



## EVENT INFORMATION

# THE MOORGREEN DUATHLON & FUN RUN

Sunday 14th October 2018

The Moorgreen Duathlon is a fantastic event for adults of all abilities aged 15 years plus. There is also a Fun Run taking place in the park following the duathlon for people of all ages.

### PRE-RACE

#### **What will you need?**

For the event you will need:

- A road worthy bike (mountain or road).
- A helmet.
- Footwear and clothing for cycling and running.
- Drinks and snacks.

#### **When does it start?**

The race will start at 9am. The Duathlon Challenge will start first, followed by the Beginners Duathlon shortly after.

#### **What happens at registration?**

Registration will take place at the main marquee. Registration will open at 7.30am. Please register early to allow time to collect your race numbers, rack your bike and familiarise yourself with transition.

Before registering please make sure that you know your race number. Your race number can be found prior to the event on your email, on our website or on the notice board once you arrive at registration.

At registration you will collect your race pack. Your race pack will include two race numbers and a sticker for your bike. Please write any medical conditions you have on the reverse of both race numbers. Your number should be pinned to your back for the cycle part of the event and to your front for the run part of the event. You may use a number belt if you have one.

You will also be given a timing chip. Please check that your timing chip matches your race number. This chip should be worn on your left ankle and be returned to a marshal at the end of the event.

#### **How does the event work? - Race Briefing**

A race briefing about the event will take place near the transition area at 8.30am.



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The race briefing will be an opportunity to ask any questions you might have.

### **Where do I leave my things? – The Transition Area**

The transition area will be located on the field. Only competitors will be allowed into the transition area. Spectators may watch from the outside. To enter the transition area you will need your race number. You must enter through the competitor entry opening. From transition there will be various exits for the run and cycle section of the event. Please familiarise yourself with transition so that you know where you are going once the race starts.

The transition area will be in constant use with competitors racking and collecting their bikes at various times. Please look out for other competitors.

Before you start the race you must set up your bike, cycling and running equipment/clothing in transition. In transition you will need your bike, helmet, footwear and any additional clothes you wish to put on for the cycle and/or second run section of the event.

## THE RACE!

### **THE RACE!**

#### **Run it!**

The race will start with a run section. For each distance (Beginners and Challenge) there will be a mass start. The race will start on the sound of a horn.

#### *Beginners Distance*

From the start line follow the path along the top of Colliers Wood for approx 800 metres to the turnaround point. At the turn around point, turn around and retrace the route back along the path. After approx 500 metres turn left and continue for approx 700 metres completing a loop around the pond before heading across the grass towards the transition area.

#### *Challenge Distance*

From the start line follow the path along the top of Colliers Wood for approx 620 metres and turn left to follow a footpath. Continue on the footpath uphill for approx 700 metres to join the road Moorgreen. Keeping on the pavement follow the road for approx 680 metres and turn right onto Mill Road. Continue on Mill Road for approx 200 metres and veer right to join another footpath.



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Follow the footpath for approx 600 metres and turn right back onto Colliers Wood. After approx 500 metres turn left and continue for approx 700 metres completing a loop around the pond before heading across the grass towards the transition area.

*Challenge Run Route 1 – 4K*

*Beginners Run Route 1 – 2K*



### **Bike it!**

After completing the first run section enter the transition area.

After finding your bike you can start to prepare for the cycle section. You **MUST** put on and fasten your helmet before you touch your bike.

There is strictly no riding in transition. You **MUST** run/walk with your bike towards the bike exit. Once you get to the mount line you may mount your bike.

### *Both Beginners and Challenge Distance*

Exit the transition area. Follow the path towards the park exit and turn right onto Engine Lane. At the T-junction turn left onto Moorgreen (B600). Continue on Moorgreen (B600), leading to Willey Lane, leading to Alferton Road for approx 2.9K and turn right onto Mansfield Road (A608).



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Continue on Mansfield Road (A608) for approx 600 metres and turn left onto Sandhill Road. Continue on Sandhill Road for approx 130 metres and turn left onto Alfreton Road (B600). Continue on Alfreton Road (B600), leading to Willey Lane, leading to Moorgreen for approx 3.5K.

### *BEGINNERS DISTANCE ONLY...*

Turn right onto Engine Lane. Continue for approx 80 metres and turn left onto the path towards the transition area.

