

**STATHERN
DUATHLON**



PRELIMINARY RACE INFORMATION
STATHERN DUATHLON



General Information

Location of the Event

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

The event is based on a field, opposite the War Memorial Hall LE14 4HW, and next to the Plough Public House and registration will take place in the War Memorial Hall.

Parking

Please follow signs in the village for the car park, which is a couple of hundred meters away from the race transition and registration. This is to ensure 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 War Memorial Hall.

Race Information

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 open country 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

7:30am Registration opens (War Memorial Hall)

Collection of Race numbers and Timing chips. Racking of bikes, and the checking of bike helmets. A bag drop is also available in the Transition area.

The Transition area is in the field opposite the War Memorial Hall and will be open and marshalled from 7.30am 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 (In Transition)

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

10:00am Race Start (Main Street outside of Transition)

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

Prize Categories

1st Place Male; 1st Place Female; 1st Place Veteran; 1st Team.

Prizes will be awarded in the race HQ Marquee in Transition 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 on the field in Transition.

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 5k

Race start Main Street outside transition. On the sound of the Siren competitors will run from Main Street onto Harby Lane and out of the village. Along Harby Lane and LEFT onto Stathern Lane, under the railway bridge and RIGHT onto Canal Lane. The race route follows the road RIGHT towards Plunger for 100 meters to the turn-around point where a wrist band will be collected and then run back along the same route, turning Right into Chapel Lane and back into Transition.

For the 2nd run, the route is exactly the same but competitors will run into the finishing lane in Transition and finish by crossing under the finishing gantry.

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

Bike Route 18k

From Transition 1 competitors will push their bikes onto Chapel Lane where they will mount their bikes and go RIGHT along Main Street, heading through the village and then out onto 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 onto Main Street, and then RIGHT back into Chapel Lane 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 onto Chapel Lane and commence the last 5km run of the race which is the same route as the first run.

Feed Stations

There is a feed station in Transition 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 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!).

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

Tea and Coffee will be available from 7.30am in the War Memorial Hall before the event.

Good Luck to all those that have entered this event with your preparation and training for the race, and we wish you well on Race Day and have a safe and enjoyable event!!

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Welcome to Stathern Duathlon

This is the preliminary race information pack. Please check on the website www.stathernduathlon.org.uk or contact us if you have any questions

