

BOWOOD DUATHLON

Held on Sunday 14th October at the prestigious Bowood Estate

Bowood House, Calne, Wiltshire, SN11 9NF. Follow the brown signs from M4.

On Arrival

Please ensure you arrive 60 minutes before your start time to register for your event. You will need to collect your timing chip, race numbers and put on your wristband before getting into the grounds of Bowood House. There will be a traffic control point before reaching the car park, please be patient, & if you are in a later wave, leave more time to get here.

No Dogs

Bowood do not allow dogs into their grounds and the car park is unsheltered, so please leave dogs at home and not in your car during the event.

Spectators

All spectators to the event will need to pay the normal visitors admission fees to Bowood House to view and watch the event. To view the most up to date fees, please visit www.bowood.org

Refreshments

The Tree House Cafe is accessible to all before entering into the grounds. This will serve hot and cold refreshments.



General Information

Bowood House Duathlon is now in its seventh year and we are proud to be presenting this one again as our 2018 season draws to a close. This will use the same course as Bowood House Triathlon.

The day will start with a children's event from the age of 9 years old. They will all take part in a shorter distance to the main events. The sprint and super sprint distance will follow after the children's event.

Whilst we welcome spectators to this event, as it will be a fantastic opportunity to see your friends and family racing, the grounds are open to the public. For this reason, we ask everyone who is part of this event to be courteous to everyone in and around the grounds as we do not have exclusive use.

All competitors and staff will receive an entry wristband for this event. Each triathlon entrant will receive one parent wristband to accompany them into the grounds. If you are not wearing a wristband, you will have to pay to gain entry. The grounds have a lot to offer so please make use of your ticket.



Chip Timing

You will be given a timing chip and velcro strap, this must be worn on your left ankle for the duration of the event. Once given this in registration, it becomes your responsibility until returned at the finish line. Any timing chips not returned will be charged at £25.00 for replacement. Please note that the timing chip design varies and is the small plastic part on your velcro strap.

Trophies & Presentations

We will have presentations available as soon as we can for each race. 1st - 3rd male and female is available in all races. Category prizes are awarded to the sprint race only for A - L.

Relay Change Over

All relays change overs will take place between run in & run out in the designated change over area.

First Aid

Whilst we hope that these provisions will not be required, we have first aid at this event. They will be based in the area between the finish line and transition. If you need first aid on the course, please alert the nearest marshal.

Toilets & Changing

There are several toilets located around the grounds, we have also got additional portaloos for this event. Please do not use any bushes or hedgerows.

Results & Prizes

The results will be awarded as soon as we can after each race. Please note only categories will be awarded to the sprint race.

Entries close on Wednesday 10th October 2018.



Photos

Charles Whitton photography is preparing his lens for this event and will post the link to the photos as soon as they are available after the event.

Baggage

Please put all bags in your vehicles, a small bag can be left in transition if required, but bear in mind, you do only get a limited space for this. We will allow car keys to be left in your race envelope at registration. Once registration has closed, these will be moved to the finish line. Please note that bags may be moved if you leave them with your bike.

Change of Details

If any details are published incorrectly, these may be changed no later than Wednesday 10th October. Any changes after this date will not be possible.

Feedback

Email: info@lpsevents.co.uk

Tweet about us using the hashtag #BowoodDuathlon



Wave Starts - Sunday

Registration & Transition Open - from 10:00am

Tri Star 1, Wave 1 - 11:00

Tri Star 2, Wave 2 - 11:10

Tri Star 3, Wave 3 - 11:20

Sprint, Wave 4 - 11:45

Sprint, Wave 5 - 12:15

Sprint, Wave 6 - 12:45

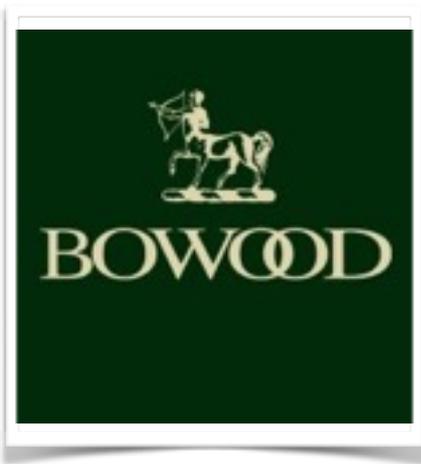
Sprint, Wave 7 - 13:15

Super Sprint, Wave 8 - 13:45

Super Sprint, Wave 9 - 14:15



**Brighter
Futures**
Radiotherapy Appeal



MP3 Players

During this race, the use of MP3 players or personal listening devices is forbidden and you will be disqualified if you are using one.

