

# ELY TRI CLUB EVENTS

## Ely Tri Club 115 Squadron Duathlon 2024

Thank you for entering the ELY Tri Club 115 Squadron Duathlon on Sunday 24 March 2024. Please read this pack to ensure you are familiar with the structure and rules relevant to this event. The race has been sanctioned by Triathlon England (TE) and will be run under the rules of British Triathlon. Athletes are reminded that they are required to be conversant with the rules. Ignorance is no defence! A copy can be downloaded [here](#). Triathlon England Technical Officials will be on site throughout the event to assist in ensuring the event is safe and will be enforcing the rules. For additional safety, Street Leisure and RayNet will be working with us to aid the smooth running of this event.

### Registration

Race HQ will be based at Apex Coffee House, 108 Lancaster Way, Ely, CB6 3NX.

**Parking:** Will be available a short walk (or ride) from HQ, in the Thorlabs carpark, 204 Lancaster Way, Ely, CB6 3NX.



# ELY TRI CLUB EVENTS

**Registration will open at 06:30 (closing at 07:30):** Please have your BTF (TE) membership card ready for inspection. You will receive a race pack containing your race numbers (to be worn to the front when running and on the back when cycling, so a race belt is best; although, safety pins will also be provided), helmet, bike sticker and timing chip.

## Relay Teams

- All members of a relay team must register together
- Runner one to transfer ankle timing chip to cyclist before the cyclist gets ready or touches their bike (cyclist to wait at bike in transition and wait for runner)
- Cyclist to transfer ankle timing chip to runner two after they have racked their bike (runner to wait at racking position and await return of cyclist)
- Runner one to swap race number with runner two while cycle leg is taking place (race belt is best)

**For insurance purposes ALL athletes are required to be in possession of either a current valid Triathlon England Licence or for non TE members a Day Licence purchased specifically for this Event (automatic through the booking platform). All athletes who are members of the TE must produce their TE race licence at registration. If you forget your license or do not have a license, you will have to pay £8 for a TE day licence on the day, via the link below and show evidence of this at registration even if you claim to be a TE member. Your licence is the only acceptable proof of your insurance.**

[https://www.britishtriathlon.org/events/ely-115-squadron-duathlon-2024\\_15072](https://www.britishtriathlon.org/events/ely-115-squadron-duathlon-2024_15072)

**Participants will need to click on Buy Race Pass and then create an account/log in to the British Triathlon website.**

In making the application competitors have agreed to abide by the terms and conditions of Ely Tri Club Events, abide by the regulations of the governing body and follow the **Highway Code**. [Terms and conditions of entry](#) can be found here.

**Race Briefing:** Please take the time to read this briefing pack – most, if not all, queries will be answered here. Please also see our FAQ's. There will be a race briefing at 07:50 outside the Coffee House. Please contact us before the race if you have any questions not covered by what has already been provided. Any last-minute changes will be delivered verbally on the day. Race start is 08:00 from outside the Coffee House. The race will be a mass start. Please be realistic about your 1<sup>st</sup> 5k run time and allow faster runners to present to the front of the line (this will help to reduce the need for overtaking further along the course). Please note there will be guided visually impaired athletes participating in the race (run (guided) and bike legs (tandem piloted)). There are no cut-off times.

**Age Limits:** Ely Tri Club has decided that the age limit for this is 16 (as at 31<sup>st</sup> December 2024)

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## Water Supplies

There will be no drinks stations on the course. Competitors are expected to provide their own drink and nutrition required for the race. There will be a water dispenser provided at the finish line. As ETC are trying to avoid the use of 'single-use' plastic, please bring your own bottle or collapsible cup.

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# ELY TRI CLUB EVENTS

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## Beverages

**Apex Coffee House** offer a wide range of hot and cold beverages, plus amazing sausage or bacon rolls, paninis, cakes, pastries and much more! Something to tempt all entrants with post-race munchies. This year we are being treated to a bbq; however, please note that **cash is the preferred method of payment** to help speed things along.

## Spectators

We are delighted to be allowed spectators this year and we would actively encourage your friends and family to come along to cheer you on. Spectator do need to be mindful not to obstruct the course at any point. Please keep dogs (and children) under control.

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## The Course

**Competitor Conduct:** Competitors are reminded that they share both the facilities and the highway with other people who may or may not be fully aware of the Event. We request that you treat members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate disqualification from the Event and a ban from all future Events hosted by both the venue and Ely Tri Club and Ely Tri Club Events. Please try to remain courteous on the road even if some other road users may not offer you the same respect. **No MP3 players, iPods or music devices (including mobile phones) or headphones (either singly or in both ears) to be worn when competing or in the transition area. This includes bone conducting headphones. Personal video recording devices are also not permitted.**

**Route:** The legs are a 5km run, 25km bike and 5km run.

**Run** – please keep to the left. If you need to overtake, please do so on the right giving adequate space, pass as quickly as possible and ensure sufficient distance before pulling back over to the left. The finish will be on the right hand side next to the coffee house and athletes are asked to move onto the pavement as they come level with transition on the second run leg.

