



**COWMAN, LONGHORN, CALFMAN & STAMPEDE
DUATHLON**

RACE GUIDE

RACE GUIDE

COWMAN, LONGHORN, CALFMAN & STAMPEDE

Big Cow Sports was started in 2003 to host multisport events in the Milton Keynes area. Over the years we have hosted a huge range of events including National Championships and our classic Cowman triathlon.

Since 2017 we have been partnered with Results Base Ltd to bring even more events to you and expand our portfolio of high quality events.

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.

THE COWMAN DUATHLON

The Cowman Duathlon returns this October and will offer four different distances: The Cowman, Longhorn, Calfman and Stampede. For those who have completed the Cowman Triathlon, the run and the bike sections are the same...but as ALL of us duathletes will know, run, bike, run is way more of a challenge.



www.big-cow.com
info@big-cow.com



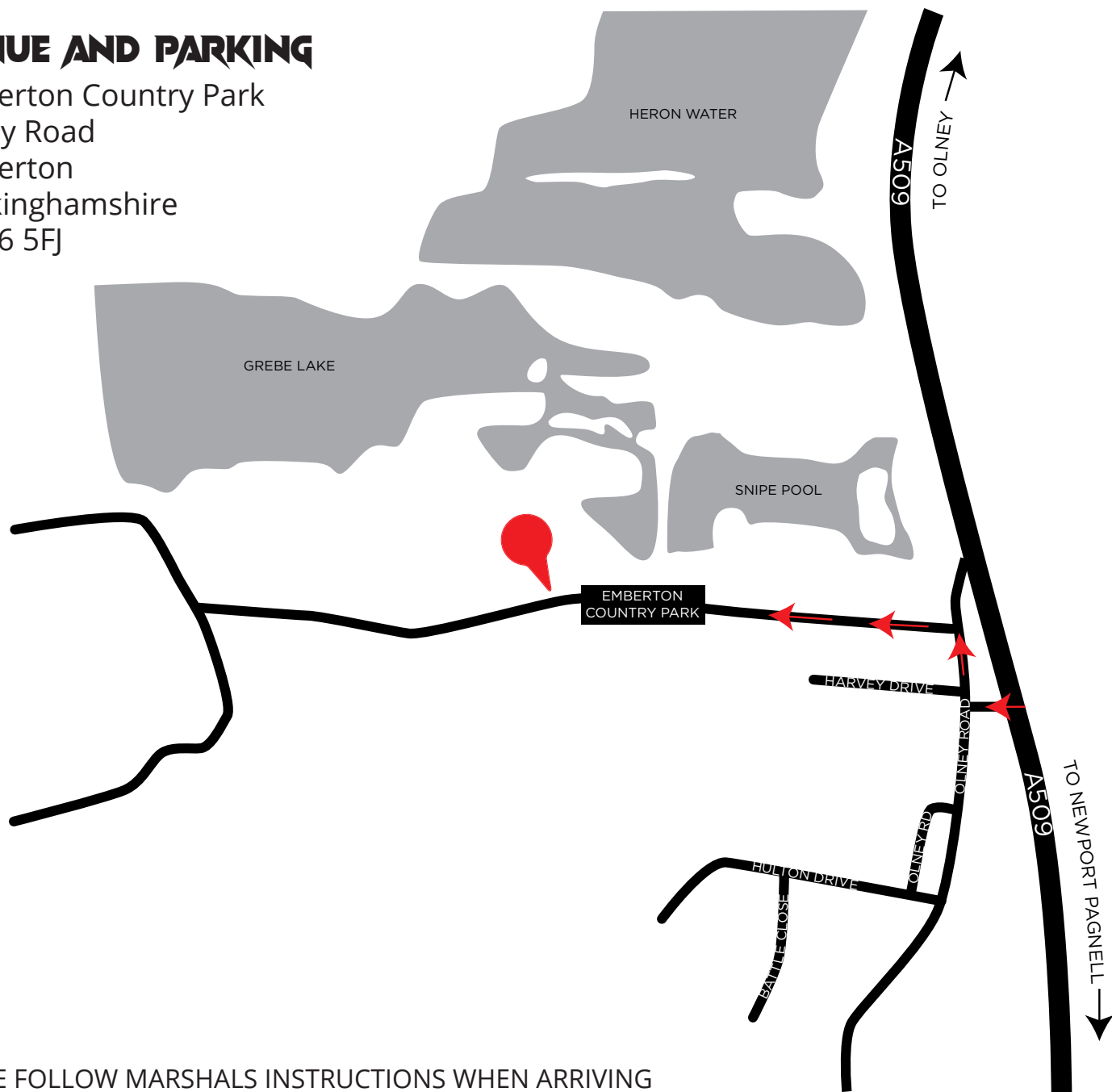
RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