Relay Teams

If you are a relay team entry, each team member will be required to wear a wristband and a race number. We will be using a relay change over box to aid congestion in transition.

Helmets

Whilst in contact with your bike, you must be wearing a correctly fastened cycle helmet. This will be checked when you check in to transition, **you won't be able to rack your bike unless your helmet is on and fastened before arriving at transition.**

Sports Massage

We will have sports massage available for the duration of the event. This will be available before and after your event, costing £5 for 10 minutes or £10 for 20 minutes. SWSM will be on site with their team throughout the event.

Race Distances

<u>Tri Star 1</u>	<u>Tri Star 2</u>	<u>Tri Star 3</u>
1.2km Run	1.2km Run	1.9km Run
3km Bike	6km Bike	9km Bike
0.4km Run	0.4km Run	0.4km Run

Sprint Duathlon

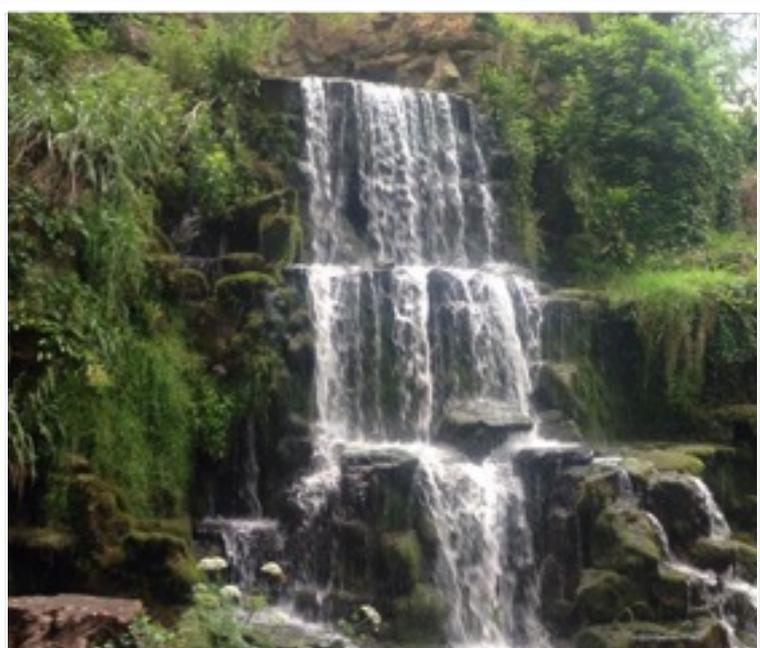
5km Run - 2 laps
21km Bike - 7 laps
5km Run - 2 lap

Super Sprint Duathlon

2.5km Run - 1 lap
12km Bike - 4 laps
2.5km Run - 1 lap

We hope you enjoy the event, your friends still have time to enter online.

www.lpsevents.co.uk



Lap Counting

It is your responsibility to count your own laps on the bike and run course. Our staff will not count these. We will have bike lap splits available post event and anyone who has not completed the required number of laps will be registered as DNF (did not finish).

To help you keep track of the bike laps, we will have distance markers every 5km around the course, these will be displayed with which lap you are on to help keep track.

Other ideas to help you count your laps;

- carry jelly beans on your bike, eat one on each lap.
- put strips of tape on your handle bars, move over to the other handlebar each lap.
- wear the required number of plastic wristbands, swap arms on each lap.
- wear a watch or GPS, split or lap the time each lap.

Race Numbers

Bib number - rear for cycling, front for running*

Sticker 1 - on your helmet

Sticker 2 - on your bike

Wristband - on your wrist

Timing chip - on your left ankle

*Race number belts will be available to purchase from registration for £4.

You will need your bib number to retrieve your bike at the end of the race. Please ensure you keep this after finishing.

Look out for our 2019

Event Season

Entries Open November 1st



Brighter Futures - Partnership

We have partnered with Brighter Futures charity for this event. What does this mean for you? If you wish to raise money for a good cause, then you are able to raise sponsorship with our event partner. Brighter Futures is the charity for Great Western Hospitals NHS Foundation Trust which includes Great Western Hospital in Swindon and the 69 community trusts in and around Wiltshire.

Volunteers

Rope your friends into the event - we are recruiting our team for this event, to encourage the triathletes around the course. Not only do they get a great day out, they will also get a credit towards one of our events later in the year. Email info@lpsevents.co.uk if you know someone who would like to be involved.