

Race letter for the 'Chilly' Duathlon Sunday 11th April 2021

It's **Chilly** time again at Castle Combe with **DB Max**.

This race letter includes all the details for race day at this superb, traffic-free venue.

Race Venue

The race venue is Castle Combe Race Circuit, for directions to the venue, please [click here](#). The postcode for Sat Navs is SN14 7EY.

On arriving at the venue, please use the **Westway Entrance** and park as directed by the attendants. Access to the venue will be from 10:20. Please note there is no access to the event through the main competitors car park due to social distancing measures, each event has its own car park and the Westway entrance is the Duathlon car park.

Rule of 6 and Social Distancing

We must all follow the Government guidelines on the Rule of 6 and social distancing. This states that individuals cannot form groups of more than 6 people and everyone should remain 2 metres apart at all times. Whilst we do not like coming across as too formal, we are committed to enforcing these rules, so compliance is compulsory from the moment of arrival at the car park, through to bike racking, racing and then leaving the grounds.

Social distancing must also be maintained whilst racing, so please keep a 2-metre distance between yourself and other participants. It is important that you do this, even if the person you are racing with is in your bubble – this is because others will not be aware of any bubbles and can report incidents, which we are keen to avoid.

Car Parking

On arrival at the Westway entrance, ample free parking is available. Please ensure you park well-spaced out. Please follow instructions from the parking attendants and then follow the signs to transition.



Registration

All race packs containing your race number, bike number and helmet number will be collected just before you go into transition. You do not receive anything by post.

Transition

You must fix your bike number to your seat post and attach the 3 helmet stickers to each side of your helmet. Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

There will be a queuing system to get into transition and you will **have to provide Photo ID** to the people checking you in (passport or driving licence are acceptable).

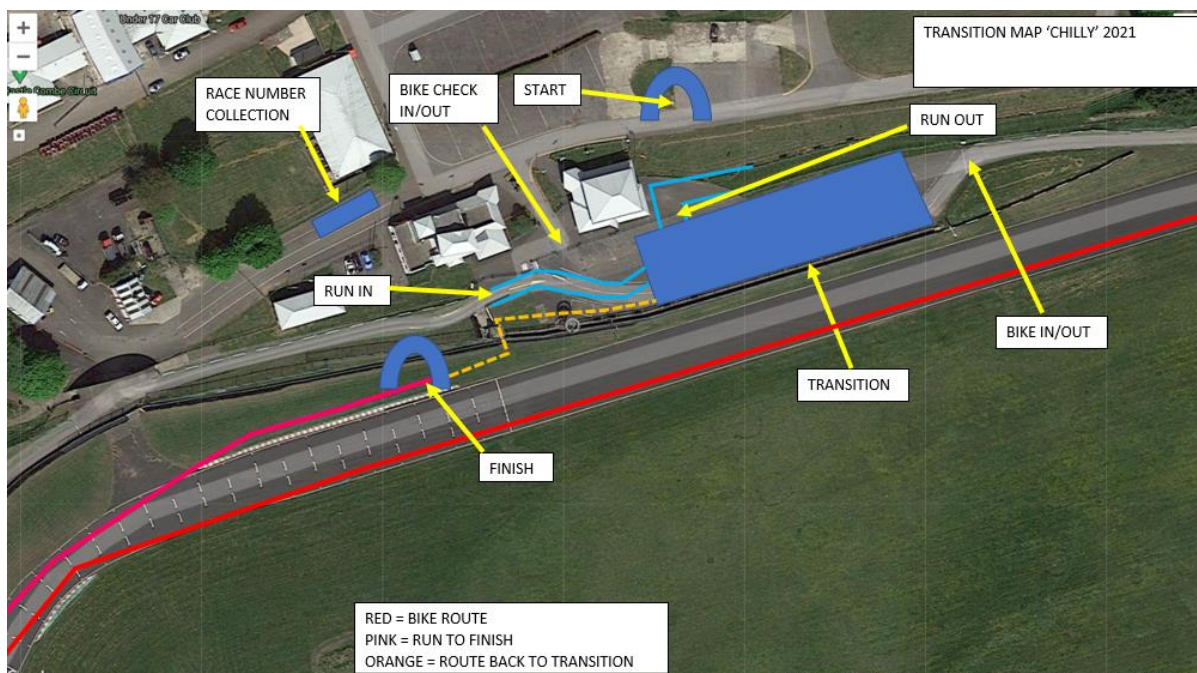
When queuing and in transition before racing you **must wear a face covering** (mask or buff are both acceptable). **Bufs must be folded so that they are at least double-layered**. A temperature check will also be done at this time.

