



DATE: 20TH APRIL 2014

LOCATION: DUSTON UPPER SCHOOL, NN5 6XA

# Duston Triathlon

Pool Based Sprint Distance Triathlon

## INTRODUCTION

Welcome to the Duston Triathlon for 2014.

2014 will be the 13th consecutive year we have organised this event. It is still one of the first triathlon events in the East Midlands and the UK, and still attracts both beginners and experienced triathletes.

We have a 600 entry field limit and sold out early in 2013. We hope to see you starting your triathlon season with us in 2014, but remember not to leave it too late.

If you have questions prior to the event please contact us on: **01933 663 516** or by email to: **events@justracinguk.com**

## REGISTRATION

Registration will be open from 7am on the Sunday - please allow about 45 minutes before your allocated start time, to give you enough time to set out your equipment and prepare for your race.

The registration will take place in an inflatable marquee at the front of the School on Sunday.

Security will be in place at the transition area from 7am.

You will receive your goody bag, which will include 2 race numbers. These must be worn on the front of your running top and the back of your cycling top.

It is also important that you write any medical details on the reverse of your number in case of an accident / emergency.

Do not fold the numbers and pin them in each corner. You will also have your race number written on your right arm and receive a numbered sticker.

This must be clearly displayed on your bike for security purposes. Your timing chip will be issued on poolside when you go to start your race.

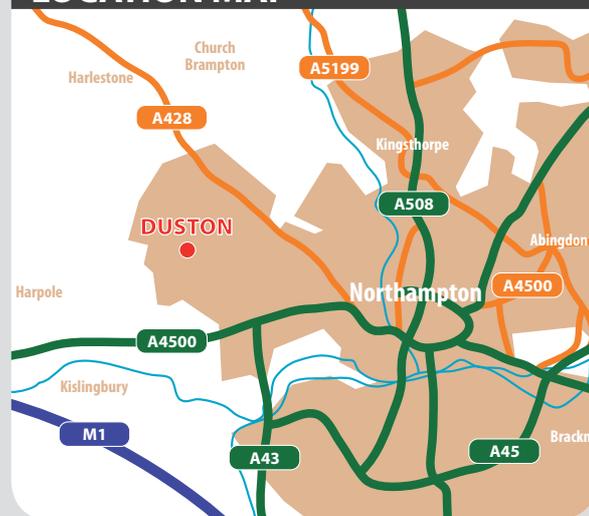
All BTF members must produce their valid race licence at registration or pay the additional £5 for the BTF's day licence.

**NO LICENCE = £5**

## DIRECTIONS

To get detailed written directions go to the Duston Triathlon event pages on **<http://www.justracinguk.com>** and insert the origin postcode that you are travelling from to the event.

## LOCATION MAP



## VENUE & CAR PARKING

Duston Upper School Duston, Northants NN5 6XA The School is about 2 miles from Junction 16 on the M1 on Berrywood Road. Registration and the Transition are also at Duston school.

Parking will be plentiful and will take place on the main sports field.

For the safety of all competitors - **Do not park on the race route**, particularly on the road opposite the school.

We would ask that competitors apply common sense when parking and remember that people need access to their homes and their cars.

