



Collect your event bag which will contain 2 x numbers, 1 sticker for the bike, 1 sticker for your bike helmet, 1 x spare sticker, T-shirt and goodies.

Please ensure your Bike and Helmet are road worthy. These will check as you enter transition - please, put your cycle helmet on.

BTF Licence

BTF affiliated athletes must show their BTF licence at registration. Please remember your licence otherwise we will have to issue a day licence costing £5.

BTF Rules

It is your responsibility to know the route for the bike and run sections of the event. BTF rules to be found at <http://www.britishtriathlon.org/>

Non-Drafting Rules

This event is non-drafting please make yourself familiar with what this means. Penalties will be issued for drafting, and it may lead to a disqualification if persistent.

Rules

Remember to familiarise yourself with the BTF rules before the event, information can be found at <http://www.britishtriathlon.org/>

Rules are there to make it safe and fair for everybody!

1. To draft is to enter the bicycle or vehicle drafting zone:
2. Middle and Long Distance: the bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another competitor; Standard distance and shorter races: the bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor;
3. You must wear a helmet during the cycle section which should be fastened at all times, only remove helmet once the bike is racked
4. You must mount and dismount at the designated line on the road.
5. No riding in transition.
6. Highway Regulations apply on the bike and must be obeyed at all times. Marshals cannot slow or stop traffic, they are there to give you directions only.
7. The use of headphones including MP3 players or mobiles whilst racing is dangerous and is prohibited. (DQ offence)

It is the responsibility of the athlete to know the route and complete the specified course. Signs may be tampered with marshals may stay in bed - the Event Organiser takes no responsibility for such occurrences.

Please Note: All of our Marshals are volunteers, be nice, friendly and courteous. Give them a smile and wave if you can. Any abuse to marshals will result in DQ and you may be banned from our events in the future.

Timing Chip

Event timing is provided by Identisports – All results are posted live to the web as the event is in progress.

Your timing chip will be issued when you enter transition - show your event number. Attach your timing chip on your left ankle during the event. Remember to go over the timing mats. Finishing times and splits will be available at the finish.

What shall I do next?

Attach your event number to your bike either on the rear brake cable housing or crossbar. Place other sticker on the front of your cycle helmet.

Medical Conditions

If you have any medical conditions that you think we need to know about please **write them on the back of your number**. We are not mind readers and if anything did happen we want to give you the right treatment. Knowing your medical history will help you and us in the event of an accident.

Litter

Chilham Park is a private estate we hire for the day. Bins are provided for your litter, please use them. On the bike course keep your gel wrappers with you, we will DQ if you drop rubbish on the course.

Safety Briefing

A compulsory safety/event briefing will take place at 07.50am in the transition area, before the event starts at 08.00am. We will go over key safety issues.

Please give yourself plenty of time for registration, bike racking and toilet breaks etc...

We will be closing transition at 07.45am, so please give yourself plenty of time to rack your bike.

Transition Area

CHILHAM CASTLE DUATHLON

TRANSITION



ALL EVENTS

Transition area
Parking Area
Event HQ



ALL EVENTS

BIKE OUT/IN
MOUNT/DISMOUNT
LINE

RUN IN
RUN OUT

Rack bike in the correct slot, the bike racking is numbered. Lay out your event equipment - Your bike must be roadworthy and will be checked on entering transition. **Marshals will check your helmet and bike.** No open bar-ends.

Rack your bike in the racking, place your bike helmet, shoes and any other items - clothing/equipment/food you will need by your bike. Please do not take up too much space though. Numbers should be attached to the front and back of your top, so it can be seen on the front for the run and back for the bike. Race belts can be worn. Competitors only allowed in transition area.

