



TRIATHLON ENGLAND NATIONAL AGE GROUP DUATHLON CHAMPIONSHIPS 13 APRIL 2014 at NEWBY HALL

This event is being held under the rules of the British Triathlon Federation and you should familiarize yourself with them. For further information on the rules visit www.britishtriathlon.org or phone BTF HQ on 01509 226161. Please note only an up to date Triathlon England membership will qualify you for an age group place, Please check. **A day license will not qualify you on the day.**

TRAVEL

The event will take place within the private grounds of Newby Hall, Ripon North Yorkshire HG4 5AE (Satnav use HG4 5AJ). **If you have spectators who wish to watch the race; they must be in the grounds of Newby Hall before 0730hrs. This is a closed road event and all access in and around Newby Hall will be closed at 0745hrs to 1100hrs.**

RACKING - IS ONLY AVAILABLE ON SUNDAY UNLESS ALTERNATIVE ARRANGEMENTS HAVE BEEN AGREED IN ADVANCE

REGISTRATION

You will need to show your BTF License. If not you will need to purchase a Day License for £4. There are no exceptions.

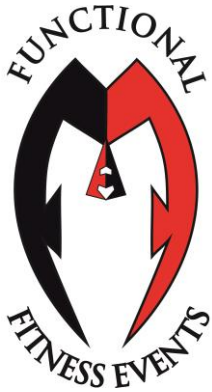
Collect your race number, bike number, helmet number, timing chip and strap. Course maps and notices will be displayed at registration - please familiarise yourself with the course. The race WILL start on time.

SUNDAY 13 APRIL 2014

0615hrs to 0730 Registration opens for bike racking. Athletes will be allowed to rack bikes directly after they have registered and collected their race numbers and timing chips. Only athletes are allowed access into the transition area. Make sure you give yourself plenty of time the race will start at 0800hrs regardless if you are there or not.

RACE BRIEFING AT 0745HRS

Please note that the athletes must attend the briefing, failure to do so will result in the athlete being disqualified. **PLEASE ALLOW YOURSELF PLENTY OF TIME.**



PLEASE REMEMBER YOU MUST WEAR A RACE TOP AND NO PHONES/IPODS ETC FOR ANY PART OF THE RACE

RUN

The run is a flat 5km loop that takes you through the stunning grounds of Newby Hall and the very quiet village of Skelton on Ure. Maps and a virtual fly by can be found online. Maps will also be displayed at registration.

Athletes will complete 2 full laps (10km in total). It is the responsibility of the athlete to ensure he/she does the correct amount of laps (this will be recorded via timing mat). Failure to do so will result in the athlete being DQ'd. The second run will be 1 lap (5km).

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CYCLE

The bike route is on fully closed roads, which involves a 3 lap course of just over 40km in total distance. The route will be clearly marked and coned through out each lap. It is however your responsibility to ensure you know the correct route and familiarise yourself with the more technical aspects of the loop. More details are on the website.

THIS IS A NON DRAFTING RACE AND THERE WILL BE MOTORCYCLISTS AND REFEREES ON THE COURSE.



FINISH

The finish will be situated on the main Newby Hall drive.

POST-RACE PHYSIOTHERAPY AND MASSAGE

Massage will be available (more details can be found online)

PRESENTATION AND PRIZES

This will take place by the finish area after the last athlete has finished.

Functional Fitness Prizes will be awarded for the following categories:

1st 2nd and 3rd Open Male/Female

1st 2nd and 3rd Vet Male (over 40) Female (over 40)

1st 2nd and 3rd Super Vet Male (over 50) Female (over 50)

Triathlon England Age Cat Prize giving will include all age group Cats 1st 2nd and 3rd prizes. Please check online to see how many are racing in your cat



MEDICAL ADVICE

If you have any known medical conditions please inform us before the race and write your condition on the back of your race number. If there is any medication you need during the race please make

sure it is clearly marked with your race number and hand it over to the First Aiders or Race Officials.

TOILET

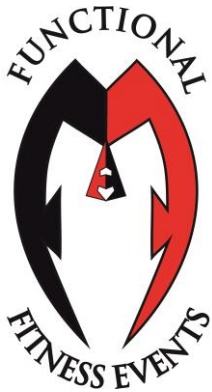
Portaloos and urinals will be provided next to the Transition Area. There will be no showers at the race venue.

CAR PARKING

There is plenty of free parking within the estate close to the camping and event area. Please follow the car park marshals' instructions. If you are camping you may park your car next to your tent.

CAMPING

The camp site is 100m from the finish line. FREE Camping pitches are available. Please check in before you pitch your tent or you may be asked to re-pitch it. You will find more information about camping on our website.



SECURITY

Please do not leave any possessions or valuables in your tent or vehicle, unless this is unavoidable.

If you need to leave any belongings in your vehicle, then keep them out of sight as much as possible, for example in the boot or glove compartment. Your vehicle is more likely to be targeted by thieves if they are aware that there are valuable goods within it.

The organisers cannot accept any responsibility for any theft, loss or damage to any property and by taking part in the event you confirm you accept that.

RESULTS

Results will be posted on www.functionalfitnesssevents.co.uk by close of play on race day. All athletes will also be emailed all results, you will also find the results on www.tri247.com on the results page.

GENERAL HOUSEKEEPING

Please put your litter in the bins provided or take it home with you. Please do not throw gels and other packaging on the bike route, please wait until you enter the aid station area in Newby Hall.

Please respect the privacy of the estate owners and do not stray from the designated footpaths as this may jeopardise the future of the event.

VOLUNTEERS

We still need volunteers for various roles. We offer volunteers a free race entry (transferable to next year's event). Please contact us as below.



THANK YOU

We hope you enjoy the race and we would like to thank Newby Hall for allowing us to hold the event at their home.

CONTACT

E-mail us at ryan@functionalfitnesssevents.co.uk or mark@functionalfitnesssevents.co.uk You can also telephone us on 07786176167