

# BUGS DUATHLON CHAMPIONSHIP

## EVENT GUIDE

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### DATES

Saturday 18<sup>th</sup> November 2023

### VENUE

Mallory Park Circuit, Church Road, Leicester, LE9 7QE

### ACCEPTED ENTRIES

The accepted entries can be found [here](#)

### REGISTRATION

Registration will open at 9am and stay open until Wave 3 starts at 2pm. Registration will be in the café in the centre of the track. Follow signage from the car park, over the bridge into the centre of the track. Please be aware that this will require you to cross the bike course in the paddock area. You must only cross at the designated crossing point.

At registration you will be required to give the name you used to sign up to the event online. In exchange, you will be given 2 race numbers and a timing chip with an ankle strap (**This must be strapped to your LEFT ankle**). The number must be worn visible on your front for the run and on your back during the bike. You will also receive 2 numbered labels (one for the front of your helmet and one for the top tube of your bike).

If you believe you have been put in the wrong wave, please arrive early and speak to the registration marshals who will be able to move you into the correct wave. A start list will be sent out a week before the race.

The race numbers can be pinned to a top or if using a race belt a single number can be rotated from the front to the back.

Additional safety pins will be available at registration if required.

### TIMETABLE

Car Park Opens: 8:45am (please ensure you enter through the correct entrance)

Registration & Transition Open: 9:00am

Transition Opens for Wave 1 and 2: 9:00am

Bikes from Wave 1 must be removed by 12:45pm

Transition for Wave 3 Opens at 1:00pm (once bikes from Wave 1 have been removed)

Wave 1 Start: 10:30am – Predicted 5k time of 21 minutes 1 second and over.

Wave 2 Start: 12:30pm – Predicted 5k time of Between 18 minutes 30 seconds and 21 minutes.

Wave 3 Start: 2:00pm – Predicted 5k time of 18 minutes 29 seconds and under.

Presentations: 3:30pm

## **RULES AND REGULATIONS**

The rules and regulations can be found here:

Normal Brit Tri (British Triathlon) rules apply. All these rules are important but the most important of these is that all competitors must secure their cycle helmet (on their heads!) before removing their bike from the rack and must not undo or remove it before racking their bike at the end of the cycle section.

The event is being run under British Triathlon, non-drafting rules. 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.

More info available below:

[Drafting Rules Explained](#)

[Competition Rules - British Triathlon](#)

## **SITE SPECIFIC RULES**

We are very fortunate to be able to use this fantastic venue. Please abide by these rules to ensure we can continue to have access to it:

1. Dogs must not leave the car park area.
2. The race track is out of bounds except to athletes during the race and official vehicles.
3. The safety gravel traps (identified as OOB on the site map) must not be entered. They are prepared in a specific way to absorb the energy of a crashing vehicle. If they are disturbed, they need to be reset at high cost.

## **WITHDRAWALS**

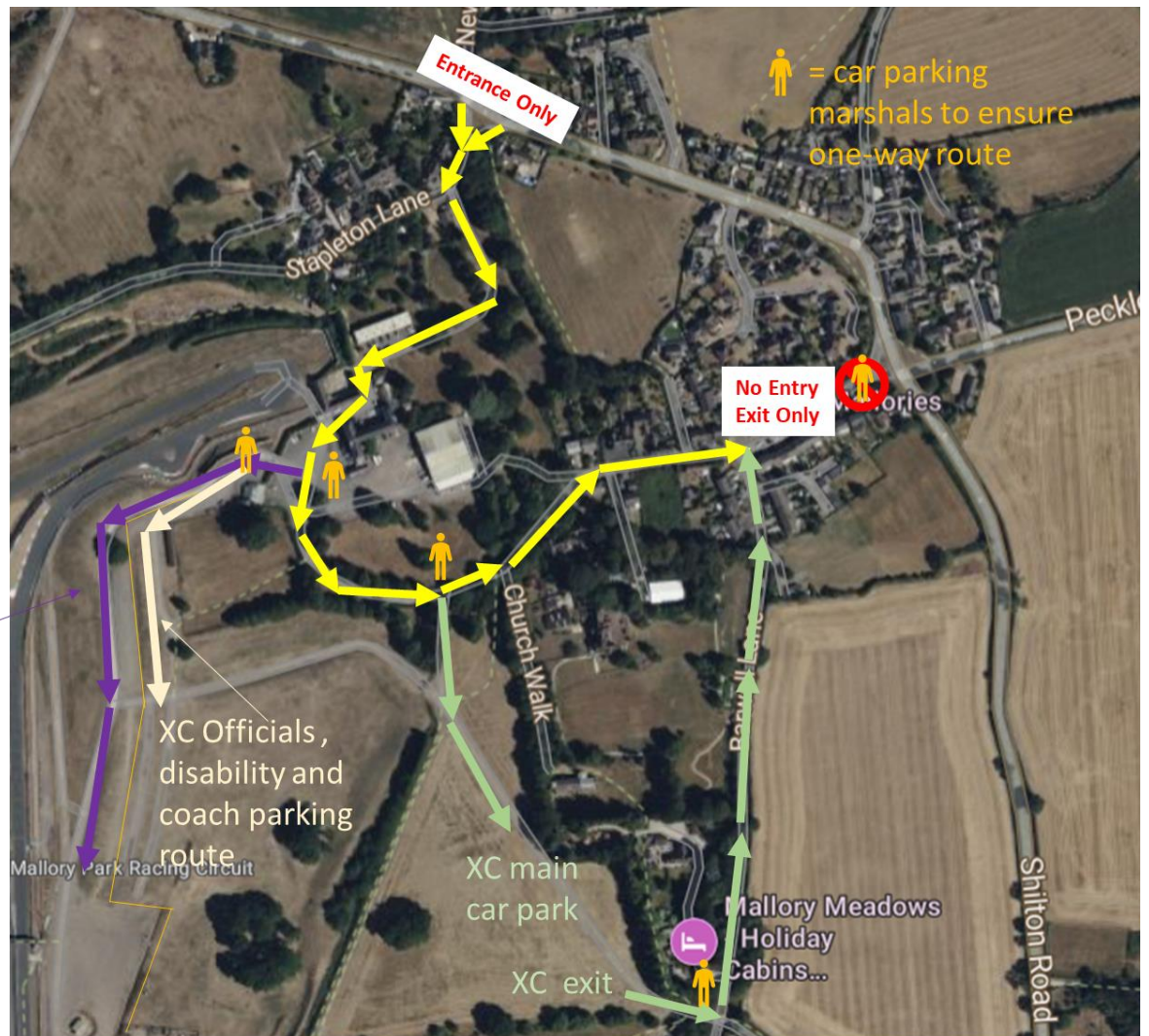
To withdraw from the event, please contact your Institution Administrator who should inform the event lead.