Rubbish

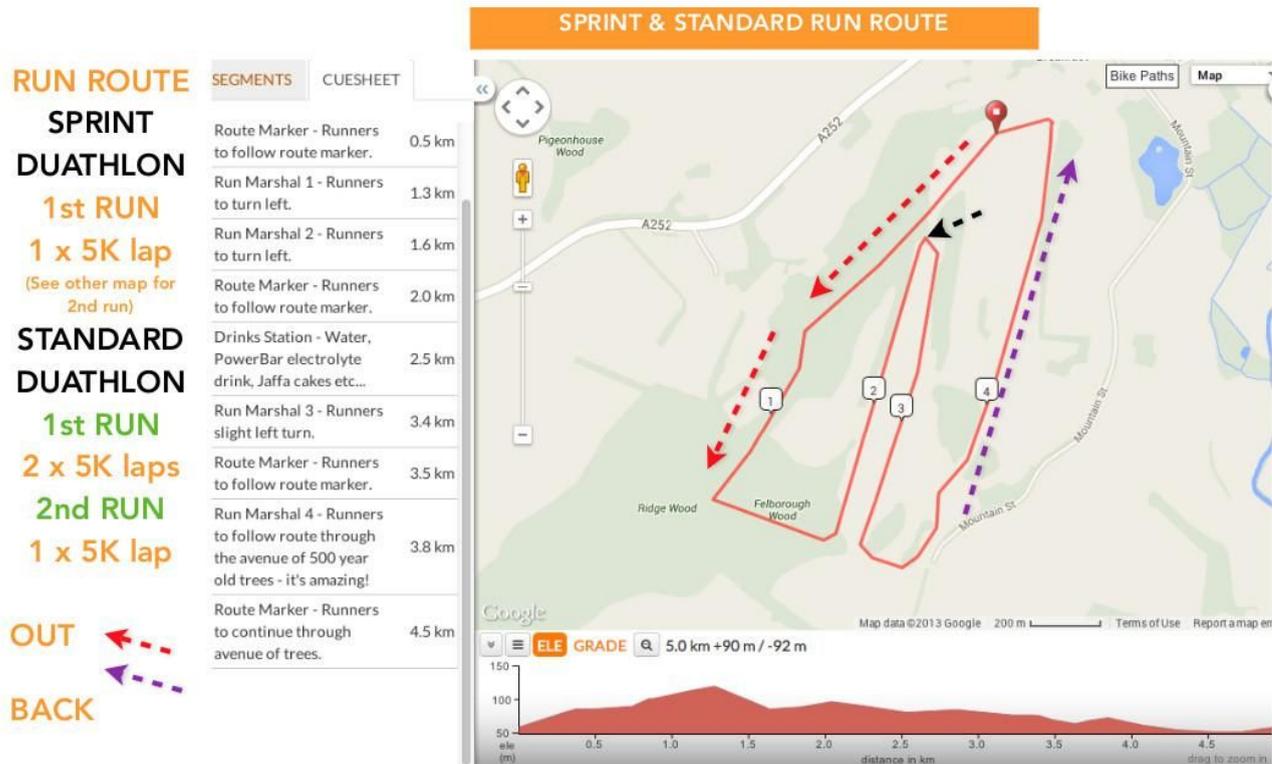
Keep your gel wrappers with you, we will DQ if you drop rubbish on the course.

Start Sprint Start - 8am Standard Start - 8.15am

Line up on the start line in ascending order of the time you think it will take you to complete 1 x 5K lap for the Sprint Duathlon and 2 x 5K run loops for the Standard Duathlon. Please make sure your number is showing on the front of your top. Follow the signs and markers on the run course - marshals will also be on the course. A drink station will be located at approximately 2.5km/5km/7.5km.

The run course is narrow in places, please be careful if you intend to overtake.

