



# Darlington Duathlon Series

Welcome to the Darlington Duathlon Series, in association with Darlington Education Village. The aim of this handicap series is to give participants the opportunity to...

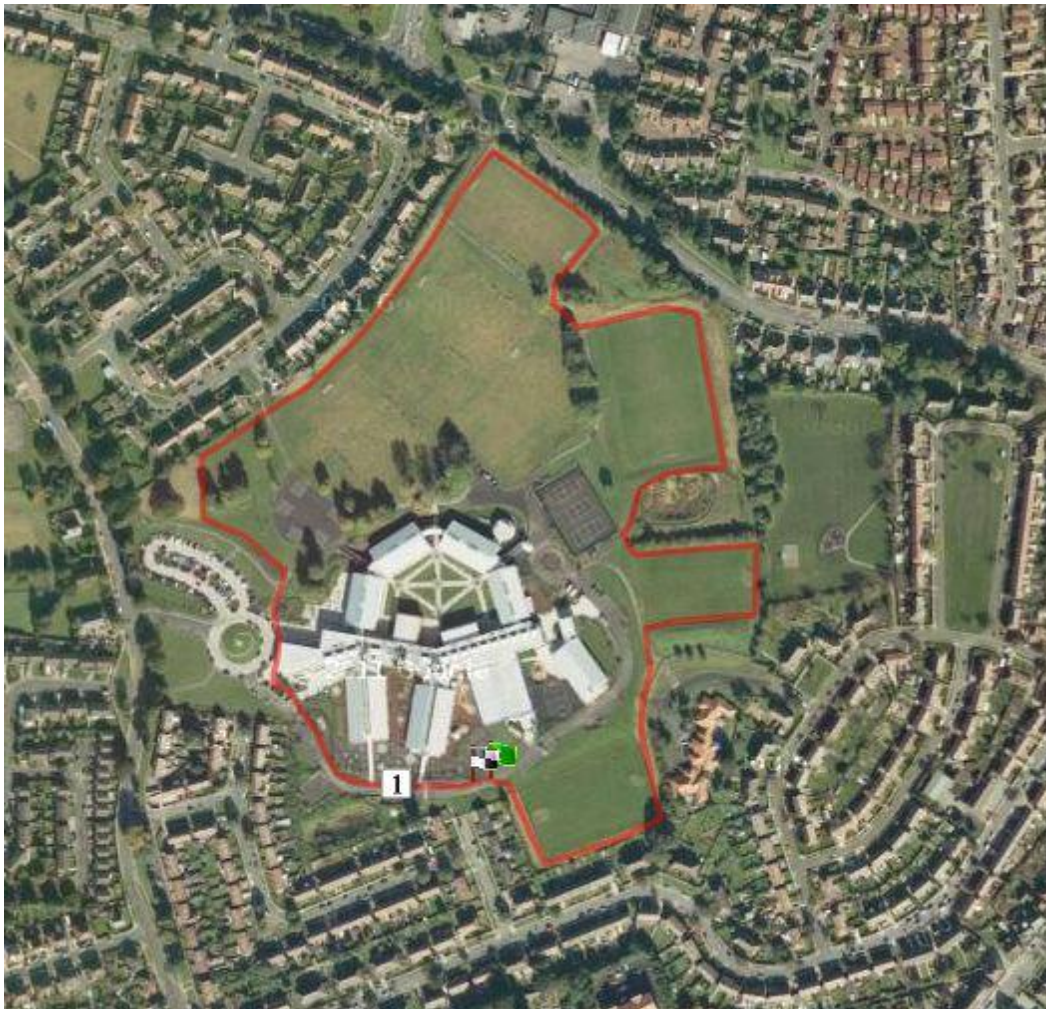
- Practise back to back run-bike-run disciplines
- Practise transitions
- Enjoy the feeling of running straight after a bike ride!
- Experience a low pressure, fun, training environment with other athletes, that emulates a real event.
- Introduce individuals, from different backgrounds, to the world of Duathlon and Triathlon.