## **PARKING**

Ample Parking is available - please follow the car park marshal instructions in the main carpark. Parking is available at Mallory Park for £3 per car, £5 for minibus or £10 for a coach. We strongly promote car sharing where possible. The parking fee will be collected on exit from the venue to avoid queues on arrival. Please provide cash where possible.

Ensure you follow the correct signage and instructions for parking as there is a primary school x-country event taking place on the same day. You will need to enter Mallory Park using Stapleton Lane, you can find this using what3words - ///overpower.taken.extra

Please see map on the next page for more information:



### CHANGING FACILITIES / DISABILITY ACCESS

Toilet and Changing facilities are available in the centre of the track. In the block is a small changing area, showers and toilets.

Do not get changed in the café.

### FOOD DRINK

A café will be open in the centre of the track, selling hot and cold, food and drink throughout the day.

### RESULTS & PRESENTATIONS

Results for each wave will be available on the web at [www.eventchiptiming.com](http://www.eventchiptiming.com) a short period after finishing.

The BUCS championship will be based on the aggregation of the results of the three waves.

Presentations will be awarded for the 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> Open and Female competitors in the BUCS championships. Presentations will be presented outside the café at 3:30pm.

## COURSE & HQ MAPS

Course maps and Distances are as follows:

BUCS Duathlon – 5km Run – 20km Bike – 2.5km Run (**It is the competitor's responsibility to count their own laps**). Timing points will be in place to resolve any disputes on number of laps completed.

