

## MTC Boundary Breeze Training Duathlons Winter 2011/12

### Participant information

Boundary Water Park, London Road, Allostock. (A50)

Directions: <http://www.man-tri-club.org.uk/Events/Club-Triathlon/directions.html>

**(Boundary Water Park NOT Allostock Village Hall)**

Location on map: <http://www.gmap-pedometer.com/?r=2483999>

**Duathlon 1: Sunday 12<sup>th</sup> February 2012**

**Duathlon 2: Sunday 11<sup>th</sup> March 2012**

**Duathlon 3: Sunday 1<sup>st</sup> April 2012**

### Subjects covered

- Aim of the session
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### **Aim of the session**

The aim of the training duathlon is to

- Train at intensities approaching race intensity
- Practice transitions
- Get body used to running off the bike

### **Car Parking (Suggested arrival time 09:00)**

Parking is available onsite. Please park on the field or on the area far left as you enter the site (past the garages & toilet block).

Please do not use the car park just as you enter the site. We need to keep this free for shop users and other visitors.

### **Registration (09:30 -10:00)**

Registration will be in a conservatory onsite. Please present your 2011 membership card and if bronze member 1x training voucher.

You will be issued with 2 numbers\*. Numbers must be displayed on the back for the cycle and front for the run. Number belts permitted. Please bring your own pins.

There will be a board with Numbers and start times.

There will also be a board with the course maps and relevant safety information.

Please familiarise yourself with these.

\*If we can only issue one number this should be worn only on the front if being pinned and front and back if using a number bolt

### **Duathlon Briefing (as close to 10:00 as the finish of registration allows).**

There will be a short briefing near the transition area to announce any last minute changes and go over the key safety points.

### **Transition area**

Transition will be open from 09:00-10:30. Only participants will be allowed into the transition area. This is a club training session. We have secured some scaffolding to make racking. However, there will not be numbered racking and there will be no bike numbers. Marshals are not responsible for the security of your bike whilst in transition. Place your shoes at the far end of transition keeping the area near the racking free to place bikes. Space will be limited please bring in only the things you are likely to need for the run leg. Everything else can be left in your car as these will only be a short distance away.

### **Getting to the start.**

Turn right out of Boundary Water Park (Direction Knutsford). The start is 0.31 miles away in a lay-by. The start itself will be adjacent to a white paint marking on the road 10m back from a post/drain cover.

Please allow enough time to get to the start. Do not warm up or perform U-turns near the start line. Goostrey Lane is the suggested warm up road.

Your start time is your own and can be found on the board at registration and on the forum before the event. If you miss your start time you might be able to go after all the other riders at the starting marshals discretion.

Arrive at the start in good time in case of discrepancies between your watch and the starters.

### **The Bike Leg**

The bike is a one 9.7 mile loop. The loop is fast and relatively flat with the odd undulation. It is very easy to navigate as apart from the left onto the Middlewich Road all the other Lefts occur at junctions.

<http://www.gmap-pedometer.com/?r=2483600>

Here is a simple description of the route

- Start in Lay-by on A50 0.31miles South of Boundary Water Park and continue on A50 for 4.17 miles
- Left onto Middlewich road B5081 (Caution, reduce speed tight turn and downhill. Take care not to cross white line in middle of the road.
- At 8 miles Turn left at junction onto Northwich Road B5082
- At 9.24 miles turn left at junction onto Knutsford road A50 (Caution reduced view, slightly reverse camber, slightly downhill )
- At 9.67 Miles turn left into Boundary Water Park and dismount at dismount line.

The surface is of varying quality. Please be vigilant for potholes and raised manhole covers.

