



# Race Guide – Formula 5 Duathlon 2021

Big Cow's aim is to secure the safety of all athletes who are competing in our events.

With this in mind we provide a team of well-trained, experienced stewards and crew, to aid your race, maintain the rules, but also make the experience an enjoyable one.

This exciting new format brings new challenges whether you're an experienced multisport athlete or complete novice.

The Formula 5 Duathlon takes its name from the number of legs in the race ... 5! This will see you run, bike, run, bike and then run again over short distances to keep the pace and heart rate high!

To familiarise yourself with the BTF rules for this event, please follow this link:  
<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2020.pdf>



## Venue

The Formula 5 Duathlon will take place in the picturesque venue of **Emberton Country Park, Olney Road, Emberton, MK46 5FJ.**





## COVID19 Measures

COVID-19 measures for the Formula 5 include (but are not limited to):

- Staggered starts.

Due to COVID-19 we will be starting athletes one at a time. Each discipline will be in a time-trial format. When you register you will have the option of choosing a start wave.

- Face coverings for staff and athletes when collecting race packs.

We ask that athletes wear the appropriate face coverings when collecting their race packs from registration and respect social distance guidelines when around the venue.

- Sanitising stations located around the venue.
- Spectators not allowed to attend.
- Marshalled re-fill water points.
- Marshalled finish line (for collecting your T-shirts and Medals)

If you begin to feel unwell leading up to the event or have any symptoms of COVID-19 we ask that you forfeit your place and do not attend. If the place you live in is put into tight restrictions inclusive of travel restrictions, we ask that you abide by government guidelines and do not attend the event.

A more detailed description of COVID-19 measures can be found [HERE](#).





## Event Format and Distances

There is only 1 distance for this event. It is called the Stampede.

Run1	Bike1	Run2	Bike2	Run3
5 km	20 km	5 km	20 km	5 km

This event is just like any other duathlon, just that little bit harder.

Due to Covid-19 we will be starting athletes one at a time within each start wave. All legs in the duathlon will be a time trial format, so it doesn't matter which wave you run in.

### Transition

Transition will be timed as normal, however, the walk to the Cycle Start and from the Cycle Finish to transition will not be timed.

Run 1 – Timed as normal

T1 – Timed as normal

T1 exit → Bike Start – (Not timed)

Bike 1 – Timed as normal

Bike Finish → T2 - (Not timed)

T2 – Timed as normal

Run2 – Timed as normal

T3 – Timed as normal

T3 exit → Bike Start – (Not timed)

Bike 2 – Timed as normal

Bike Finish → T4 - (Not timed)

T4 – Timed as normal

Run 3 → Finish – Timed as normal





## Transition Rules

- All our races are non-drafting events (time penalties apply).
- Officials and competitors are only allowed in transition.
- Bike labels/numbers must be on bikes and helmets before entering transition.
- Race numbers must be on front or with use of a number belt, back on the bike, and front for the run.
- No marking position in transition, all places are number marked according to your race number.
- You must rack your bike in its numbered allotted space.
- Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two-way radios, in any distracting manner during the race.
- No bikes will be allowed out of transition until notified by the race director.
- No nudity in transition.
- Glass containers must not be used at any time.
- Please show your race number to gain access. Your race number and your bike number must be the SAME for your bike removal.





## Run

The run will be in and around Emberton Country Park and can be viewed here: <https://ridewithgps.com/routes/29587514>



The run is mostly on tarmac paths although there are a few sections of grassy terrain (which can become muddy after heavy rain). We recommend normal running shoes, but just not your best ones.

For every leg of your run, you will only run 1 lap (5 km). Once you get to the end of the race, you will have run 15 km.



## Bike

The bike route is on open roads and sees you leave Emberton and head through Olney, Western Underwood and Gayhurst before looping back towards Emberton.

Each lap is 20 km. You will do 1 lap per leg of your race.

Once you have finished, you will have cycled 40 km.