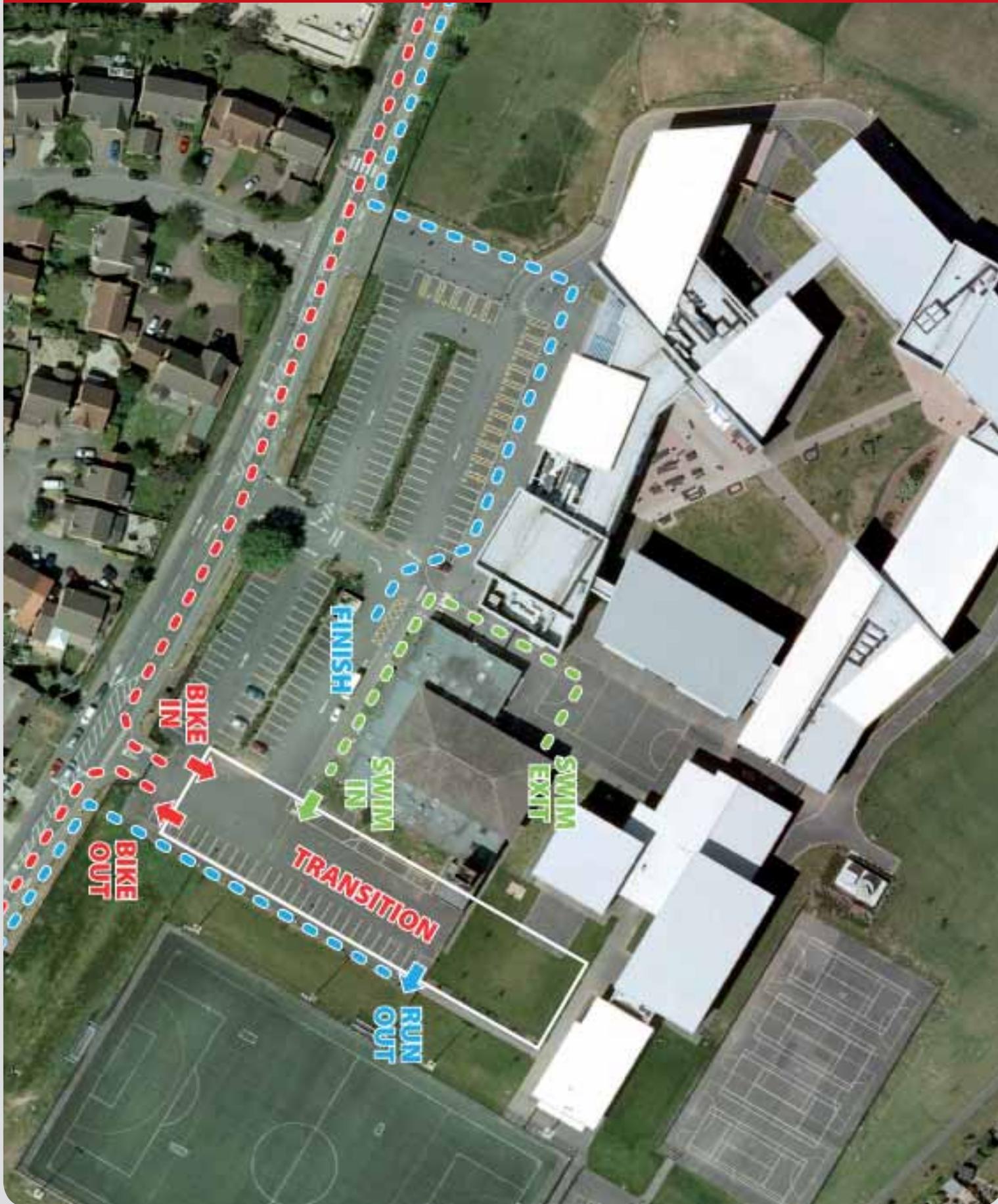
On the Duston event page, click on the interactive google map for a more detailed view of the location to ensure you get exact directions from wherever you are travelling from.



