



2ND PENZANCE DUATHLON

SUNDAY, 9 APRIL 2017

RACE DETAILS

***Please read these instructions
- they are for your own benefit!***

British Triathlon Rules 2017 on MBH website

Directions to Penwith College, Penzance

Penwith College is situated on Nancealverne, just off the A30 Penzance Bypass. From the A30 Penzance Tesco's roundabout follow the A30 up the hill and straight across the first roundabout, at the next roundabout turn left (first exit) and follow the leisure centre signs from the roundabout. If you get to the mini roundabout you've gone too far! The college is opposite the entrance to the leisure centre on the left-hand side just past the pelican crossing.

Parking

Please follow the marshals' directions when parking vehicles. **BEWARE OF SPEED BUMPS – THEY ARE VICIOUS**

Registration

Registration is from 7.00am at Porthcurno Building on the Penwith College campus. Please arrive in good time and try to register at least 30 minutes before the start time of 8.30am. At registration you will be numbered on arms and legs and issued with two event numbers together with pins. One must be worn on the back for the cycle section and the other on the front for the run section and must remain visible at all times. **Numbers must be pinned on at all four corners.** Race belts are allowed so long as the number is visible and not folded. Labels with your race number on will be issued to stick on your bike for security purposes.

Please bring your cycle helmet to registration for checking and also your current BTF Race Licence, if you have one, for a £3 refund.

Transition area

You must place your bike in the transition area on the racking supplied in your allocated position. Place your cycle and/or running shoes alongside your bike together with your cycle helmet any other clothing and equipment you may require. **DO NOT leave bags and boxes in transition.** Race competitors only will be allowed into the transition areas for your equipment's security – no helpers, pets or spectators will be permitted. Competitors must ensure that there is no nudity during transition and that their upper body is clothed during the cycle and running sections of the event otherwise disqualification will ensue. **Remember, NO MP3 players/iPods/personal stereos/mobile phones are allowed by competitors on the bike or run courses.** Any athlete not complying with these instructions will be disqualified.

Race briefing

There will be a race briefing on the start line at 8.15am (this will be held in the Porthcurno Building if the weather is wet).

Run 1 (5kms)

This starts on the drive just before the red and white traffic barrier nearest to Lamorna Building. The run route comprises of one lap totalling approximately 5kms. The route is shown on the run map together with directions on the MBH website. On leaving the transition area please ensure that your number is clearly visible on the front of your running top. Please ensure that you follow the signs and marshals instructions. The finish of the first run is as you enter the transition area.

Bike (7kms)

The bike route comprises of one lap totalling 25.kms. The route is shown on the bike map together with directions on MBH website. Please ensure that your event number is clearly visible at all times on the rear of your cycle top. **Your bike helmet must be on and fastened before removing your bike from the racking and not undone/removed until the bike is racked on return from the cycle.** You must run/walk your bike in/out of the transition area – you must **not** ride your bike in transition. Any athlete not complying with these instructions will receive a two minute time penalty. Do not mount/dismount your bike until you are told to do so. It is the responsibility of the athlete to safely navigate the course. Failure to obey marshal or police instructions or not to obey the rules of the road could result in police prosecution and disqualification. **An approved cycle helmet must be worn. No drafting is allowed on the bike course** – see BTF Rules for details.

Run 2 (2.5kms)

Your bike/run transition time will be taken as you go out onto the second run. Please call out your number. The second run is exactly the same route as the first run except you will use the footpath on the right-hand side of the drive to go out of the college so that you do not clash with the bikes coming in. The finish line is in the same place as the start line.

The Finish

Please shout your number as you cross the finish line and check that you have been correctly recorded. Results will be available approximately 30 minutes after the last finisher.

Prize Giving

This will take place as soon as possible after the last finisher has crossed the line. There will be prizes for overall, age groups and local. Please stay to see whether you have won a prize!