You can view the bike route here: <https://ridewithgps.com/routes/29581754>







## Racing information

### Race Briefing

The race briefing will be sent to you electronically prior to the event. Any last-minute changes will be communicated to you on the day.

### Bag Drop

There will be no bag drop for this event. You will be allowed to store your belongings with your bike in transition. Please make your bags as small as you can manage.

### Water Stations

There will be no water stations available at the event. This includes the on-course cycle water station. Water, bottles, gels, and sweets must be provided by yourself and must be taken with you when you have finished with them. Failure to do so will result in a penalty or even disqualification.

Refill stations will be available at the event venue if you would like to fill up your water bottles/containers. Remember you will have time during the non-timed sections.

### For all events

- Competitors are ultimately responsible for their own safety and for the safety of others.
- Competitors must take responsibility for knowing the technical and competition rules and for abiding by them.
- It is the competitor's responsibility to be properly prepared for an event and to ensure his or her equipment is suitable and fit for its intended purpose, including his or her bike, which must be roadworthy.
- If your race contains laps it will be your responsibility to count these.
- Timing chip must be worn on your left ankle.
- No chip, no time!

FAILURE TO COMPLY WITH THESE RULES OR DISREGARDING STEWARD'S REQUESTS MAY LEAD TO DISQUALIFICATION.





## General Information

### Race Information

We do not send race packs in the post. You will need to collect your race pack from the registration tent at the event venue.

Items that will be in your race pack include:

- Timing chip (place onto **LEFT** ankle)
- Ankle strap (which you can keep)
- Race bib
- Safety pins
- Bike/Helmet sticker

If you sign up with a BTF license, you will pay a discounted entry fee. If you do not present your BTF license at the registration tent, you will need to purchase a new one at the cost of £6.

If you sign up without a BTF license, we will email you your day license prior to the event. The day license is inclusive of the price of this event. Either have the license printed out or keep it handy on your phone.

### Key timings for the day

08:00	Registration Opens
	Transition opens
09:00	First Wave
09:40	Last Wave (Waves every 4 minutes)

### Referee for the day

Paul Hester



## Health and Safety

### Risk Assessment

A copy is held at registration for your viewing. These assessments are carried out every year and checked before each race for your safety and comfort.

### First aid and emergencies

For all issues with athletes or spectators, whether it is an emergency or not please contact Sasha through one of the stewards or crew members.

### Personal medical details

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions. Please fill this in with any pre-existing medical conditions, or if there are none then just write N/A.

This allows our medical team to provide you with the correct treatment as quickly as possible.

### Medical cover by:

Acute Ambulance Medical Services (AAMS)

### Lost or found children

All stewards and crew members are fully briefed on how to deal with these situations. If you, as a member of the public, get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest member of the Big Cow team who will assist you with your needs.

The Big Cow team can be recognised by their yellow high visibility vest or orange t-shirts with the word 'crew' on it.

### Spectators

Due to covid-19 and wanting to limit the number of people within the venue, we are discouraging spectators from attending this year.



## Helpful Information

### Catering

There will be a catering van available with a selection of hot food and drinks. Pop along and see Mike from Awesome Coffee for a bite to eat and one heck of a coffee.

### Waste and Litter Management

We will provide black refuse sacks at the race venue, please use these to place all litter in. If you use energy bars or gels, please take these to the end with you, or drop them in the designated litter zone by transition.

Littering on-course is a violation of the rules and can result in a penalty.

### Toilet Facilities

We will be providing portaloos at the race venue which will be located opposite transition.

### Timing and Results

Your results will be streamed live online and will be available from our timing partner Results Base at:

[www.resultsbase.net](http://www.resultsbase.net)

For any timing enquiries please contact them directly, using the email [timingcrew@resultsbase.net](mailto:timingcrew@resultsbase.net)

### Prizes

Prizes will be awarded to Top 3 Male and Female and 1<sup>st</sup> In age groups Male and Female (Vet40/Vet50/Vet60).

### Rewards

All finishers will receive a bespoke eco-friendly wooden medal and a technical t-shirt.