There will be hand sanitiser in place as you enter transition - please ensure that you use it.

When entering transition, please rack anywhere but with a maximum of 5 competitors per rack.

You are permitted to enter transition 35 minutes before your race start. Please be mindful and careful of other competitors who are racing and make sure you give them plenty of room (a minimum of 2 metres).

Please familiarise yourself with transition before racing. A map of the transition layout is below.



About your timing chip

Please note that any timing mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

Your timing chip will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

Remember, **no timing chip, no results**.

Please deposit your timing chip in the designated bin in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£55 each** so please remember to hand it back.

Mandatory Pre-Race Briefing

There is no pre-race briefing on the day. A video briefing will be sent prior to race day.

Start Times

Wave start times have been allocated with competitors starting in groups of no more than 6 every 1 minute intervals. Upon arrival at the start you will be required to queue in a socially distant manner **and wear your face covering**. There will also be hand sanitiser for you to use before entering the start area; please ensure you use this. You will be called forward by the starter to begin your race.

Duathlon Race Routes

Competitors will start in front of the Strawford Centre and complete one perimeter lap of the track, before running down the pit lane and into transition. The bike route is 5 laps in a clockwise direction around the track. Please note that you are responsible for counting your own laps - plan how you will do this to avoid mistakes on the day. The timing system will count laps and anyone not completing five will be disqualified.

On completing the final lap, competitors will turn sharp left back up the pit lane and into transition – please take extreme care at this point of the course and beware that there may be two-way traffic at this point. The final run is another perimeter lap of the track, with the finish on the track close to transition, enter the track and instead of running down pit lane run down the track edge to the barriered section.



Transition During Racing

On entering transition and crossing the timing point of 'Run In' your time will stop. Transition will become neutralised and will become a 'dead zone'. This will allow you to take your time in transition and keep your distance from any other competitors who may be around you. You will have 5 minutes to complete your transition, run/walk with your bike to 'Bike Out' and then mount your bike and head down pit lane keeping to the left. Your time will start again as soon as you go over the timing point at the end of the pit lane

When you have completed your cycle you will turn left back in to the pit lane. Here once again your time will stop and you will enter the neutralised 'dead zone'. The same rules and timings will apply here and you will have 5 minutes to, dismount your bike at the dismount line, enter 'Bike In', rack your bike in the place provided to you and then exit on to the run at 'Run Out'. Once you cross the timing point at 'Run Out' your time will start again.

Please note that if your time goes over 5 minutes on either transition, the difference will be added to your overall time.

Bike Route Rules

There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting in the referee's rules below).
- Helmets **MUST** be worn at all times whilst you are in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times and you must rack back in your original spot after your ride.
- At no time are you allowed to drop litter.

Finish

When you are approaching the finish of your event, you will come off the track perimeter from run 2. Instead of running down pit lane to run in, head on to the track and follow the cones down the outside of the track and in to the finish funnel and follow the barriers to the finish line and finish under the arch.

Once you cross the line, please ensure that you continue to keep a 2-metre distance from all other competitors at all times. You will be able to collect your medal after finishing. Please follow instruction from marshals.

When you have collected your medal you will be able to rest and recover. Once recovered please go to transition and collect your bike and belongings. Please take care and be considerate of other competitors still. When back at your bike, please apply a face covering again.

When you have collected your bike you can exit transition via the bike check out area (you will need your race number). From the time of finishing your event to leaving the venue should be no more than 40 minutes. Please do not congregate in groups at any time.

Relays

If you are competing as a relay, then please note that the chip you will become your team baton.

The first runner starts with the chip attached to their left ankle. After Run 1, the runner will run into transition to the changeover zone and place the chip in the box and move away. The cyclist can then step forward and attach the chip securely to their left ankle. Hand sanitiser will be available at this point.

The cyclist's helmet must remain with the bike during this time and once the timing chip is fitted, the cyclist can go to their bike, put on and secure their helmet and head off out of transition. On return to transition, the cyclist will rack their bike, remove their helmet and only then move to the changeover point to place the chip in the box and move away. The runner will place the chip securely on their left ankle and head off onto the run route.

Please note, the transition at this race is not timed as it is a neutralised 'dead zone', so relay team members can take their time to exchange the timing chip safely in a Covid-safe manner.