**Location:** The Education Village, Salters Lane South, Darlington, DL1 2AN.

**Distance:** 2 mile run – 11 mile bike – 2mile run

**Format:** A handicap system is used with the slowest participants starting first. Handicaps are determined on the day by the organiser. These events are classed as training events and not run through Triathlon England although BTF rules will be implemented. See below for more on handicapping.

**Run route:** The run route is generally fast & flat. It follows the perimeter of the education playing fields, which means the majority of the run is on grass. It is a 2 lap course for each run segment.



**Bike route:** The Bike route is a fast 1 lap route with two significant climbs near and up to Sadgberge. It is unmarshalled, but will be sign posted, so you should familiarise yourself with it before participating.



**Date & Time:** The Series of training duathlons will be held on a Sunday morning at 10.00am on the following dates:-

- **13 November 2011**
- **11 December 2011**
- **8 January 2012**
- **5 February 2012**
- **4 March 2012**

**Pre-Registration:** we're running a paper entry system for the first race, whilst the website is being developed, where online entry will be available. This will mean a shorter, faster queue at the Sign-on on the day as we can have all the details pre-loaded on our sheet. You can register on the day, between 09.00 and 09.40, but we would appreciate if you could pre-register, as this will mean we can concentrate on the event on the day. Please remember to allow time for the postal service if pre-registering. You will be notified by email once your entry has been received.

All competitors **MUST** sign on before the event, even if you have pre-registered.

**Session Fee:** £7 to the organiser on the day; competitors who pre-register pay £5

**Race Numbers:** You will be provided with a race number, at sign on, at the first event you participate in. You need to keep this number for all future events in the series.

**Race Briefing:** the safety and race briefing will take place at 09.45 which is compulsory.

**Facilities:** There will be changing facilities available at the centre. We have also a classroom available for you to store your belongings. This room will be locked and will only be unlocked under my instruction after the event so if you need your possessions prior to this you should not leave your belongings here. Car parking is available near to transition and will only be available for competitors. Cars will not be able to leave this area until the event has finished, for safety reasons. If you need to leave prior to the event finishing please use the main car park which will be open throughout the event.

**VERY IMPORTANT:**

- Bike helmets must be worn. NO HELMET-NO START!
- Normal transition rules apply.
- Riders must observe the Highway Code. Failure to do so will mean disqualification.

**DUATHLON LEAGUE**

The Duathlon League runs over the 5 events of the Series.

**Points.** Points are awarded in each event for the first 25 finishers [30 points for 1st, 29 points for 2nd etc.... 6 points for 25th]. All other finishers get 5 points.

**Prizes.** At the end of the Series there will be prizes for the first 3 Males and Females. A time-based League will also operate using your best 3 scratch times over the Series, with prizes for the first 3 Males and Females. Prize giving will take place at the end of our final event.

**HANDICAPPING and HOW WE DO IT**

The idea in events like this is that slower people get to start first, and the faster people later. Theoretically - if the handicapper gets it right! - everybody should finish at precisely the same time. Of course, reality often intrudes with interesting results.

If you haven't taken part in an event like this before then we can make an estimate of what your time might be. You can help us by telling us how long it takes you to run 5k or 10k, and your time for a 10mile bike ride.

So, if you've run in a 5k or 10k event or done a 10 mile TT tell us your times for those events.

If you've not, give us your training time for those distances - you probably have a favourite circuit that you run or bike regularly - if you know the distance and the time for the circuit we can work out the rest - though it's a big help if you work it all out for us first!

We simply convert those times into 4 mile run [that's the 2 mile circuit twice], add the time for 11 mile of bike, add a minute for Transition and arrive at your estimated time for the event: then we can find the right start group for you.

Once you have participated, in one of the events, we'll have your times and we'll know just how quick you are so we'll have pre-allocated you a starting group.