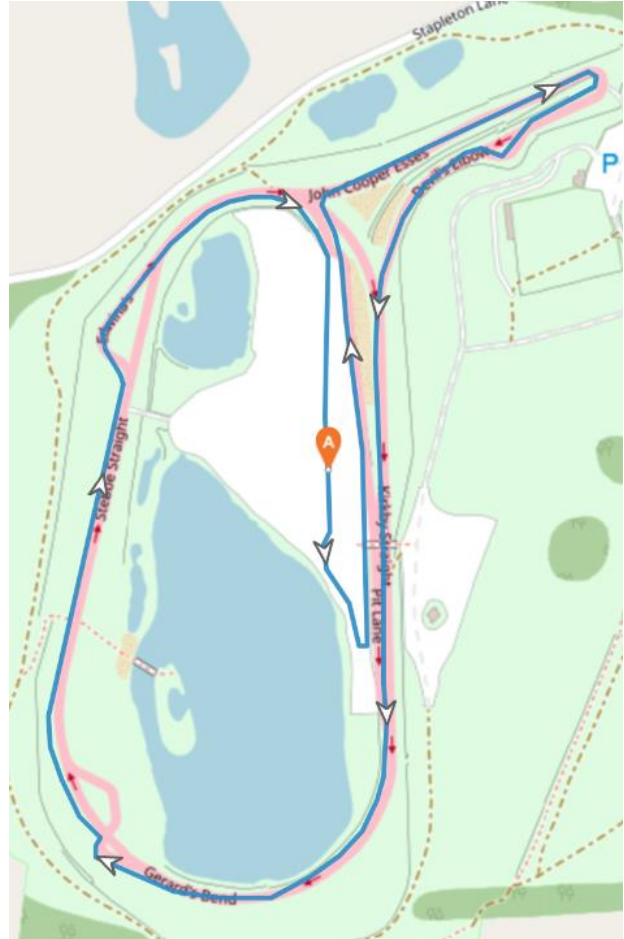
### 1.25km Run Course



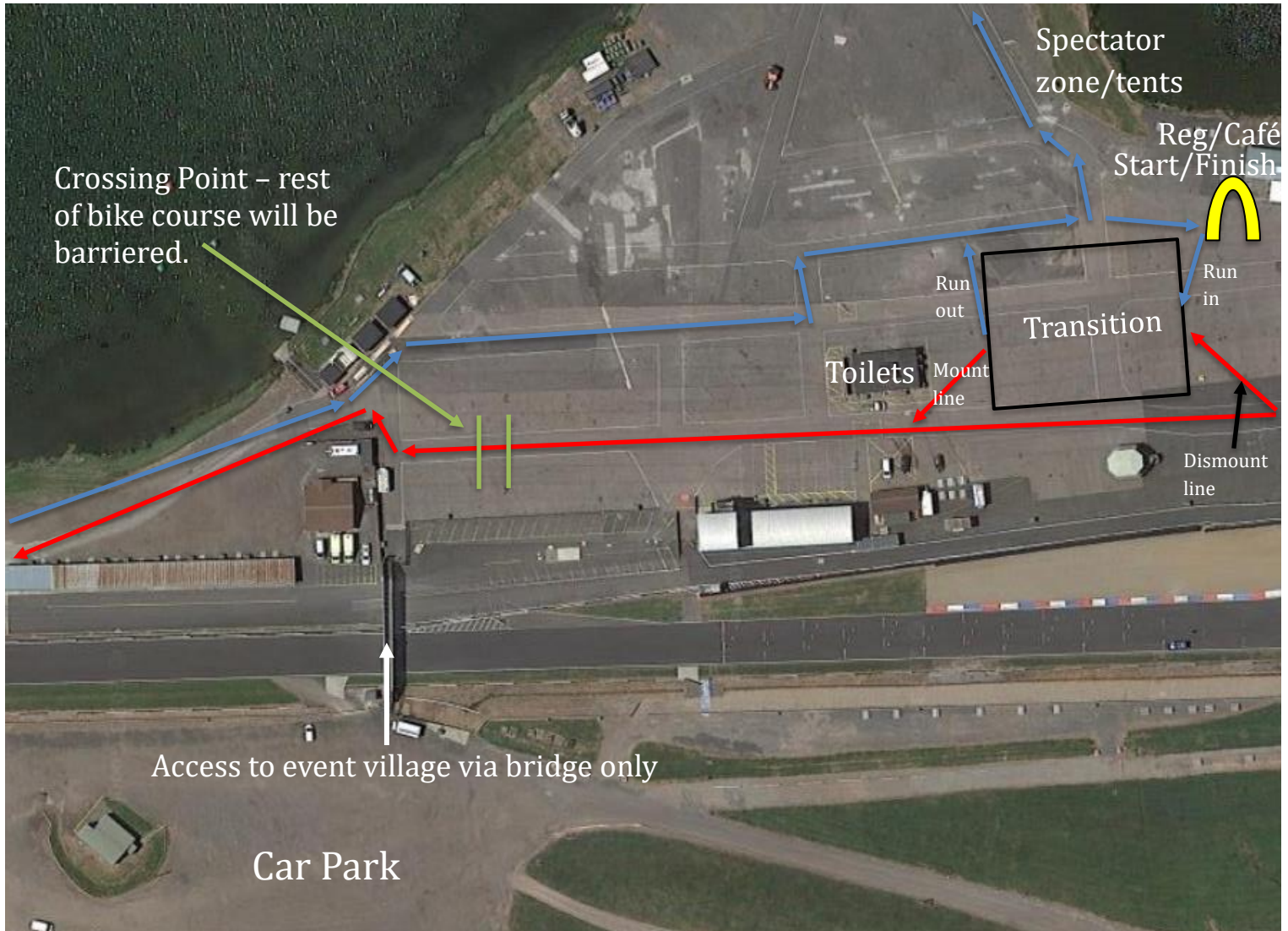
1<sup>st</sup> Run Lap – 4 Laps

2<sup>nd</sup> Run Lap – 2 Laps

### 2.86km Bike Course



Bike Leg – 7 Laps



## PHOTOGRAPHY & VIDEOGRAPHY

Anyone wishing to take photos or video at this event must complete the [BUCS Media Accreditation Form](#) prior to the event.

We will have an official photographer at the event. The pictures of all the races will be made available for you to download via our photo page. If you wish for any of the published photos to be removed, just let us know.

[2023 \(Active Training World\) \(atwevents.co.uk\)](#)

## BUCS POINTS

Please see [Appendix 1](#) for the BUCS Points available at this event.

## SUSTAINABILITY

The sustainability of our event matters to us and these are the positive steps we are taking to manage our environmental impact:

- All attendees are encouraged to share transport to the event;
- We have used local suppliers where possible;
- Event programmes are all online, minimising paper use;

How can you help at this event? Here's some ideas:

- Be self-sufficient by using refillable bottles and coffee cups to reduce waste
- Travel smarter – as a team on a minibus, cycle or use public transport
- Go paperless - use your phone for all event information