

Race Brief

BRJ Laragh Sprint & Standard Duathlons
Alconbury Sports and Social Club

21 October 2018

09.30 Sprint Start

9.45 Standard Start

(Transition closes @ 09:15 | Mandatory race brief 09:20)

DISTANCES

Sprint Duathlon 5k / 20k / 2.5k

Standard 10k / 40k / 5k

Please come with the appropriate clothing, the wind chill may get to you, particularly after a sweaty run.

Please keep the course tidy and keep your litter for designated areas.

If you need a day licence, bring a £5 note

REGISTRATION

Race morning registration opens at 08.00am. Parking is onsite and open from 07.50am on race day only

(Be nice to our parking attendants they are volunteers. Anyone found being abusive to these guys will not be allowed to compete).

Registration will take place in the Alconbury Sports & Social Club building, where you will receive your race pack and be able to purchase your day licence if you need one.

VENUE

[Alconbury Sports and Social Club](#), Great North Road, Huntingdon PE28 4EX

(Google Map reference 9PCP+52 Alconbury, Huntingdon, UK)

Please take the time to read and understand the following pre-race brief:

At registration you will receive a race pack, which should contain the following items:

- 2 x stickers: one to be attached to your helmet, other one to your bike frame, NO stickers attached means you will NOT be allowed in to transition.
- 1 x race numbers: to be attached to your back when biking and to be attached to your front when running- race belts are advisable. If you are not displaying a number you will not be allowed to continue from transition.
- 1 x timing chip and strap: This must be attached to your LEFT ankle, No chip, no time. If you are unsure of how to attach the chip please refer to the instructions at registration. *(Please do not lose your chip it will cost you £10 for a replacement).*

Important: If you can not produce a **VALID** BTF race licence you will need to purchase one at £5. No exceptions, it's your insurance. *(We keep a record who has paid the Non BTF member fee and this information is passed on to BTF).*

Remember, no licence, no race (this is your insurance).

TRANSITION ENTRY

You will only be allowed into transition if you are wearing your race number as well as your bike and helmet having a corresponding number (all found in your registration pack). Your helmet must be on your head and fastened at the entrance to transition. BTF Officials WILL BE checking that your helmet is to the required standard and correctly fitted, i.e. when fastened you should only be able to get 2 fingers under the strap. Please ensure it is adjusted correctly before trying to enter transition, you will be turned away if it's not correct.

TRANSITION AND MOUNT *(Racks will be numbered)*

Bring only essential equipment into transition, Large boxes & bags will not be allowed next to your bikes and will be removed to the edge of transition. Bright coloured towels, talc, or any other forms of obvious position marking will be dealt with by the "Transition Official" resulting in time penalties. You have been warned! Run into transition find your bike, do not touch your bike until you have put your cycle helmet on and fastened it. Run with your bike out of transition via the exit marked with "Bike Out" signs. Do not get on your bike until you reach the marked mount line. Remember at this point your race number should be displayed on your back.

BIKE

New rule which will be applied and penalised if not complied with: All Front fastening tri-suits and tops must be fully done up unless you are wearing a top underneath.

DISMOUNT

Once back at the entrance you will dismount your bike before the marked dismount line and run with your bike to the entrance marked bike in, rack it the same place you removed it from, you may then remove your helmet. Then run out will be at the

opposite end of transition marked with “run out” signs. Ensure your race number is now facing forwards.

RUN

Again, new rule which will be applied and penalised if not complied with: All Front fastening tri-suits and tops must be fully done up unless you are wearing a top underneath.

Be mindful that most of the course is using public footpath over farmland, so keep to the paths and above all do not litter on the course outside of designated areas.

Anyone being spot littering outside the designated area will get a time penalty.

Your race number should be displayed on your front at all times while running, exit the transition and turn immediately right and follow the marked course (*flags/ arrows/ and tapes*). Marshals will be on all turns, There will be a water station as you exit transition and again as you pass transition, this is where you can drop your litter.

FINISH

Here you will find refreshments, food, and sport massage in the Social. Prior to leaving the finish area please ensure your chip is removed and placed in the bin provided. There will be marshals to assist with this! There will be a TV screen for you to get instant results and splits. Bike retrieval at the end of the race will only be allowed once the last cyclist has left for their run and only competitors will be allowed into transition.

FIRST AID

Medical Water & Safety Ltd will be providing first aid cover and a rapid response vehicle for the event. If you are injured or witness a fellow competitor getting injured please alert your nearest marshal, who will call for assistance, there also marshals out on the course that are first aid trained.

RESULTS

After the Race you will find your instant results at the timing tent located next to transition. To view live results during the race please visit www.chiptimingsolutions.com

PRESENTATION

Medals

All finishers will receive a medal after the finish line.

Trophies

This will take place as soon as each race is over outside registration:

For both Sprint and Standard distance races we will award a trophy for :

1st Male & Female

2nd Male & Female

3rd Male & Female

V40, V50, V60, V70+ 1st Male & Female

Any unclaimed prizes will not be posted, so if you think you are eligible for a prize please stay.

SPECTATORS

On race day, there will be a place to buy food and tea/coffee.

THANK YOU

BRJ Run & Tri thank you for your support and hope to see you at future events. Please leave comments about the race, both good and bad on our web site, this will help us to improve the quality of events we bring to you.

The race will be run according to the BTF rules. Anyone breaking the rules will be penalized and may be disqualified. The race referee's decision is final. Please refresh yourself with your agreed T&C's before racing [HERE](#)

We hope you all have a great day and achieve your goals.
Good luck

THANK YOU, ENJOY YOUR DAY.

Any questions, please email duathlon@brjrunandtri.org