VENUE AND PARKING

Emberton Country Park
Olney Road
Emberton
Buckinghamshire
MK46 5FJ



PLEASE FOLLOW MARSHALS INSTRUCTIONS WHEN ARRIVING
WE HAVE ENOUGH FREE PARKING INSIDE THE VENUE FOR ALL CARS.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

EVENT FORMAT

The event will run as a time-trial event.

LEG 1 - RUN

All participants will be issued with a wave time. You will be called to the start line 5 minutes before your wave and be set off in intervals.

TRANSITION 1

T1 will act as a deadzone. There will be no transition time for T1. This means you can take your time getting your bike ready for the start of the cycle.

LEG 2 - CYCLE

Once you have completed Run 1 you will collect your bike and make your way to the start of the cycle. You will be set off in intervals and a Bike Marshal will tell you when to begin. This is when your cycle time will start.

TRANSITION 2

Your cycle time will stop at the entrance to Emberton Park. There will be a deadzone between the park entrance and the entrance to transition. Once you enter transition, there will no longer be a deadzone - T2 will NOT be a deadzone. This transition time will be added to your overall time. Once your bike has been racked head out for the last leg of the run.

LEG 3 - RUN

There will be no marshal to tell you when to start, you can start straight away. Last run before the finish! Once you have finished the event please leave the finish funnel, removing your timing chip and placing it into the bucket by the exit.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

REGISTRATION

We do not send race packs in the post. Registration will be held in the marquee marked registration at the event venue. The times you are able to collect your pack are:

SATURDAY: 12:00-15:00

SUNDAY: from 06:30

Inside your race pack you will find:

- Race number x 2
- Bike Sticker set
- Ankle strap with chip attached (place on LEFT ankle)
- 4 pins

Any unaffiliated participants would have already pre-purchased an 'On the Day' BTF license when they entered. An electronic copy will be sent out to all participants unaffiliated which they will need to download prior to the day of the event. Failure to race without one could result in disqualification.

TIMINGS FOR THE DAY

06:30	Registration/Transition Opens
07:30	Cowman Waves Start
08:10	Longhorn and Calfman Race Briefing
08:15	Longhorn and Calfman Waves Start
08:45	Registration/Transition Closes
	Stampede Waves Start



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

RACE INFORMATION **ALL DISCIPLINES**

- Competitors are 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.
- Competitors must ensure they are properly prepared for the event and ensure their equipment is suitable and fit for its intended purpose.
- 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.
- Upon entering you are indicating that you do not have COVID-19 and are fit and healthy to attend the event.

IMPORTANT: The event will be completed as a 'time trial' event.

WATER STATIONS

There will be no water stations available at the event. Athletes will need to show that they have sufficient hydration for the duration of the bike and run course chosen:

- Cowman: 2 litres +
- Longhorn: Between 1-2 litres.
- Calfman: Between 500ml – 1litre.
- Stampede: 500ml or more.