### *CHALLENGE DISTANCE WILL CONTINUE STRAIGHT ON...*

Continue on Moorgreen (B600), leading to Church Road, leading to Main Road for approx 3.5K and turn right onto Stannier Way. Continue on Stannier Way for approx 180 metres and take the third exit at the roundabout onto Holly Road. Continue on Holly Road for approx 200 metres and turn right onto Trough Road. Continue on Trough Road for approx 500 metres and turn left onto Main Road (B600). Continue on Main Road (B600), leading to Church Road, leading to Moorgreen for approx 3K and turn left onto Engine Lane. Continue for approx 80 metres and turn left onto the path towards the transition area.

You **MUST** dismount your bike at the dismount line after returning from the cycle section. You **MUST** then re-rack your bike before removing your helmet.

Please note that there will be marshals and signage on the bike course. Marshals will be present around the course to direct competitors and to ensure all competitors cycle safely and follow the Highway Code. Marshals will not be stopping traffic, so please ride to the Highway Code at all times. **YOU MUST GIVE WAY!**

Please also note that the event is a non-drafting race. Please see the full rules on the BTF's website or contact us for further details.



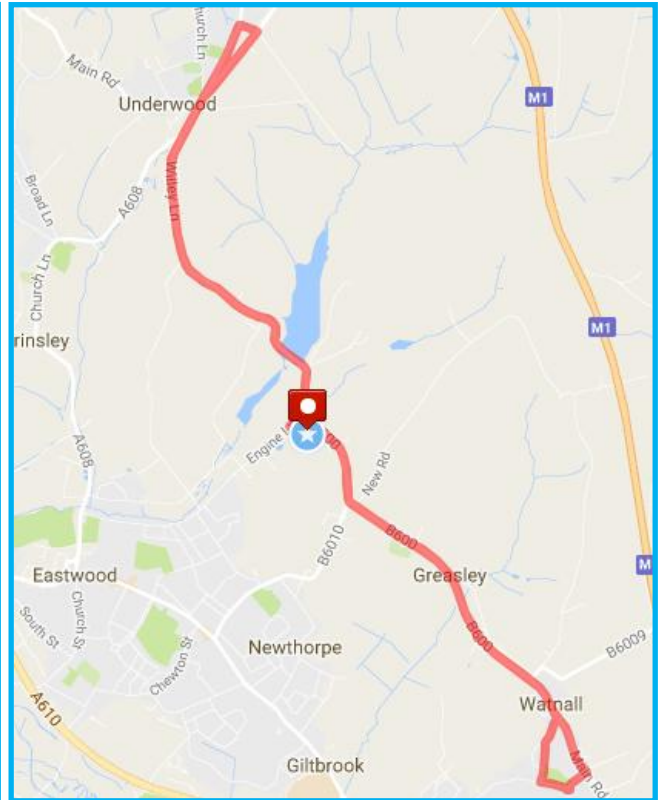
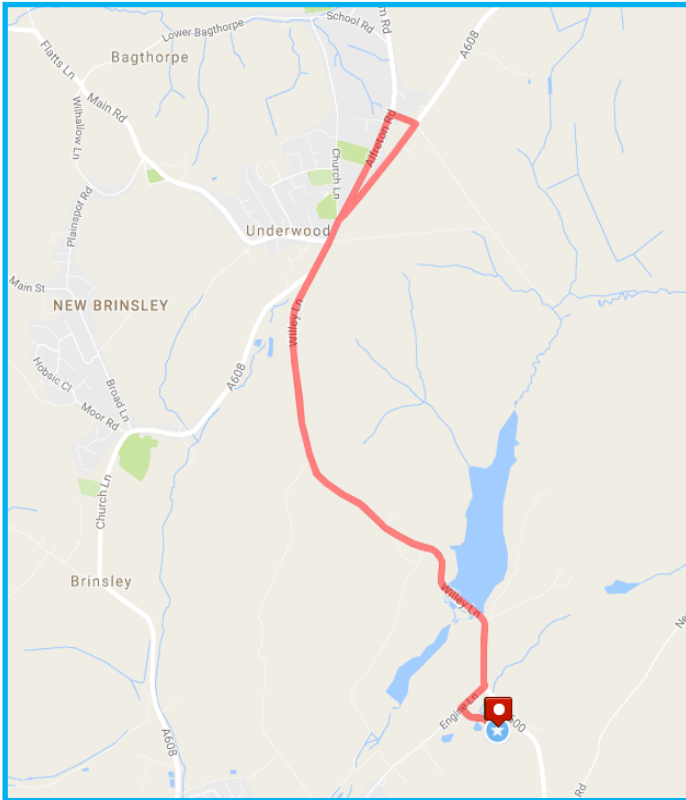
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*Beginners Cycle Route – 8K*

*Challenge Cycle Route – 15.5K*



### **Run it! (Again!)**

The final run section will take place inside Colliers Wood.