CHILHAM CASTLE DUATHLON



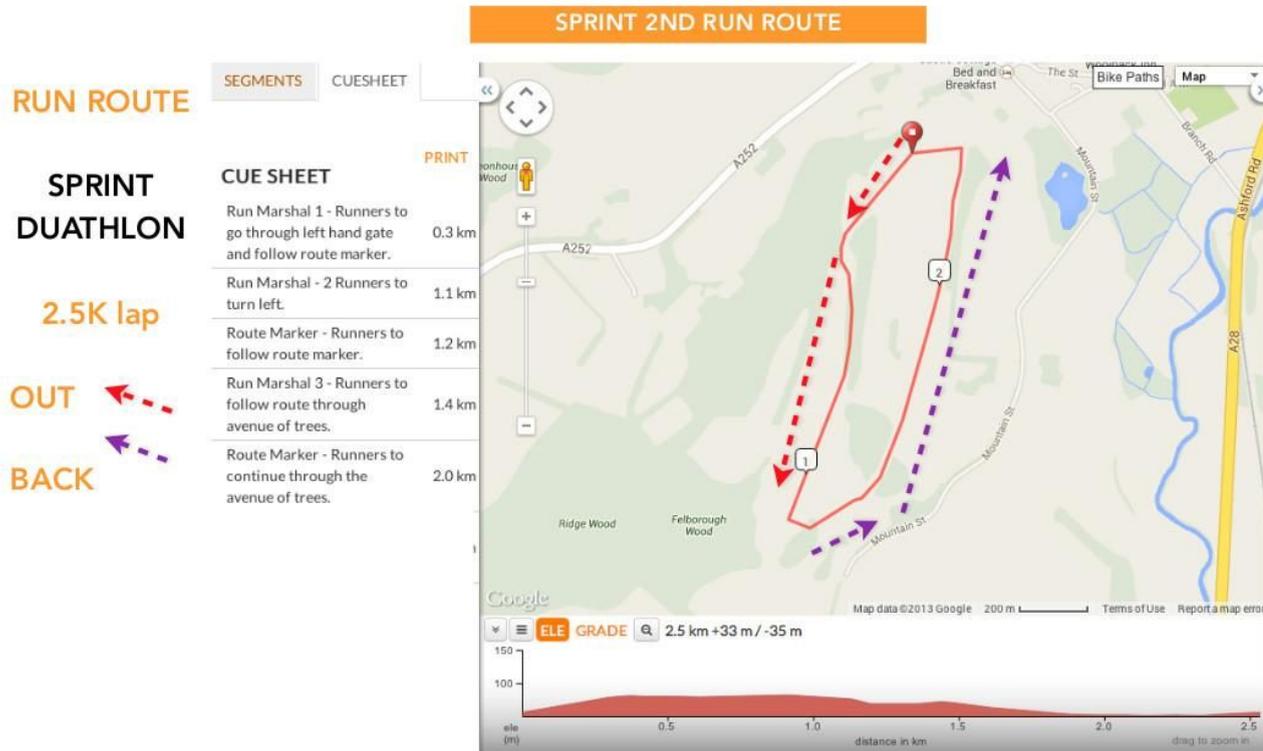
T1 - Run to Bike

Follow **RUN IN** signs into transition area, marshals will be here. Get ready for the bike section - fasten your bike helmet, put number to rear of top then and follow signs to **BIKE MOUNT LINE**.

Standard Duathlon - Repeat one lap of run 5K - **RIGHT HAND GATE ONLY**

Sprint Duathlon - Run shorter lap 2.5K - **LEFT HAND GATE ONLY FOR 2ND RUN**

CHILHAM CASTLE DUATHLON



Finish
Smile for a photo - Your medal will be handed out and your timing chip will be removed - Please do not wander off with your timing chip.
You can then get a drink - water, coke and nutrition and celebrate with family and friends.
You may collect your bike and equipment from transition but again only competitors are allowed into this area. However please be aware if other competitors are still competing.

Massage
Will be provided by Marlon Green for a small fee, located in the marquee.

Shopping & Food
We are happy to announce that Jenny from [Runners Retreat](#) will be available for your last minute purchases. Plus hot food and drinks from Tupper's Tuck.

Results
Results will be displayed in the Event HQ area and will be on Tri Spirit Events and identisports website.



Prize Presentation

The presentation will take place soon after the last competitor has crossed the line or within a reasonable time frame.

Breakdown of prizes:

Overall winner male and female - 1st, 2nd, 3rd.

Male and female Age Group - 1st place.

Teams - 1st place.

Various Spot Prizes

Spectators and Refreshments

Bring your friends to watch there is plenty of room and you will be able to see a lot of the event. But could you please follow some basic safety rules both for you and competitors.

Please park in Chilham Park, if you travel with a competitor, please. If you arrive late park and the event has started please use the car park at Taylors Hill - this is a free car park - walk round to enter the park by the village hall. Please be careful if cyclists are leaving or entering the park. Marshals will be here to direct you.

No spectators in transition area, thank you.

Please do not assist or impede any competitors

Follow marshal's instructions.

While in Chilham Park you are encouraged to find a suitable viewing position to watch the event.

Bike Removal

After you have finished the event you will be able to remove your bike once the last competitor has finished or is clear and safe to do so. You must show your event number and sticker, which correspond, with your bike. No one else is allowed to remove your bike or equipment from the transition.

Photography And Use Of Images

Tri Spirit Events retains the right to use the images associated with events in marketing and or promotion of the events, website or the company and its associates without informing or paying competitors.

In entering an event organised by Tri Spirit Events, you are agreeing to the use of any images in this way.

Our photographer Gavin Davis, PitStopCrew will have photos available to buy on either Monday or Tuesday after the event. His link is <http://www.pitstopcrew.com/PSC/Home.html>

Our Partners

We are grateful for all the help and encouragement our partners have given us for the Chilham Castle Duathlon.

Without their support it would have been very difficult to put the event on.

Thank you from Tri Spirit Events Team to:

[PowerBar](#)

[Qi Teas Brett Group](#)

Our Marshals

A huge thank you to our marshals. All our marshals are volunteers, without them we wouldn't have an event for you to be able to race. Flash them a smile on the day - you both deserve it and please be friendly and courteous.



Finally

Thank you for supporting the Chilham Castle Duathlon and for entering our event we at Tri Spirit Events try to bring you a premier events at a reasonable price.

If you don't like what we do, tell us. If you do, tell everyone.

Please contact at liz@trispiritevents.com or call 07545 860122

Have a great event and good luck.

Liz King
Events Director

