

## **Newlands Duathlon Sunday 18<sup>th</sup> April**

### **Event Notes**

**Start Time is 9:30am**

Welcome to the first Newlands duathlon. The event is to be based from the Newlands Adventure Centre in this spectacular location. Please read the following instructions to help ensure you have a safe & enjoyable event.

**Event Directions:** Newlands Adventure Centre, Stair, Keswick, CA12 5UF. Follow A66 past Keswick, take the junction signposted 'Portinscale, Grange, Newlands Valley'. Follow road through Portinscale & take right signposted 'Swinside' after 2km. Follow past Swinside Inn for a further 400m to the Centre.

**Event Parking:** Event parking will be in the field over the small bridge opposite the centre. The charge is £3 per vehicle which will go to Keskadale Farm who own the field.

### **Schedule on the Day:**

07:30 – 09:00	Registration open.
09:00	Event briefing at transition area
09:30	Start
13:00	Presentation & barbeque

**Registration:** Registration will be situated in the building at the rear of the centre. You will need to register when you arrive & collect your SportIdent timing card & event bag containing two event numbers – one to be pinned on front of run top the second attached to the back of your cycling top. Please add your ICE (In Case of Emergency) details & any medical conditions in the space provided on your event numbers. The SI card will be attached to your wrist. British Triathlon license holders must produce race licence otherwise be charged an extra £3 on day.

**SportIdent Electronic Timing:** This will be used to record your overall time and split times for each discipline. The 'dibber' is a small electronic SI-card that is dibbed into electronic stations. **You must 'dib' each time you enter & exit transition & at the finish.** This enables split times to be recorded for each discipline. These points will be clearly marked & explained fully at the race briefing.

**Immediately after you finish you must download & hand in your SI card where you signed in for registration. Here you will receive a printout of your times & can check the results. SI Cards that are lost or not returned at the finish are charged at £25 each.** Visit [www.sportident.co.uk](http://www.sportident.co.uk) for further information.

**Relay teams** will carry one SI card between them attached by a lanyard, this will be passed over where your bike is racked.

**Bike Racking:** After registering, rack your bike in the transition area. Any run/bike kit that you will use during the event can be left here. The parking field is approx. 100m from transition area.

**Toilets:** These are located in the centre, please do not use the parking field.

**Rules:** The event will be run under current British Triathlon rules, familiarise yourself if you are new to duathlon. Helmets must be worn & securely fastened before unracking your bike. No cycling is allowed in the transition & there will be a mount/dismount line located approx. 10m from transition. Visit [www.britishtriathlon.org/events/rules](http://www.britishtriathlon.org/events/rules).

**Clothing & Equipment:** Dress appropriately for the conditions. It is strongly recommended that you carry the minimum basic equipment: Waterproof/windproof cover, thermal clothing, bike pump, spare inner tubes, multi tool, food & drink.  
UK mountain weather forecast [www.lakedistrict.gov.uk/weatherline](http://www.lakedistrict.gov.uk/weatherline)

**Course:** There is now a route description card on the event website. The start will be

opposite the transition field on the road to Skelgill Farm.

**Signage:** The course will be marked & signposted with blue signs for the run and black/yellow fluorescent signs for the bike. Please don't rely on them as they can be removed or changed without our knowledge.

**Road Safety:** The cycle section is all on public roads & great care must be taken. You must obey the Highway Code. The roads are very narrow & twisty in places especially through the villages & you must expect to give way where necessary, do not take risks to save time. This is a popular tourist area so please be courteous to other road users even if they do not show the same respect. Expect people & sheep to be wandering across at any time! Please read the Bike Route Card on the event website & familiarise yourself with the course maps & route. I strongly advise you to make time to ride or drive around the course prior to the race. The responsibility is on the competitor to follow the correct route. Course maps will be displayed at registration.

**Environmental Guidelines:** The off road run sections are on National Trust land who have very kindly given their permission to use it. It is important that you follow the marked routes & do not cut any corners. Taking short cuts will result in disqualification. Again, I strongly advise if possible to go around the course beforehand or study the map. Please ensure that you drop no litter on the course & be courteous to members of the public.

**Refueling, Results & Prize Giving:** Newlands Centre will be providing snacks & drinks in the bar area after the event. Weather permitting, there will be a barbeque on the lawn outside. The presentation will take place here at approx. 1300. You must be there to receive any prize you have won. Full results will be displayed at the registration area.

**Retirements:** If you retire early for whatever reason you must inform event HQ or a marshal.  
**Event Emergency Contact Number:** 07811184812 or Newlands Adventure Centre 017687 78463.

Let me know if you have any further questions,  
Have a great event,  
**Ian Mulvey**

All enquiries regarding entries for this event should be directed to Event Organiser Ian Mulvey  
Email: [imgenr8@live.co.uk](mailto:imgenr8@live.co.uk) (M) 07811184812.

If you enjoy Whinlatter & Honister passes we have our Sportive event on 22<sup>nd</sup> May where you will have the opportunity to ride each one twice! Details for this & our other events are on [www.bechallenged.co.uk](http://www.bechallenged.co.uk)