#### *Beginners Distance*

Exit the transition area and follow the path along the top of Colliers Wood. After approx 300 metres turn right and continue for approx 700 metres completing a loop around the pond before heading across the grass towards the finish.

#### *Challenge Distance*

Duathlon Challenge competitors will complete the first run section of the Beginners Duathlon before heading across the grass towards the finish.

## POST RACE

### **Final Results**

STU WEB will be providing all competitors with the opportunity to check their times instantly on the screen in the van at the finish. Times will be added to STU WEB's website as soon as possible after the event. Please visit [www.stuweb.co.uk](http://www.stuweb.co.uk) for the results.



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### FURTHER RACE INFORMATION

#### **Insurance**

For insurance purposes you are required to hold a BTF (British Triathlon Federation) membership on the day of the event. You can purchase a day membership when entering the event. A copy of your BTF day membership will be emailed to you on receipt of entry. You are not required to bring a copy to the event, but you should keep it safe until after the event to ensure you have the appropriate insurance cover for competing. If you are an existing BTF member you will be required to show proof of membership on the day of the event using your BTF membership card.

#### **Race Rules**

The event will follow the rules as set out by the British Triathlon Federation. If you require further information please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) Please note that IPod's and MP3 players are not permitted throughout the race or in transition. This is a BTF Ruling.

#### **Directions to the Event**

Colliers Wood is located on Engine Lane in Moorgreen, near Eastwood. From Junction 26 of the M1, take the exit for the A610 Nottingham (heading towards the City Centre). At the first roundabout take the first exit onto the B600. Continue along the B600 and take the first right onto Watnall Road (opposite The Three Ponds Pub). Continue along Watnall Road (please note this is a 30mph zone) and follow the road towards Moorgreen. Continue past the Queens Head Pub and then the Horse and Groom Pub on the right. After reaching Reuben Shaw's Garden Centre on the left hand side take the first left onto Engine Lane. The post code for the venue is NG16 3QU.

#### **Car Parking**

There will be strictly no parking at Colliers Wood for competitors and spectators as the whole car park will be in use as part of the event. Parking can be found on the surrounding roads. PLEASE PARK ON THE SIDE ROADS AND NOT ON ENGINE LANE. IF YOU PARK ON ENGINE LANE YOU WILL OBSCURE THE VIEW FOR CYCLISTS EXITING THE TRANSITION AREA.

#### **First Aid**

First Aid will be provided onsite by the St Johns.

#### **Cycle Route Surface**

Please note the cycle route may have some defects and depressions and it is not possible to guarantee a perfect surface for the route.



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### Photography

Steve Ingers Photography will be taking photographs of the event on the day. Images can be viewed and purchased after the event by visiting [www.steveingersphotographer.co.uk](http://www.steveingersphotographer.co.uk). Images can also be viewed by visiting [www.facebook.com/libertyleisure](https://www.facebook.com/libertyleisure) If you do not wish for your photograph to be taken, you must inform the event organiser on the day of the event.

### Distances

Beginners: 2K Run / 8K Bike / 1K Run

Challenge: 4K Run / 15.5K Bike / 2K Run

### Relay Options

For the first time, we have introduced relay options for both the Beginner and Challenge distances.

This requires you to have one team member who will complete the run and one who will complete the bike. You can choose to have the same person complete the second run, or you can have a third person for this leg.

The participant change over will occur in transition only. After completing the necessary elements associated with your discipline (racking your bike, removing your helmet etc), you will then be required to transfer your timing chip to the next competitor. This must be secured around their left ankle before they can begin their element of the event.

Teams will be disqualified if the timing chip is not secured to the left ankle before exiting transition.

### Additional Information and Questions

For further information please contact Perfect Motion who are organising the event on our behalf on [lleisure@perfectmotion.org](mailto:lleisure@perfectmotion.org) or call 0115 784 3588.



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*Beginners Run Route 2 – 1K*



*Challenge Run Route 2 – 2K*