



Spring Forward Duathlon Race Information

Directions

Drayton Pavilion, North Oxfordshire Academy, Drayton Road, Banbury, OX16 0UD

Car Parking

Car parking is available at the venue when entering from the Drayton Road; you will be directed where to park to avoid the race lines.

Refreshments

There will be a butty-wagon for your refreshment needs.

Facilities

Changing facilities, toilets and showers are available in the pavilion but no lockers.

Registration

Registration will be available from Sunday morning at 07:00hrs. BTF members will need to show their valid BTF licence or pay the £5 non-member levy. Race numbers will be allocated to you at registration.

Race start

The race is a single mass start at 09:00hrs.

Run 1 ~5km

The run is an out-and-back course. It is a mass start looping around the running track before heading out of the grounds. Please take care on the two underpasses and follow all marshals' instructions. There will be a lead cyclist.

Bike ~ 20km

The bike course is an anti-clockwise route; it is signposted and marshals will be on some junctions. Please proceed with extreme caution at junctions and remember that the marshals are not there to check that 'all is clear' for you - this is your responsibility. Please take care through the villages of Edge Hill and Wroxton as these are small villages and carriageways can be narrow. Also take care when returning to the school and approaching the dismount line.

Be aware of all others on the road, including other competitors and general road users. Follow the Highway Code at all times.

Run 2 ~3km

This is similar to the first run; a little shorter and this time finishing with a loop of the running track.



Transition

The transition will open from 07:30hrs please observe the marshals' instructions, before entry to transition. Please have ready for inspection your **Race Number**, **Helmet with number sticker** and **Bike with number sticker**. Rack your bike in free slot, being aware of other competitors around you. Please remove your bike ASAP after you have completed your race. You will need to show your race number and bike number before you will be allowed to remove your bike.

Referee

This race will be overseen by a BTF Level 3 Senior referee....so behave yourselves☺

Rules

This race is being conducted under the rules of the BTF, for your reference this includes, No Drafting, No Cycling in Transition, Helmet protocols before touching and racking your bike, and obeying the laws of the road.

Drafting

This is a fast course and is strictly a **no drafting** race, anybody observed drafting will receive a 2min penalty and risk subsequent disqualification. You will also jeopardise the future running of this event. It is only with a strict understanding that there will be no drafting that permissions have been given for the race. **Be aware of all others on the road, including other competitors and general road users. Follow the Highway Code at all times.**

Helmet

No helmet – No race; It's as simple as that!

Marshalls

All our marshals have volunteered and given up their day to give you the opportunity to race so please be courteous and thank them at every opportunity.

Results

Results and splits will be available as soon as possible after the race and will be available online at www.neversecondsportevents.com later on during the day.

Start List

The start list is available on www.entrycentral.com

Risk Assessment

The event risk assessment will be available at Registration together with the event insurance certificate.

We wish all competitors a successful race and a great day