

STATHERN DUATHLON

Race Information Pack

Directions to Stathern

Stathern is situated in the Vale of Belvoir nestled underneath Belvoir castle and is approximately 10 miles from Melton Mowbray, 18 from Nottingham and 10 from Grantham. There is easy access from the A52, A46 and A607.

Location of the Event

The event is based in the Stathern Play Park, LE14 4HS, which is next to the Red Lion Inn and registration will take place on the park, at the race HQ marquee which is right next to the transition area.

Parking

Please follow signs in the village for the car park, which is a couple of hundred meters away from the race HQ, but will ensure that the roads stay as clear as possible as we will be running or biking along most of them during the event. Please do not park in the village and put race participants at risk.

Toilets

Toilets are available in the Red Lion Inn from 9am.

Race Information

Good Luck to all those that have entered this event with your preparation and training for the race.

We kindly request that you read all the details in the race information, it has been included to make your race as safe and as enjoyable as possible.

In booking a place in the event, competitors have agreed to abide by the terms and conditions identified by the Stathern Duathlon committee and to abide by the Highway Code.

The Run and Cycle routes are on quiet but open roads so please ensure that you observe the rules of the road at all times.

Riding without due care may result in Disqualification and could result in a prosecution by the Police so please ride carefully and safely.

Please recognise that Race Marshalls are not permitted to stop the traffic but are there to give directions and for your safety. YOU are responsible for making your own decisions as to whether it is safe to proceed or not. If in doubt STOP!

Please do not litter anywhere on the course.

Helmets are Compulsory and must be fastened prior to mounting your cycle and neither undone or removed before your bike is racked.

It is the responsibility of all the competitors to ensure that their bike is in a roadworthy condition.

Race numbers are to be worn on the Front and can either be pinned or using a Race belt. Please bring your own safety pins.

Race Day Schedule

7:30 am Registration opens (Stathern Play Park Marquee HQ)

Collection of Race numbers, Timing chips and T-shirts from Registration Tent and racking of bikes, and the checking of bike helmets.

A bag drop is also available in the Marquee HQ.

The Transition area is in Stathern Play Park which will be marshalled from 8.00am and only those in possession of a Race number will be allowed in the Transition area.

Transition will close at 9.55am and all competitors will be asked to make their way to the start line.

9:30am Race Briefing (Stathern Play Park)

Mandatory race briefing which will include any route changes and all safety issues.

10:00am Race Start (Red Lion Street)

1:00pm Final cut off time and race end.

Prize Categories

1st Place Male

1st Place Female

1st Place Duathlon Novice

1st Place Veteran

1st Team

Prizes will be awarded in the race HQ Marquee at approximately 12pm

Race Rules and Routes

The run and bike routes are on the separate attached PDF's. Both run's follow the same route and like the bike, all start and finish in Stathern Play Park.

Your bike helmet must be secured and fastened before collecting your bike in Transition 1 and must remain fastened until your bike is racked in Transition 2.

There will be marshals and stewards at all the junctions along the run and bike routes to guide competitors on the race route but they are not allowed to stop the traffic and it is the responsibility of each competitor to ensure that it is safe to continue. You may receive instructions from a steward or marshal which will be for your safety so please comply with those instructions. Failing to comply with these instructions or other instructions from the Race Marshals could result in a time penalty or disqualification if deemed dangerous.

Please view the Bike and Run maps and profiles on the web site for the course details.

Run Route

Race start Red Lion Street junction with Water Lane.

On the sound of the Siren competitors will run Down Red Lion Street and then RIGHT onto Main Street. Along Main Street and LEFT onto Harby Lane. Along Harby Lane and LEFT onto Stathern Lane, under the railway bridge and RIGHT onto Canal Lane. To Dove Cottage café turn around point where a **wrist band** will be collected and then run back along the same route.

Having turned LEFT onto Red Lion Street on your return you run through the start line, onto Water Lane and along Water Lane into Stathern Play Park and into Transition 1. At the end of the second run route all competitors will carry on along Water Lane and through the Finishing Line.

Please run on the LEFT hand side of the road at all times.

Bike Route

From Transition 1 competitors will push their bikes to the Main Street where they will mount their bikes and go LEFT along Main Street and up Mill Hill (staying right at the fork in the road) and into Eastwell, where at the T junction you will turn LEFT onto Main Street, Eastwell. From Main Street you will continue along

Belvoir Road, and at the junction opposite the Belvoir Sawmill you will turn LEFT. Travelling along this road you will then turn LEFT onto Woolsthorpe Road, opposite Belvoir Castle car park. The route travels along Woolsthorpe Road and at the junction turn LEFT onto Long Lane. The route travels along Long Lane, to the second Stathern junction, Penn Lane where you turn LEFT and travel along Penn Lane into Stathern along the Main Street, and then back to the park entrance where you will dismount your bike and push the bike back to your racking point. Helmets to remain fastened until your bike is racked.

You will then leave Transition 2 onto Water Lane and commence the last 5km run of the race which is the same route as the first run.

Feed Stations

There is one feed station at Stathern Play Park which will provide water and cakes at the end of the race and one water station at the turn around point on the run route, which will provide water. It is advisable that all competitors bring their own water bottles etc which can be filled at either station.

Medical Assistance and Medical Conditions

The safety of all our competitors is paramount and a team of First-Aiders will be on standby throughout the event as well as mobile assistance and if you feel that you require any type of medical assistance please do not hesitate to contact an event marshal.

If you have a medical condition that we should be aware of then please record the details on the reverse of your race number.

All competitors to record next of kin contact details on the reverse of your race number.

Results

Timings will be recorded for all aspects of the event and will be available immediately after finishing the event.

Provisional results will be made available on the web site shortly after the event has finalised.

Having completed the race, we invite you to taste the delightful cakes made by our wonderful supporters (look out for the demon fruit cake!) and to warm up or cool down with a beer or homemade soup, courtesy of the Red Lion Inn.

The event is being photographed and photographs will be available online through the web site for viewing and purchase.

The Red Lion Inn will be open from 9am to serve tea and coffee and bacon rolls, for all supporters (and competitors!) with full menus available from 12pm.

We wish you well for with your race and hope you have a safe and enjoyable event!!