



## **GoTri Blickling Duathlon**

(BTF Sanctioned)

Blickling Estate, Blickling Hall, Blickling, Aylsham NR11 6NF

**Sunday 20<sup>th</sup> January 2019**

TriHarman-Norfolk looks forward to welcoming you to our GoTri race, we hope you enjoy the brand new multisport venue. This like all GoTri events is intended as a gentle introduction into the world of multi-sport racing and an ideal preparation for taking part in larger triathlon and duathlon events.

The Run/Bike/Run race incorporates a 2.8km run, using one lap of the Park Run course through Blickling Park, on a mixture of sealed paths and tracks. This is followed by a 6.4km cycle ride on a scenic track around the park, finally a repeat of the 2.8km run to finish close to transition.

Please read the following notes carefully, to assist you on race day.

### **How to find us:**

The Blickling Estate is accessed from Blickling Road (old B1354, reclassified to C593), signposted off A140 Norwich/Cromer.

<https://www.nationaltrust.org.uk/blickling-estate#How%20to%20get%20here>

### **Parking**

Pay and Display parking is available, operated by National Trust. Their members get free parking. Toilets are available adjacent to the car park and cycle hire building.

## **Cycles**

Make sure your cycle is in a roadworthy condition, suitable for use on tracks and trails, we recommend a MTB or Cyclo Cross type of cycle.

## **Cycle Hire**

Suitable bikes are available at a nominal fee of £4 from Blickling Estates Bike Hub. Cycle details at <https://www.nationaltrust.org.uk/blickling-estate/features/on-your-bike>. Payment for cycle hire will be to Blickling Cycle Hire on the day, immediately prior to the race. The office is just off the car park, so if you are hiring, collect your cycle before coming to register.

**Registration:** Registration will take place near the transition area. The location of Registration is shown on the map below, there will be GoTri signs indicating the route from the car park. Registration will open at 8.00am, please ensure you are registered by 8.30am. This is to ensure you have time to prepare your equipment and complete any warm up prior to the start.

**There will be no entries on the day.**

**Cycle helmets** will be checked for condition and suitability (ANSI/BSI standard or similar) prior to your race. Please ensure it fits well. **No cycle helmet no race.**

At registration you will have a number applied. Please rack your bike in the transition area, keep your equipment in your racking space and do not interfere with any other competitors equipment. Only competitors and organizer/marshals will be allowed in the transition area.

## **Timing**

The race will be manually timed and we will endeavor to provide you with accurate split times along with your overall race time and position. Full results will be posted on the TriHarman and GoTri websites as soon as possible after the event.