**Bike** – this is a non-drafting race.

**Non-Drafting:** This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race. The draft zone is a 10 metre area with no side delineation which surrounds every cycle and vehicle on the cycle course. The front edge of the front wheel defines the beginning of the draft zone. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. The rules allow a maximum of 25 seconds to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 25 seconds, the overtaking cyclist must drop back. Time penalties and disqualifications will be issued by the Technical Official for infringements. Technical Officials are not required to warn of a drafting infringement. Please do not jeopardise either your safety or the future of this Event by riding recklessly or without due care to other road users.

**Rear lights:** these are not compulsory, but we as a Club **strongly recommend** the use of rear bike lights to Competitors.

**Bike Leg: N.B.** – The bike route is on fenland roads; please be mindful of potholes, parked cars in the villages, and general road conditions. Between **7/8Km** the road between Way Head and Coveney is in poor condition and extra care should be taken. There is a right turn towards Wardy Hill at approximately **14km** – please take care at this junction. Please ensure the road is clear before turning.

# ELY TRI CLUB EVENTS

The sun will be behind you as you go down the hill so you will be less visible to drivers. As you head through Wardy Hill village there are a series of bends in the road – be vigilant. At **19km** you come to the top of a hill and turn left into Witcham village, be vigilant and ensure the road is clear to the right prior to joining. At **20km** you come to the top of a hill and turn left on to the A142, **mandatory foot down here** - Riders are to be vigilant and ensure the road is clear to the right prior to joining. If you fail to come to a complete stop your race number will be reported to the Technical Officer and you may receive a penalty. All these turns will be overseen by an experienced marshal.

**Rules Governing Riding on the Highway:** You are reminded that the cycle (and part of the run) section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in disqualification. It is also illegal and may result in a prosecution by the Police.

Please recognise that Race Marshals are not permitted under British Law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only and not instruction. Competitors are responsible for making their own decisions as to whether it is safe to proceed, or not. If in doubt competitors should stop! You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections. Check that the junction is clear before continuing. You must obey the **Highway Code**, which is also the Law. **Don't take risks to save two seconds.**

**Littering:** Please do not litter the site or the course route and this includes throwing or discarding race clothing and equipment. There are bins provided. Anybody caught littering during the Event will be penalised.

**Clothing:** please dress appropriately for the weather conditions, this is an early season race and can be cold and wet. The bike course is across the fens and is very exposed with a biting wind at times. Tri-suit only may not be appropriate and you are advised to consider additional layers in the lead up to the event.

Recent rainfall means that it is likely there will be standing water in places on both the run and cycle routes.

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## Transition

**Transition is open from 0630 - 0745.**

Transition is on the grass area across from the Apex Coffee House. Entry will be restricted to competitors only. Racking will not be numbered. Please ensure you allow distance between bikes and rack alternating (handlebars to back wheel). The transition marshal will inspect your bike on entering. Please ensure you are wearing your helmet, with the strap done up and that you have stops on your handlebars. **Both your helmet and your bike must have your race number displayed.**

BTF Competition Rule 7.1c – competitors should only bring into transition what is required. A single soft-sided bag, can be placed within your space in transition. Boxes are not permitted. Your transition space is considered to be within the width of your bike handlebars. Please arrange your items neatly and do not encroach on other competitors' space. No sharing of, or touching, other competitors' equipment is permitted. Please rack as quickly and efficiently as possible.



# ELY TRI CLUB EVENTS

**Helmets:** ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard will be compulsory and must be worn throughout the cycle section. They must be on your head and fastened prior to touching your bicycle and neither undone nor removed until your bicycle is racked. The helmet strap must be a snug fit and checks will be made before you enter transition to ensure this is the case. Any competitor seen with a loose helmet strap during the race will be stopped and required to tighten it before progressing further regardless of how long this takes.

**Bikes:** It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by British Triathlon. Bikes can only be collected once the last athlete has racked their bike. Until then no-one will be permitted to remove their bike from transition. Your race number, bike and helmet sticker must all match to leave transition.

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## Race Photography

Our Club Members and volunteer photographer will be taking the race day photos which will be free for you to access after the race.

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## Prizes & Trophies

Presentations of trophies for the top 3 open and female will be performed on the day.

There will also be age group trophies. The age group categories are open and female, up to 24, 25 to 34, 35 to 44, 45 to 54 and 55+, and an additional trophy for the fastest relay team. There will also be a presentation of the Lancaster Way Cup to the winning Business Park based relay team.

The presentations will take place once all prize winners have finished!

**Results will be published as soon as possible after the event.**

**Time Penalties & Appeals:** If you have a query over any results please inform us immediately on the day. All appeals must be lodged with the Technical Official within one hour of your finish or the penalty being awarded whichever is later. A fee of £35 is payable to the Technical Official which will be returned if the appeal is successful. Remember there is no duty on the Technical Official to tell you if a penalty has been awarded, the penalty sheet will be located near registration.

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## Volunteers

Without volunteers we would not be able to provide this race. Please be courteous and polite to them, they have given up their morning to enable you to race. You may also be interested to hear that any volunteer is entitled to a significant discount off the Runfest or next year's Duathlon, so please get in touch if friends / family would like to volunteer in future.

## Events & Feedback

If you have any questions or wish to give us any feedback, then please do not hesitate to get in touch by

- messaging us on Facebook [www.facebook.com/elytriclubevents](https://www.facebook.com/elytriclubevents) or
- emailing [events@elytriclub.co.uk](mailto:events@elytriclub.co.uk)