



WHEAL JANE HARD ROCK DUATHLON 2018 RACE INFORMATION

VENUE

Wheal Jane Earth Science Park, Baldhu, Nr Chacewater, Truro, Cornwall TR3 6EH.

ENTRIES

Entries limited to 100 places. Entries online by 30 September only. STRICTLY NO ENTRIES ON THE DAY. Please enter online at www.tri-logiccornwall.co.uk.

Fees: British Triathlon member - £22 Non-member - £25 (includes £3 day membership)

PLEASE NOTE: If you enter as a BT member, you will be asked for your membership card at registration. If you cannot present it, you will have to pay the day membership fee of £3 before you are able to race.

PARKING

Free off-road parking is available at the Wheal Jane site. Please follow car park attendant instructions and do not park on the grass.

FACILITIES

There are male and female toilets on-site. Drinks and snacks will be available to purchase throughout the event.

EVENT

Run 1: 4 miles, multi-terrain

Cycle: 12 miles, comprising of 15 laps of the Wheal Jane circuit (the hard surface favours road bikes but any type of bike can be used). Chip timing will provide electronic lap-counting and you will be notified when on your last lap. However, you are responsible for ensuring you have completed the requisite number of laps.

Run 2: 1.5 miles, multi-terrain

TRANSITION & RACE RULES

Please be considerate to other participants when setting up your transition area. Rack your bike as directed by marshals. Place your running gear directly beneath or slightly to one side of your bike.

PLEASE NOTE: During Transition 1 your helmet must be on your head and fastened before you touch your bike. During Transition 2 you must rack your bike before unfastening and removing your helmet. These rules are for your safety; please follow them or you may be disqualified.

REGISTRATION, PRE-RACE SAFETY BRIEFING & START

On arrival, please register between 08:00 TO 09:30. You will be given three race numbers: one to attach to the front of your bike with provided cable ties and one each for the front and back of your body (which can be attached to a race belt or by safety pins to your clothing). You will also be given a chip timing strap which you need to fix on before you start racing. If you fail to wear your timing chip, you will not be given a race time.

The pre-race safety briefing will take place outside registration at 09:45. The race will start at 10:00.

N.B. Please ensure you register in plenty of time and attend the pre-race safety briefing, otherwise you will not be allowed to take part in the race.

FINISHERS' MEMENTOS

All participants who complete the event will receive a race memento at the finish.

TROPHIES & SPOT PRIZES

Prizes will be awarded to the first three male and female finishers, plus the male and female winners of each age category (18-39, 40-44, 45-49, 50-54, 55-60 and Over 60).