



11th Bath Duathlon 2024 – 18th May

Race Details

Race Briefing – Essential information that you are required to know in order to take part in our event, there is no race briefing on the day.

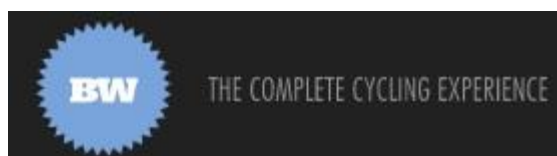
Firstly we are very grateful to our sponsors and volunteers.

This event could not take place without them.

To go into the draw for the spot prizes please place your bib number into the draw box at the end of your event.



[Bike Shop in Bath](#)
[Mech support](#)



2 bike fits (Spot prizes)

[Comprehensive bike shop and bike fitting service in Bristol](#)



Prizes for the Open, Female and team category

[Pronto Bikes](#) is a comprehensive Bike & Accessories Shop in Frome, Somerset.



Bath Spa Osteopathy

1 hr gait analysis as a spot prize
10 min mini massage for £10 in aid of the Nova Sports Charity
Vouchers for £10 off first appointment



Sun screen for athletes
20% Discount Code: BATHDUATHLON

[Bath Spa Osteopathy](#) specializes in providing high-quality holistic osteopathic treatment in our convenient and welcoming clinic next to Green Park Station in central Bath.

Time Table

| Category | Registration | Start Time |
|----------------------------------|--------------|---------------|
| Tristar 1: (9-10 yrs) | 12:15-13.15 | 14:00 |
| Tristar 2: (11-12 yrs) | 12:30-13:30 | 14:10 |
| Tristar 3: (13-14 yrs) | 13:15-13.45 | 14:40 |
| Prize giving Tristars | | 15:40 approx |
| Adults, youth & juniors - wave 1 | 14:00-15.00 | 15:30 |
| Prize giving | | 17:15 approx. |

Start lists will be available from [the website](#) 1 week before the race.

Race Registration – please note time for your category

You must register or you will not be able to participate in the event.

Competitors or parents will not be entitled to register on behalf of another competitor. Your licence will have been validated before race day, also if you are not a British Triathlon member you will have been asked to purchase a day pass, this will have been checked before race day.

During registration you will be given;

1. **Seat post number.** Your bike must have a seat post number attached prior to arrival in transition.
2. **Bib number.** Please ensure that a race number is visible on the front of your vest when you finish. Race numbers must not be trimmed cut down or de- faced in any way. Please ensure that a number is visible at all times during the bike and run sections. **NB. Please remember to bring safety pins.**
3. **Timing chips x 2 (see below)**

Chip Timing

To ensure accurate times and results, every competitor will receive two timing chips to use whilst racing.

1. **Ankle** chip to go on your **LEFT** leg
2. **Helmet** chip to be fixed on the **RIGHT side** of helmet.

The ankle chips need to be returned at the finish. There is a **£5.00 charge** for lost chips. The helmet chips are disposable. Please also ensure that you do not cross the timing points, which register your times 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.

PRE and POST race massage

This is being provided by Bath Spa Osteopathy who are collecting for [Nova Sports](#), cash only.

Pre event warm up

This is being run by [PureGym](#) (Bath) for all age groups

What will you need to bring?

1. Safe road worthy bike. It is your responsibility to ensure your bike is in good working order. **Both handlebar ends need to be plugged. TREK Bikes** will be on site for last minute snags.
2. Helmet (take when racking your bike), make sure the chin strap is tight fitting.
3. Gloves (optional)
4. Running shoes
5. Clothing for after the event
6. Water bottle (Wessex water are kindly providing a water tower)

| | <u>1st Run</u> | <u>Bike</u> | <u>2nd Run</u> |
|--|-----------------------|--------------------|-----------------------|
| 9/10 yr olds Tri Star 1 | 1.2km | 4.5km (3 laps) | 400m |
| 11/12 yr old Tri Star 2 | 1.5km | 6 km (4 laps) | 600m |
| 13/14 yr old Tri Star 3 | 1.5km | 7.5km (5 laps) | 800m |
| Teams/Youth/Juniors/Adults | 3km (2 laps)* | 15 km (10 laps) | 1.5km (1 lap) |
| * 1st lap on the tarmac circuit and 2nd lap around the perimeter, on grass. | | | |

Run Routes

Please ensure that you are in the start area 10 mins before your race start time.

For run maps and directions see separate document on the [website](#).

Please note that part of the run will be on grass and playing fields pick your route carefully and watch out for rabbit holes and tree roots! You are advised to walk the route beforehand. Parents please make sure that your child understands where they have to turn around.

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

Transition area

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

NO parents, coaches or helpers are allowed in transition. Marshals will be available if any child needs help.

Ensure that competitors you are familiar with the location of your bike prior to leaving transition and starting the race. The bike out and run out areas will all be clearly marked. It is your responsibility to familiarise yourself with the location of these areas.

Cycle

You will be guided to a filter lane onto the circuit and cycle **ANTI-CLOCKWISE**. 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 "overtaking on your right", to let them know you are there.

Finish

The finish for the Tristars 1,2 & 3 will be on the grass **NEXT** to the transition area. Please check the map on the website for exact location. The finish for all other categories will be in front of the building.

Please collect your bike promptly after you finish your race.

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 numbers 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.**

Safeguarding Information

Richard Smith will be the safeguarding contact for the event his contact details are available from registration. For any under 16 a responsible adult must be on site during the event and meet their child from the finish. Tristar 1 & 2 children **will be held at the finish** till they are met by a responsible adult. You are welcome to take photographs of your own children only please. We will be taking photographs for our website. If you do not want your child to appear in these please contact us.

Café

The café will be open for snacks and hot drinks.

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 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 Salford 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.

Car Parking

There is some parking at the circuit. If this is full we suggest that you drop off the bike and kit with a helper at the circuit and park in nearby streets but NOT in Bloomfield Drive. The circuit is on the far left of the pavilion.

The race is part of the South West Series as well as the **South West Duathlon Championships**, to take part T2, T3 & youths must be riding a gear-restricted bike. [For more information click here!](#) (Not TS1 or juniors) More information can be found here: **SW Series to take part**. The SW Technical officer will be there to gear check all SW series competitors.

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.

Results

Live results will be available on www.chiptimingresults.co.uk .

Water

Wessex Water have supplied drinking water at the finish.

Memento and prizes

Prize list

Tristar 1, 2 & 3, (1st, 2nd and 3rd)

1st, 2nd, 3rd Overall (team competitors are eligible for these prizes as well) plus 1st in the age categories
Youths, Vet (40 – 49) & Super vet (50+)

NB Only one prize per competitor

Prizes **cannot** be posted, make sure you stay for the prize ceremony if you think you may have won.

Team Prize

To qualify for the prize the team has to contain at least one woman.