



Cockermouth Duathlon

Race Information

Date: Sunday 17th July 2011

Location: Cockermouth School, Cumbria, CA13 9HX

Registration: 9:30-10:30am. BTF members must show license or pay additional £3

Race Briefing: 10:40am

Start Time: 11am

Facilities: Male/female toilets, changing rooms, and showers available. Light refreshments available, these are free for competitors and marshals with a donation from spectators appreciated.

Parking: Plenty of parking available on site, a marshal will direct you upon arrival at the School.

Course:

Run 1 – 6KM: The race will start directly in front of the school and will head east along a footpath for approximately 250 meters where you'll take a left turn through an open gate as directed by a marshal. You'll then follow a path through fields and up the side of a local hill know as the 'Hay' or 'Watch Hill' (250m ascent). At the top you'll run along an undulating section towards the forest before turning at a marshal and tracing your route back down the fell and into transition. We hope to have enough marshals to open the gates on the run route but if not then it's the competitors' responsibility to open **and close** them or safely climb over the stiles.

Bike – 20KM: For those familiar with the Cockermouth Triathlon route this is the same but in reverse. Head east out of town and towards the small hamlets of Embleton and Dubwath. This road is parallel to the main A66 route. After approximately 5 miles there is a right turn up a small incline, this will be marshalled

but please take care as you may need to stop so select a low gear so it's easy to set off again. Continue down towards Dubwath and turn left (**SLOW – sharp corner**) which will take you along the edge of Bassenthwaite Lake past the sailing club and left again at the junction with Ouse Bridge, take care here as there are often cars queuing to turn right onto the bridge. Follow the road for about 150m to another right turn, again marshalled, which takes you onto Isel Road. Stay on this road all the way back to Cockermouth before turning left onto Beech Lane and left again onto Castlegate Drive (**SLOW – both 90 degree turns**) and back into transition. In several places on the bike route there are quite deep pot holes so please be vigilant.

Drafting (taking pace from the cycle in front) is not permitted in this event. Refer to British Triathlon website for the rules on drafting.

Marshals do not have the authority to stop traffic. It is the competitor's responsibility to ensure it is safe to negotiate junctions etc. Marshals will shout instructions to competitors and you must obey them or face a penalty and possible disqualification.

Run 2 – 3.5KM: Head out of transition and onto the school fields where you'll be directed round a multi lap clockwise loop finishing just in front of the transition area.

Risk Assessment

A full course risk assessment will be on display at the event HQ on race morning together with details of the liability insurance and British Triathlon Event Permit.

Hard shell helmets conforming to the appropriate British Safety Standard are compulsory. No helmet – no race.

Race Safety Briefing

The race briefing is compulsory (10:40am) during which key safety points will be covered.

Prizes: will be awarded to the following places (subject to number of entries);

Overall; 1st, 2nd, and 3rd male and female

1st male and female **Vet 40; Vet 50; Vet 60;**

Final race information will be posted on www.trilakeland.co.uk nearer the event so keep checking. Entry forms also available on website.

If you have any questions please contact the race organiser – Jeff Thorpe 077893 77743 or email trilakeland@hotmail.com

RUN 1 – 6KM



Start/Finish/Transition

Cycle Route 20KM