**See risk assessment for more information regarding bike route.**

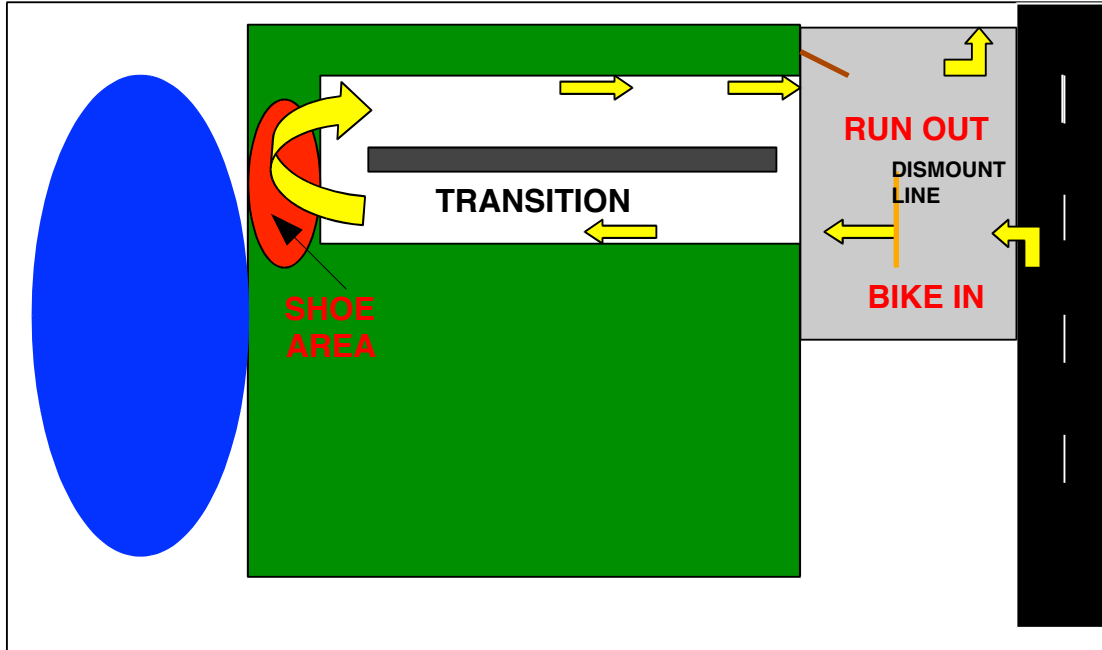
## Transition Flow

Bike in keep left.

As you bring your bike into transition keep left. You must go around the cone at the end of the transition area so that every participant covers the same distance.

Exit transition area, again staying left. Exit through the gate, run in front of the Boundary shop and turn left onto the A50 to start the run loop. Stay on the pavement.

Not to scale



## The Run Leg (5.4k)

<http://www.gmap-pedometer.com/?r=4167721>

- The run route is 3 loops of 1.79k (Slightly shorter last loop)
- After exiting transition keeping left and passing through gate. Run in front of the Boundary shop and turn left onto the A50.
- After 0.28k Turn Left onto Wash lane. Here there is no pavement but as only running 100m on a quiet road it is probably safer to stay left. Stay well left though as for this 100m traffic will be approaching from behind.
- At 0.38k Turn left onto Sandy Lane. This is an unmetalled road. If wet it will be muddy and be careful as the surface is not even in places. Keep right. Although v.quiet this is a road.
- At 1.06k take the acute left onto New Platt Lane
- At 1.45k turn left onto the Knutsford road (A50).
- At 1.79k you will cross the entrance to Boundary Water Park be careful of any other traffic and duathlon participants including those cycling.
- On your final lap the finish will be on the A50 shortly before Boundary Water Park denoted by one of the MTC flags.

### **After the event**

Snacks and cold and hot drinks are available from the Boundary Park shop (Tea / Coffee / Hot Chocolate).

Please support the Boundary Shop with your custom as their generosity in allowing us to use the site at a low cost means we don't have to pass any additional costs onto the membership

Please stay and cheer everyone in if you can. Also, have a chat to the marshals we might be going for a drink/a bite to eat somewhere after the events.

### **Results**

Results will be available on the MTC website shortly after the event.

### **Participant Conduct**

Participants are reminded that they share both the boundary park facilities and the highway with other people who may or may not be fully aware of the duathlon. We request that you treat both members of the public including other road users, marshals, other participants, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the duathlon and a ban from all future duathlons and may have membership ramifications. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

### **Rules Governing Riding on the Highway**

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

Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals if present are there to give direction only and not instruction. Participants are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt participants should stop!

### **Right of Way**

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.

### **Non Drafting**

The training duathlon is non-drafting.



I've not put in a huge section about drafting in this brief. If you are unsure of the rules around drafting or are uncertain what is meant by drafting visit the relevant section on the British Triathlon website or contact me prior to taking part.

### **Helmets**

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

### **Bikes**

It is the responsibility of all participants to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon.

Have a great training duathlon

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