

Duston

sprint triathlon



14th April 2024

RACE INFORMATION

SPRINT 400m swim | 20km bike | 5km run

TEAMS (2 or 3 participants) 400m swim | 20km bike | 5km run

AQUABIKE 400m swim | 20km bike

AQUATHON 400m swim | 5km run

Introduction

Welcome to DUSTON DUATHLON 2023... An amazing well known season starter with fabulous history. A great event to start your triathlon season, the event is suitable for beginners and advanced athletes.

This short event will put your speed to the test as you run, swim, and cycle through local villages of Harlstone, The Bringtons and Nobottle. Starting in the 25m pool, competitors will then head out on the bike course which has a super fast start with some gentle undulations through some stunning Northamptonshire Countryside. Be ready for the cheeky kicker of a short, sharp climb up in to the Bringtons. Once through this section there is a fast and flat all out assault on the senses for a real time trial feel back to transition. Into the last leg of a super fast downhill run start followed by equal up and down run circuit which again finishes with a flat finish to get rid of anything you have left ready for a welcoming finish in front of other competitors and supporters.

If you have questions prior to the event, please contact us by email to: events@enduro-team.co.uk

We look forward to welcoming you on the day and wish you all a fantastic race.

Registration and Start Times

REGISTRATION will take place the day before: **Saturday 13th April 2023 16:00 to 17:00** at the School in the car park and on **race day from 07:00**, where you will receive your race pack. Please allow 45 minutes before your allocated start time, to allow sufficient time to prepare for your race. Individual Race start times will be published on <https://enduro-team.co.uk/events/> on Wednesday 10th April 2024

Your **RACE PACK**, will include: Swim Cap, 2 race numbers: to be worn on the front of your run top and the back of your cycling top. 2 numbered stickers: to be clearly displayed on your bike and helmet for identification purposes. You will also need the numbers to enter and collect equipment from transition. Teams, Aquabike, Aquathlon packs will contain stickers needed.



In case of an emergency, we kindly ask that you write any medical conditions you have on the back of your race number and put a cross on the front as to help the marshals or medical assistance be as efficient as possible.

All BTF members must produce their valid race licence at registration or purchase the BTF's race licence – you **WILL NEED TO SHOW THIS AT REGISTRATION**.

RACE BRIEFING AND RACE START

Racing will start at 07:45 and Individual Race start times will be published on <https://enduro-team.co.uk/events/> on Wednesday 10th April 2024.

Race briefings will be at: 07:15 and 08:15 near the registration Marquee. You **MUST** attend one of these as to ensure you are aware of any last-minute changes which may be required on the day which may affect your race.

WHAT HAPPENS on RACE DAY?

On arrival you will find Car Parking through the main gate, across the road opposite St Crispin Social Club and surrounding areas. (Please make use of any local parking areas as the school parking is limited) once parked, go to the Registration Marquee which is open from 7:00am.

When you register you will receive your race pack, please apply the stickers to your helmet and bike before entering transition. Clothing for the bike and run should be placed by the bike ensuring minimal space is used wherever possible. Transition will remain open during

the race. Remember that competitors will be using the transition area continuously from 07:45 onwards.

Transition

TRANSITION will be open from 07:00 on Sunday. For security reasons, you must rack and remove your own bike. Your race number must match your bike number. When racking your bike, your helmet and bike should have their stickers on **BEFORE** you enter transition, only you will be allowed in the transition area.

Please keep all transition equipment to a minimum and place directly under your bike rack position. Please be respectful of space and your competitors racking area.