Spectators are NOT permitted

Unfortunately, spectators **are not permitted** at this event. The only exception is for participants who are under 18, who are permitted to have one parent/guardian accompany them or for those with a medical exemption. Again only 1 spectator is permitted

IPods and MP3 Players

Competitors are **NOT** permitted to wear iPods or MP3 players at any time while racing.

DB Max Sports Timing

DB Max Sports Timing will be producing the race results including splits and laps. You can follow the results live on the day at dbmaxresults.co.uk via your smart phones.

Coffee and Hot Drinks

The Coffee Lada will be on site providing Coffee and other Hot Drinks. Please ensure that you stick to all rules around the Coffee Lada and do not form groups of more than 6 and keep socially distant at all times.

Toilets

Toilets will be available for all competitors as portable toilets only and are located near transition. When using the toilets please use the hand sanitiser provided before entering, then wipe the toilet down after use with the disinfectant wipes and flush them away. When leaving the toilet please ensure you again sanitise your hands.

Marshals

As with all DB Max races we could not hold the event without the help of all the marshals. Please thank them where possible. Marshals receive a free entry to a future DB Max event. If you are interested in marshalling, please email james@dbmax.co.uk.

If this is your first duathlon, we have our **Newbie Corner** below with tips and tricks for that first big day!

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Castle Combe on race day!

Newbie Corner

DB Max always love to welcome first timers to our events. We were all beginners once and here's a few helpful hints and tips for your big day.

- Arrive at the event early so that you have plenty of time to prepare, register, warm up and so on. Make sure there's no need for stressful rushing and make use of our 'How can I help you staff'.
- Get to know the location of your bike in transition and also the exits so that you're not going to struggle to find your bike during the race. You cannot mark you spot with a flag or anything, but try making it visually distinctive to you, maybe with something like a ribbon on your handlebars or use a special towel in your spot. Notice any landmarks that might help.
- Set your kit out as you need it in transition. Also remember that clothing and socks don't go well onto wet bodies. You can try rolling your socks down to the toes so you can put them on more easily. Do the same with sleeves or other clothing you might put on.
- Wear a race belt to attach your race number to. It's quick to put on and good for both the bike and the run - plus, no safety pins.
- When you rack your bike in transition, make sure it's in a low gear so it's easy to pedal off at the start of the bike leg.
- When nearing transition at the end of the bike leg, downshift your gears and start spinning a bit, to loosen up your legs ready for the run. Remember, your legs may still be wobbly when you first start running.

Most of all, enjoy your race.... and smile!

A word from our referee, Mike Newman...

Do you know the rules?

I have listed some general rules to help you when competing in a DB Max triathlon. Please remember them as you may be penalised with a time penalty, or even disqualified if you don't observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

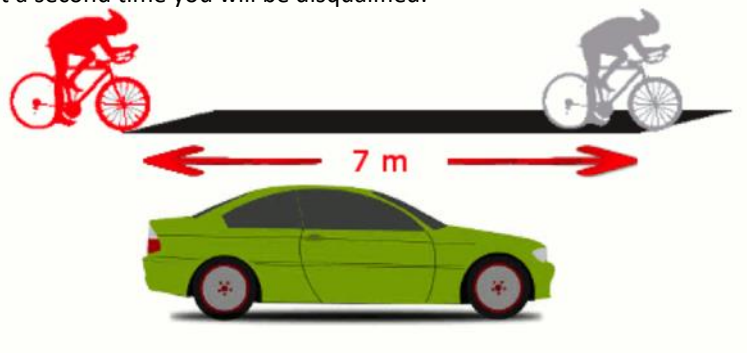
If you have any questions please do not hesitate to speak to our referee at the race.

General Rules and Race Conduct...

- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of the DB Max events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere on the course (including transition), as this will lead to disqualification.
- When racing, you need to be aware of other competitors and the general public, both on foot and in vehicles.
- You **must** wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.**
- Nudity is not allowed. Competitors must keep their chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **must** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At DB Max races competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.

Drafting....

- Duathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 7m behind it and 1.5m either side of the cyclists centre point. If you wish to overtake the cyclist in front, you have 15 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time you must drop back to 7m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once you will be penalised with a 1-minute penalty. If you get caught a second time you will be disqualified.



As long as you read this and follow the advice given, you should always be on the right side of the rules at all DB Max races.

Remember, our referee will always be willing to answer any questions you may have.

Enjoy your race....!