**DATE:** 20TH APRIL 2014

**LOCATION:** DUSTON UPPER SCHOOL, NN5 6XA

**TRANSITION**





**DATE:** 20TH APRIL 2014

**LOCATION:** DUSTON UPPER SCHOOL, NN5 6XA

**BIKE COURSE**

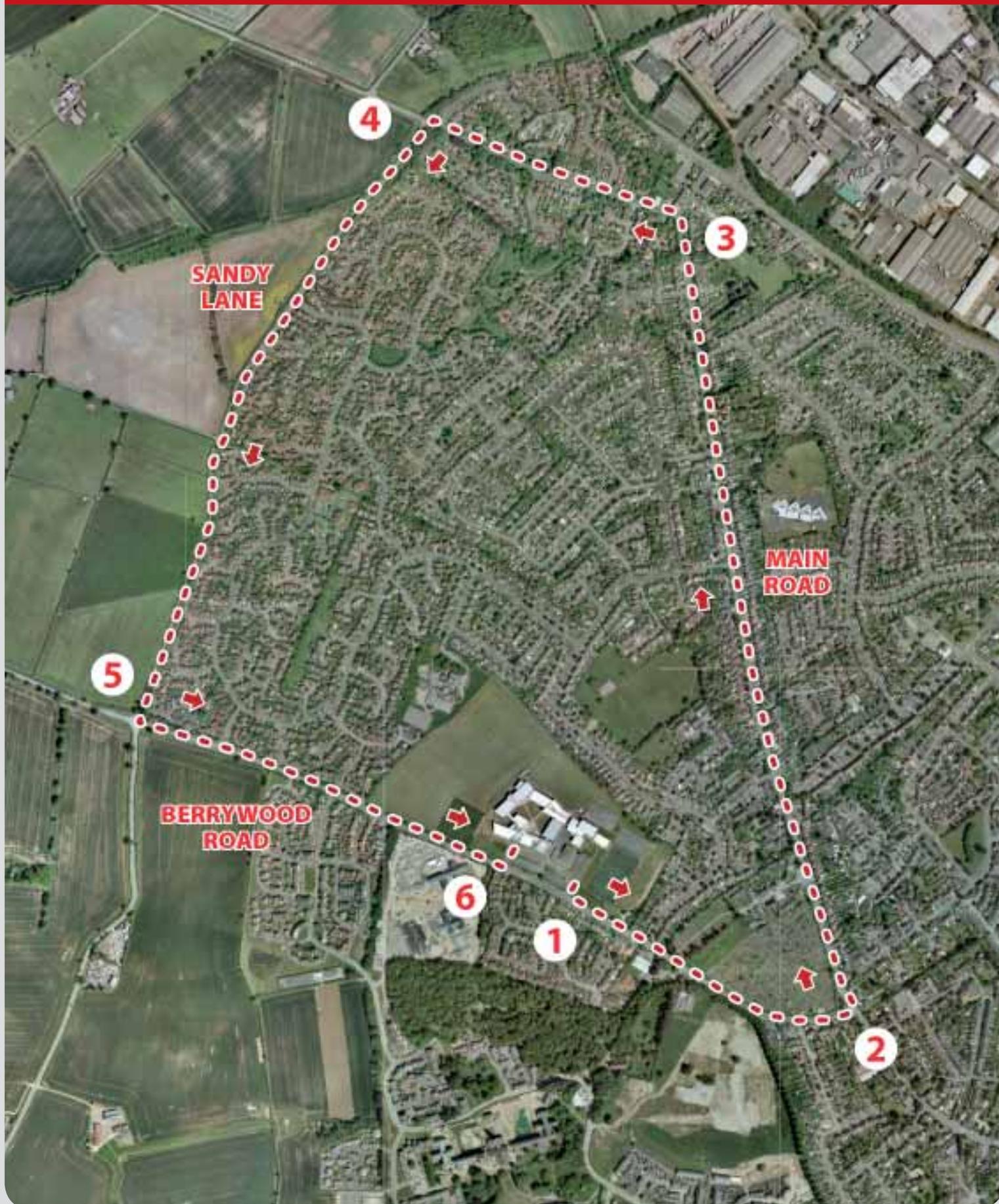




**DATE:** 20TH APRIL 2014

**LOCATION:** DUSTON UPPER SCHOOL, NN5 6XA

**RUN COURSE**



**DATE: 20TH APRIL 2014****LOCATION: DUSTON UPPER SCHOOL, NN5 6XA**

## RACE BRIEFINGS

There will be a race briefing at 07:15, 08:15, 09:15, 10:15, 11:15 & 12:15 near to the registration marquee. It is important that you attend one of these so you are aware of any last minute changes to the course and we can inform you of any safety / relevant issues which may affect your race.