Site Layout



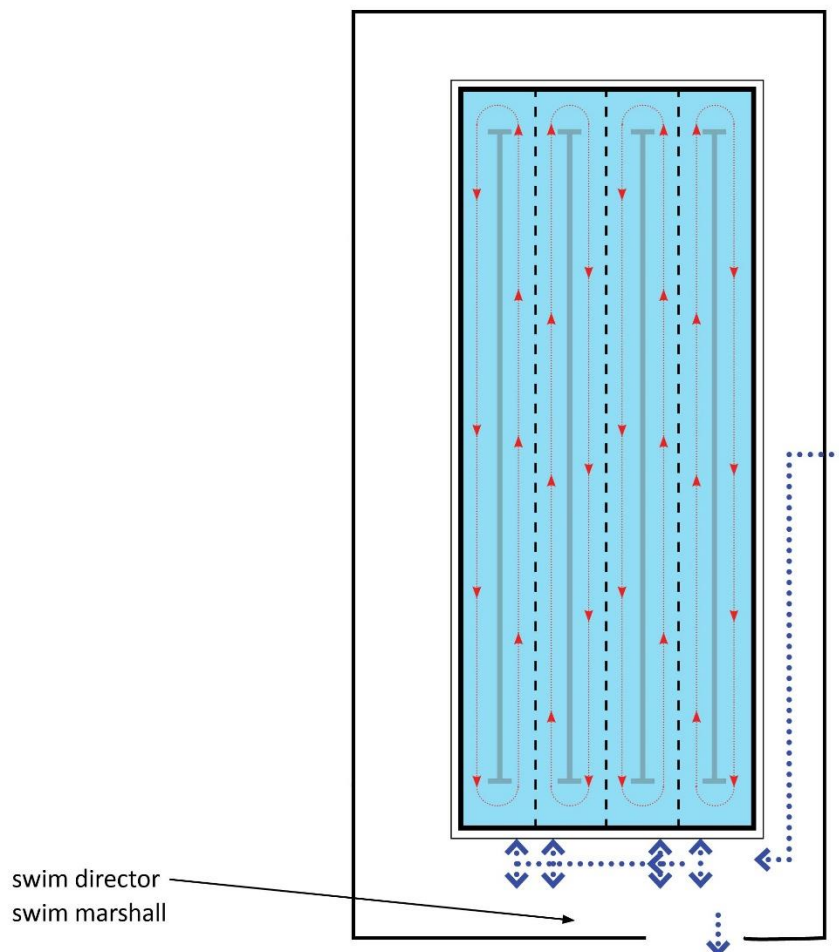
The Swim Layout

Please be on the POOLSIDE at least 10 minutes before your given start time. There are changing facilities available within the swimming pool however, we are happy for you to attend the event ready to race but do operate a strict “no nudity within public or transition areas” policy.

DISTANCES: 16 lengths of the 25m pool, totalling 400m

Competitors will be set off in waves of 4 (1 per lane) of similar ability swimmers and will be directed at the discretion of the Swim Directors. Max 4 swimmers per lane at any time. You will be responsible for counting your own lengths during the swim. We will have marshals spot checking individuals in each wave and will implement a 2-minute time penalty per length missed. There will be no time adjustment for too many lengths swam, your final swim time will be recorded as the swim split.

SWIM: x16 LAPS OF 25m = 400 meters



The Bike Course

SPRINT: 1-lap course, totalling 20k (see map)

Coming out of transition you will cross the MOUNT/ DISMOUNT LINE, which will be at the site entrance gate. You must not mount your bike until over this line which will be marshalled for you. This will also apply to the bike IN at the same location.

The bike route is a 20k 1 lap course. As you leave the school grounds you will quickly come to the first mini roundabout, once over this the second mini roundabout will take you left on to Main Road. Be careful of the speed humps on this road and keep alert at all times. At the end of Main road, you will turn left on to the A428 which you will stay on all the way (around 4.5 miles) through to the left hand turn to the Bringtons. Enjoy the scenery and look out for Althorp estate on route with its stunning country views.

Approach this left hand turn with caution as this is a sharp left. Once turned you will have an extremely picturesque view of the landscape including the church at Great Brington. Follow this road all the way to the T-Junction past Little Brington where you will turn immediately left on to the Roman Road for the final fast and furious TT style flat finish. This section is a real opportunity to test your bike legs and let loose a little.

The course will be clearly sign posted and marshalled at major turn points.

PLEASE NOTE: It is not the marshal's job to dictate traffic flow, please stick to the rules of the road and be courteous at all times to the marshals and other road users.

There will be a designated start and finish line (mount and dismount) which will also be marshalled for you.

