitors on TRIBE bars, use the BATHDUATHLON code when you checkout to get 6 bars for £1.00 [CLICK HERE](#)

Photo competition – Win a pair of Aftershokz bone conduction headphones!

We all enter races for different reasons, but we think everyone likes the chance to win a prize! Simply take a photo that captures the spirit of the event and post it on Instagram using the hashtag #bathduathlon - or submit via email to: - kertzman@splitsecondtiming by November 7th We will pick our favourite and announce the winner on our website by November 14th.

Safeguarding Information

The event safeguarding officer is Mike Woodward and can be contacted on 07973 520893

You are welcome to take photographs of your own children only please.

The event photography is by Charles Whitton. If you don't want your photographs taken Charles can be contacted on: 07798 735455

Directions to Odd Down Circuit

Odd Down Circuit is located at Odd Down Playing Fields, Chelwood Dr, Bath BA2 2PR.

Please note that some SATNAV systems will take you further down Bloomfield Avenue.

Odd Down Sports Centre is on the top of the hill, near the traffic lights. Coming from the centre of Bath take the A367 direction Radstock/Shepton Mallet. On Bear flat the take the right fork onto Bloomfield Road, Bloomfield Drive is the last turning on your left at the top of the hill.

Coming from Bristol and Keynsham, after you have gone through Saltford take the second turning at the Globe roundabout signposted Combe Down/ Newton St Loe up Pennyquick Hill, all the way until you get to a set of traffic lights, turn left into Bloomfield Road and first right into Bloomfield Drive.

You will see the entrance to the car park on your left.

The café will be open for hot drinks but there is not indoor seating.