## RELAY EVENTS

The distances and courses are the same for the relay event. All swimmers will start in the same wave. There will be a holding area where both the cyclists and the runners will await their swimmer / cyclist team members respectively.

The swimmer will hand over the timing chip cyclist in the holding pen, and the cyclist will hand over the timing chip to the runner who will be waiting in the holding pen.

Marshals will monitor these areas.

## LITTERING

As our events become more popular we are noticing a steep rise in the amount of debris left behind.

Littering on the courses (gels sachets etc) is not acceptable. Please return with it to transition.

**KEEP TRIATHLON TIDY***What if it was your street?*

## THE SWIM AND TRANSITION

Please be on the poolside at least 10 minutes before your given start time.

There are changing facilities available within the swimming pool, which will be open from 7am.

Here you will collect your timing chip that must be worn on your ankle.

The swim is 16 lengths of a 25m pool, totalling 400m.

Competitors will be set off in waves of 5 (1 to a lane), of similar ability swimmers.

You will be given a coloured swim cap that you must wear and leave at the end of your lane on completion of the swim.

You will be responsible for counting your own lengths during the swim.

We will have marshals spot checking individuals on each wave. If you do too few lengths you will receive a 2 min time penalty for each 2 lengths that you miss.

If you do too many lengths, the time that you swim will be recorded as your swim split with no time adjustments post race.

To help ensure you do the correct number of lengths, we suggest that:

1. You know your expected swim time.
2. You wear a suitable stopwatch.
3. You use the watch to check your time towards the end of the swim, to confirm your counting to 16.

Only competitors and officials will have access to the poolside, spectators can watch from the viewing area in the folk centre.

Please don't wait at the exit of the pool. Competitors will be using the transition area continuously from 7.30am onwards.

Please be respectful of ALL competitors; keep routeways clear, rack and collect your bike promptly and remember only competitors and officials are allowed access to the transition area.

For security reasons, you must remove your own bike and your race number must match your bike number.

**NO RACE NUMBER - NO BIKE!**



DATE: 20TH APRIL 2014

LOCATION: DUSTON UPPER SCHOOL, NN5 6XA

## THE BIKE COURSE

The bike route is a 20k, 1 lap course. As you exit the school (1) you will quickly come to a mini roundabout, where you go straight on until reaching a slightly bigger mini roundabout (2) where you will turn left.

Keep on this road and take care going over some of the speed bumps until reaching the junction which takes you onto the A428 (3). This can be a busy road, so although it is a left turn, take care and prepare for a great rolling section taking in some great Northamptonshire countryside.

As you exit the A428 (4), be careful as it is a sharp left hand turn - approach with caution. Enjoy the Church and the history as you climb your way through Great Brington (5) and on to Little Brington. A left turn onto the Nobottle Road (6) will leave you with the long straight road back to race HQ.

Just before entering the village of Duston, a straight on at a roundabout (7) is needed, shortly after which you will find the entrance back to the Duston School (1). The course will be clearly signed and marshalled at all turning points.

**Please note:** it is not the marshal's job to tell you whether traffic is coming or it is traffic free. You must not rely on, or ask the marshals for this information. There will be a designated start and finish line where you will be able to mount / dismount your bike - please do not try to ride your bike before the mount line or after the dismount line.

All helmets must meet the current British national safety standards. Helmets must be fastened before you remove your bike and must remain fastened until you have racked your bike in the transition area - if you don't it could result in your disqualification.

The BTF state that "all competitors must follow the normal rules of the road, obey all traffic signals..... Any infringement of the law and subsequent legal action is the sole responsibility of the competitor." If a marshal tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

Failure to obey marshals could jeopardise your life, other people's lives and the future of the event. So please - do as they ask! Failure to comply with any of the above may result in your disqualification. It is your responsibility to be fully aware of all aspects of the course prior to racing.

**Please note:**

1. The A428 is a main road - join with care.
2. The exit off the A428 is a sharp left hand turn - approach with caution.
3. All roundabouts are straight ahead unless directed otherwise.