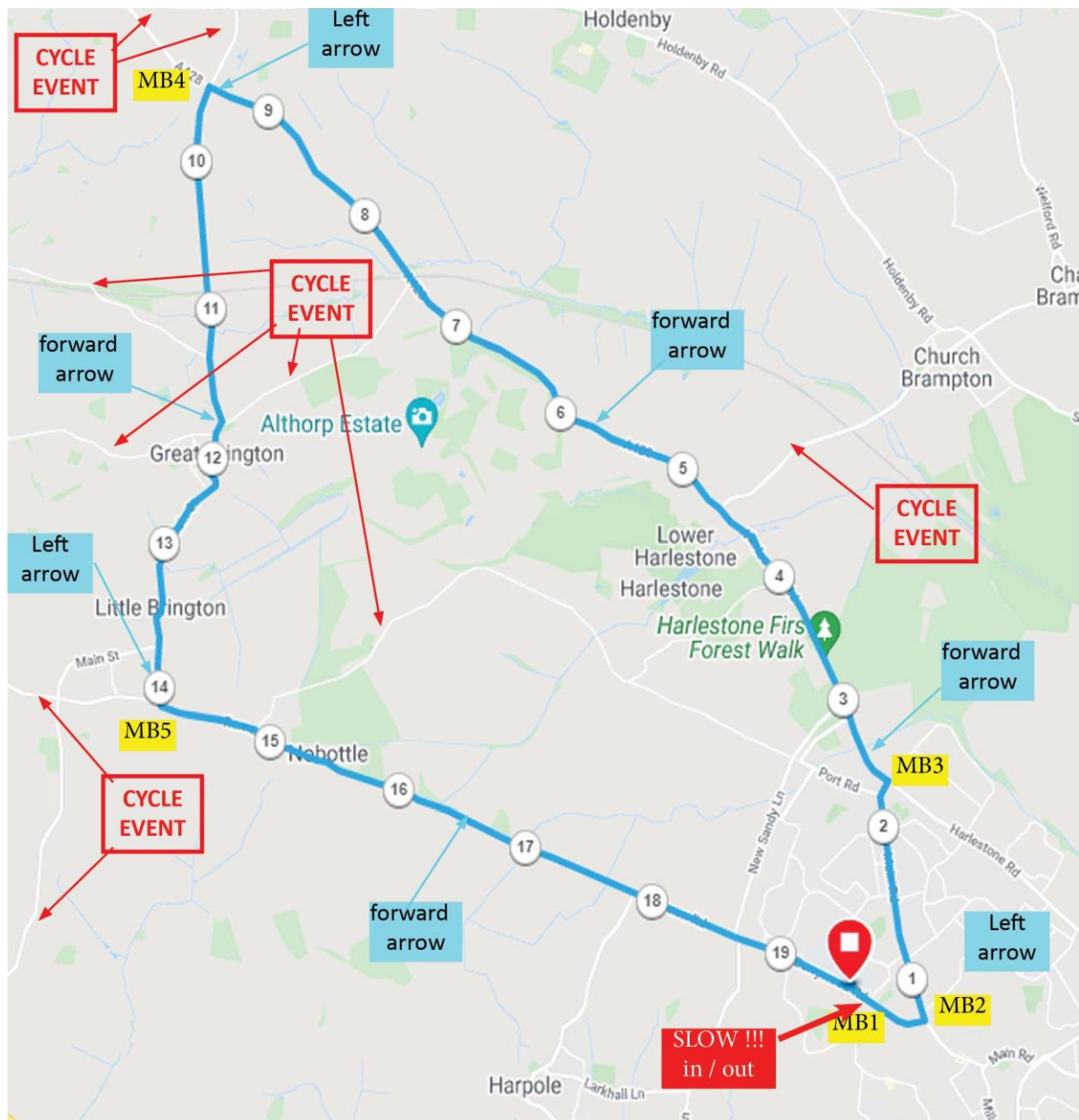
All helmets must meet the appropriate standards. Please check the BTF website for further details: <https://www.britishtriathlon.org/competitionrules>. Helmets must be fastened before you remove your bike and must remain fastened until you have re-racked your bike in the transition area - if you don't it could result in your disqualification.

BTF state that "all competitors must follow the normal rules of the road, obey all traffic signals, any infringement of the law and subsequent legal action is the sole responsibility of the competitor." If a marshal tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

Failure to comply with any of the above may result in your disqualification. It is strongly recommended (and your responsibility) that you are fully aware of all aspects of the course prior to race day.

The Bike Course

DISTANCE SPRINT: 1-lap course, 20km



The Run Course

SPRINT: 1-lap course, totalling 5km (see map)

The run is a fast downhill start undulating route run on tarmac which will truly give your legs a test at the first steady climb. The route is on footpaths surrounding the school and local area. The route will cross several roads (mainly quiet estate roads) Please keep to the left at all times and ensure care is taken at crossings where vehicles may have priority.

After leaving the transition area, the route exits the school and follows the bike route for the first mile or so. Once you reach the bottom of main road you will turn left along Port Rd and then a few hundred meters along, left at Sandy Lane. This will be a the last long section back up to Berrywood Rd where you will make the final left turn to head in to the finish line where you will be greeted with smiles and cheers all round.

The Run Course



TEAMS

Teams complete the same course as the SPRINT triathlon. Teams can be made of 2 or 3 participants in a combination of choice. Team members are to swap the timing chip **INSIDE TRANSITION** where their bike is racked. Only the team member handing over the chip and the person receiving the chip may be in transition at the same time. The person receiving the chip **MUST** be static when putting the chip on.

AQUABIKE & AQUATHON

Aquabike participants complete the same swim and bike as the SPRINT triathlon and in that order.

Aquathon participants complete the swim, then move into transition then out onto the run.

Results and Prizes

RESULTS will be on the results base website within 24hrs

PRIZES All participants to receive event medals

Littering and event Team

Please remember that littering on the courses (gels sachets etc) is not acceptable. Please return with it to the finish area and dispose of it in an appropriate place.

Our event crew are volunteers who have given up their time to help, assist and make the event as enjoyable as possible. The crew will help set up the courses, signs, marshalling, racking and all the small detail in preparation for a great day and then help pack it all away to leave the site as clean as it was before we arrived.

If there is anyone who is interested in getting involved with the events team for any of our events, either as an individual or as a club, please get in touch.

Contact in event of emergency on the day: Kirk Wilde 07857 974219

Venue and Parking

The event is based at:
The Duston School
Berrywood Rd
Northampton
NN5 6XA

The parking is at the front of the school where competitors can park and make their way through the school to the registration tent. Please Note: There is limited parking and we welcome the use of local parking where available. If you live local and can ride in, even better.