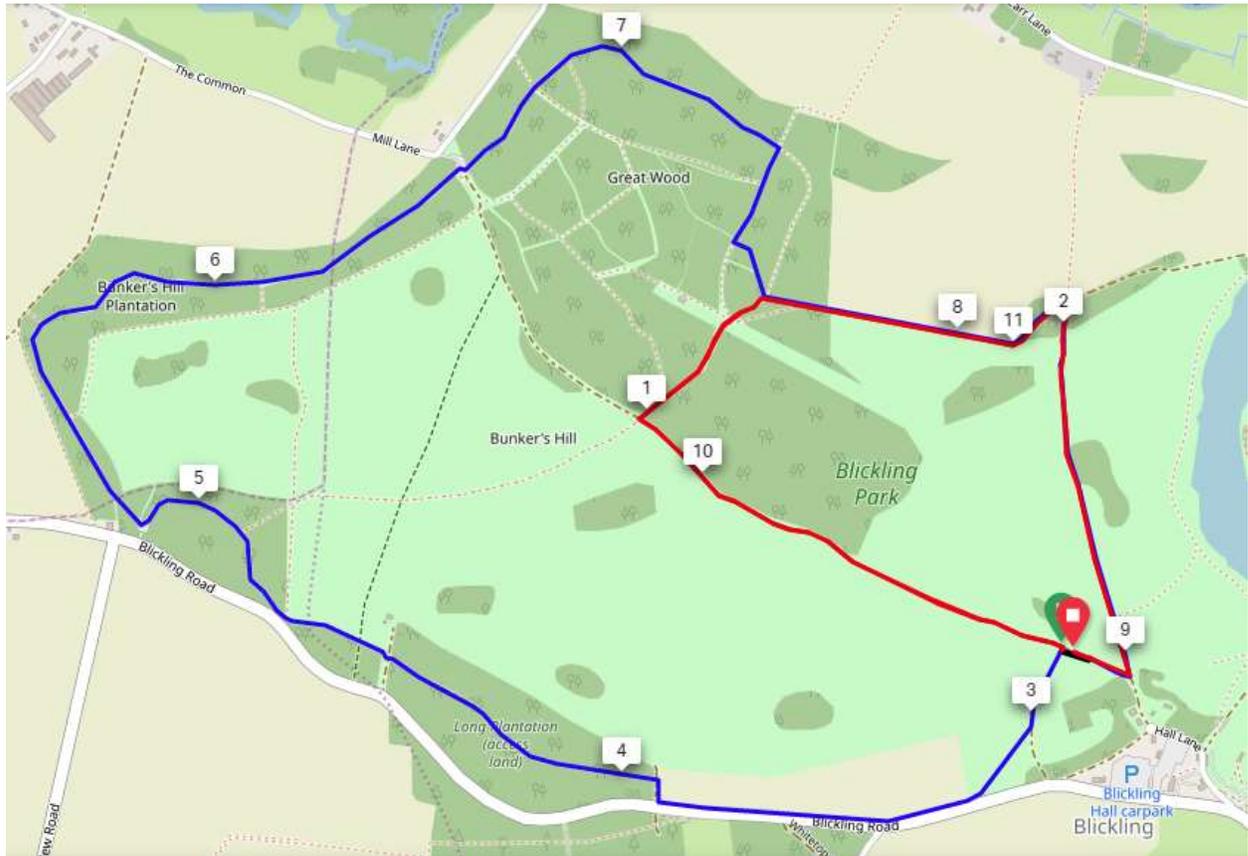
## **Race Briefing**

There will be a race briefing at 8.45am for all competitors. Please attend this race briefing for any last minute changes, as well as any questions will be answered there.

## **Race Start**

The race will start on the track adjacent to the transition area, it will be a mass start. Please ensure you report to the race start area in plenty of time.

## Race Route



The route can be seen on: <https://ridewithgps.com/routes/28955708>

**Red = Run route. Used twice. Once for run 1 and then again for run 2.**  
**Black = Transition, firstly from run 1 to bike and then from bike to run 2.**  
**Blue = Bike route. One single lap.**

**Total distance of approximately 12k comprising 2.8km run 1, 6.4km bike and 2.8km run 2.**

The course comprises a 2.8km run, a 6.4km bike and another 2.8km run. The run uses the same course as the weekly parkrun and the cycle route is on the parks multi use trail.

The **run course** surface is of a good quality, however if conditions are very cold and/or very wet it may be slippery in places.

The route will be clearly marked with large run direction arrows.

On completion of the first run you enter the transition area, make any clothing changes you require (it will feel colder on the bike than running), place your helmet securely on

your head, then push your cycle out of transition where you can begin your ride after the mount line.

The **cycle course** uses the parks multi use trail, a well made track around the grassland and woods through the park. There are some twists and turns, with a few sharp corners and could be slippery if it is very cold and/or very wet.

The route will be clearly marked with large cycle direction arrows.

Cycle to the dismount line, where you must get off your bike and enter the transition area on foot. Take care of any cars accessing or leaving the park area. Rack your bike before removing your cycle helmet.

Water will not be available on the courses, only at transition and finish. Ensure you carry a bottle if you feel you will need it on the course.

**Note** - for the last 1.8km of the cycle route you share the same course as the run route.

The **second run** will follow the same course as the first.  
There will be a water station at the start of this run and water available at the finish line.

### **Practice**

The park is open to the public and you can practice the routes in advance. Be aware in practice and on race day you will be sharing the park with others, walking, running, cycling, along with children, dogs, deer and horses.

### **Medical Advice**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc) please inform us prior to the race. Whether you have a medical condition or not, if you feel unwell on race day – don't race.

### **Competitor Conduct**

Competitors are reminded that they share both the park facilities and the tracks/trails with other citizens and animals who may or may not be aware of the event. We request that you treat members of the public, marshals, other competitors, 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 event and a ban from all future events hosted by TriHarman-Norfolk. Please try to remain courteous even if some other park users do not offer you the same respect.

**The use of personal stereo type equipment is prohibited.**

### **Notes for the first time racer:**

A duathlon event consists of a run cycle and run, each undertaken immediately one after the other. The race time is measured from the start of the first run, through the bike section and to the end of the second run.

The transition area is where you will change from one discipline to the next. You will have space to rack your bike and lay out the kit you need. You will be hot and breathless when you reach transition after your first run, so before you start, make a note of where the entrances and exits are, also where your bike is within the transition. There will be marshals to help you. Wear more clothing if the weather is really cold. If it is cold don't be afraid to wear more clothes, what is bearable on the run will be very cold on the bike.

You must not touch your cycle until your cycle helmet is properly fastened on your head. If you are not wearing a suitable cycle helmet you will not be allowed to complete the cycle section of the race. For safety of other competitors, you may not cycle in the transition area. There is a line at the bike exit and entrance where you will mount and dismount your bike.

On returning to the transition, rack your bike before you remove your helmet.

The run course is traffic free and not too taxing, but the second run after a hard cycle your legs will feel very different to when you last ran the course. Just run as smoothly as you can, the stiffness will leave your legs as the run progresses.

Remember, the aim of your race is to finish the course and enjoy the experience. Everyone there remembers how they felt on their first race.

Have a safe and enjoyable morning