## THE RUN COURSE

The run route is a 1-lap circuit on footpaths surrounding the Duston School. The course crosses several roads, mainly quiet estate roads.

However, care must be taken at all times and competitors must remember the vehicles on the road have priority over runners.

## 2014 RACE SEASON

### POOL BASED TRIATHLONS

|                              |              |             |
|------------------------------|--------------|-------------|
| Duston Triathlon             | Sun 20 April | Sprint Dist |
| Thame Triathlon              | Sun 13 July  | Sprint Dist |
| Kimbolton Triathlon          | Sun 20 July  | Sprint Dist |
| Terry Wootton Road Triathlon | Sun 28 Sept  | Sprint Dist |

### OPENWATER TRIATHLONS

|                   |            |              |
|-------------------|------------|--------------|
| Grendon Triathlon | Sun 11 May | Sprint Dist  |
| The Beaver        | Sat 24 May | Middle Dist  |
| Little Beaver     | Sun 25 May | Olympic Dist |
| Speedy Beaver     | Sun 25 May | Sprint Dist  |

### CYCLOSPORTIVES

|                    |             |
|--------------------|-------------|
| The Quattro        | Sun 6 April |
| Spires and Squires | Sun 4 May   |

**DATE: 20TH APRIL 2014****LOCATION: DUSTON UPPER SCHOOL, NN5 6XA**

## RESULTS AND PRESENTATIONS

We aim to do the prize giving as soon as possible after the last competitor and have a full set of provisional results for competitors to look at.

As always, it would be great to have as many people there as possible to support those who have won an award.

Prizes awarded to Male and Female:

Top 3 overall Age group winners

Under 20

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 - 64

65 - 69

70+

We aim to have a full set of results on the [www.justracinguk.com](http://www.justracinguk.com) within 24 hours and results will not be sent out unless you leave an SAE (marked

## EVENT SUPPORTERS

There will be catering in the spectator area next to transition. Our retail sponsors / support for this event are USN, Phil Corley & Playitas who will be in attendance over the weekend.

Why not stop by their stands to see what products / services they have to offer.

Sprint Massage will be providing both pre and post race treatments and they will be based near transition, contact Phil on 07748591177.

Also remember to smile/grimace/gurn if you see one of our official photographers around the course from Adrian Howe photography and photos will be uploaded on to: [www.adrianhowesphotography.co.uk](http://www.adrianhowesphotography.co.uk) after the event.

For the first time there will also be a finishers photo booth with photos being taken by James Rudd.

Stop by the photo booth to get your finishers photograph which will be free to access on Facebook post event.

Keep up to date with the race on the chip timing big screen in the race village and take a print out of your performance by just entering your race number.

Please consult: [www.britishtriathlon.org](http://www.britishtriathlon.org) to familiarize yourself with the rules applying to triathlon racing, further information, clarification on insurance or 01509 226153.

## EVENTS TEAM

Our events team comprises of a range of individuals who gather together at each event, with a common purpose of ensuring that the athlete has a positive and enjoyable race experience. We have a fantastic team which we are always looking to develop and add to. No experience necessary with on the job training for all, along with food, event t-shirt and a small cash payment to say thank you.

Setting up the event includes a wide variety of tasks that aren't always immediately obvious to the competitor, whether it be the guys that fill up the water barrels; that build the bike racking; that move the fencing to create the various compounds; or that follow them round and fasten the JRUK banner to every available flat surface!

On the morning of the race they are the guys directing car parking from 6am; in registration answering any last minute questions in a coherent manner and on transition making sure your gear is racked in the right spaces and that you have all the right documentation. During the race you have the swim starters, lap counters, transition team, marshals out on the run and bike course, first aid team, timing team, communications team and even the commentators!

And then after the race is finished you find all of these guys coming together to strip the event down and get it stowed away, leaving the venue as untouched as when we arrived.

Anybody interested in getting involved with the Just Racing events team for any of our events, please get in touch: 01933 353 216 or [events@justracinguk.com](mailto:events@justracinguk.com)