Refill stations will be available at the event venue.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

TRANSITION RULES

- All our races are non-drafting events (time penalties apply)
- Officials and competitors are the only people allowed in transition
- Bike labels/numbers must be on bikes and helmets before entering transition
- Race numbers must be on the front for the run and on the back for the bike
- No marking positions in transition
- You must rack your bike in the allotted space
- iPods, MP3 players, other music players or mobile phones are prohibited during the race
- No bikes will be allowed out of transition until all the competitors have completed the bike section of the race. An announcement when bikes are available will be made from the race director.
- No nudity in transition
- Glass containers must not be used in transition
- Your race number and your bike number must be the SAME in order to remove your bike
- The size of transition will be increased to enable social distancing. There will be no bag drop at the event and so sufficient space will be available in transition for bag storage.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

BIKE HELMET

A correctly fitting cycle helmet is compulsory and must be worn for the cycle section. Approved cycling safety helmets of ANSIZ90.4, SNELLB90, EN1078 or an equivalent national standard must be worn by competitors. NB: A CE mark is NOT an approval mark.

BIKE PASSING CONDUCT

- It is the overtaking cyclist's responsibility to make the pass safely.
- There will be set intervals between each cyclist in the second leg of the event. The start line for the Bike has moved to the entrance of Emberton Country Park and is signed and marshalled within the venue.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

BIKE DRAFTING

DIAGRAM 1: Distance of drafting zone for ALL competitors



DIAGRAM 2: Drafting

A has overtaken B and B is now drafting the lead cyclist A.
B must drop out of A's draft zone before attempting to repass A.
A must move to the left hand side of the road when safe.
B can only overtake A on A's right hand side.

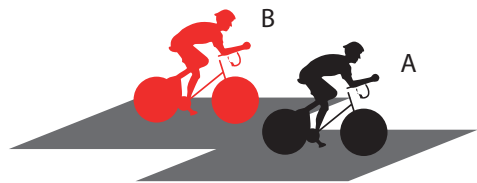


DIAGRAM 3: Drafting and not drafting

A and B are maintaining adequate separation. C is not attempting to pass B, C is drafting B. A and B are not drafting.



REFEREE FOR THE DAY:
PAUL HESTER



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

COVID-19 MEASURES

COVID Measures will be implemented throughout the entire event to keep contact to an absolute minimum.

- Sanitisation zones will be available at each touch point (eg. Registration and Catering)
- Stakes and tape will ensure you can keep to social distancing guidelines.
- Staff and spectators are encouraged to wear masks and gloves at all times and regularly sanitise.
- Plastic sheets will be put up in the registration tent separating you from crew and keeping contact to a minimum
- Any athletes, spectators or crew who have displayed symptoms of COVID-19 or who do not feel well, will be asked not to come to the event.
- There will be no changing tents available at the venue. We ask that you change in your cars.

SPECTATORS

Spectators are discouraged from attending.

RACE BRIEFING

A video race briefing will be emailed to all competitors prior to the event. Any changes will be communicated live at the event by the start manager.

PRIZES

Prizes will be sent out after the event has taken place. They will be awarded to the 1st male and female in each event and 1st Vet in these categories: Vet40, Vet50 and Vet60 (Male and Female) (Please note: you cannot win more than one trophy).



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

HEALTH AND SAFETY

RISK ASSESSMENT

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

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 BIG COW t-shirts and a high visibility vest or yellow lanyard with the wording 'MARSHAL' on it.

FIRST AID AND EMERGENCIES

For all issues with athletes or spectators, whether it is an emergency or not please contact Race HQ through one of the stewards or crew members. Our Event director will take care of contacting relatives and paperwork regarding the incident.

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 Service (AAMS)



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

HELPFUL INFORMATION

CATERING

There will be a catering van available with a selection of food and drinks.

WASTE AND LITTER MANAGEMENT

We will provide black refuse sacks and recycling bags 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 zones. Littering on-course is a violation of the rules and can result in a penalty.

TOILET FACILITIES

Portaloos will be located at the race venue 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. For any timing enquiries please contact them directly. There will be no ticket printer at the event this year.

LOST PROPERTY

All lost property found must be handed in to registration. The team will place it into a box. If we haven't had it handed in by the time you go home, please contact our event team on the email address below. Anything returned by post will be at the charge of postage only and receipt on being sent.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

RUN ROUTE

CLOCKWISE DIRECTION

COWMAN

RUN 1: 4 LAPS

RUN 2: 2 LAPS

LONGHORN

RUN 1: 2 LAPS

RUN 2: 2 LAPS

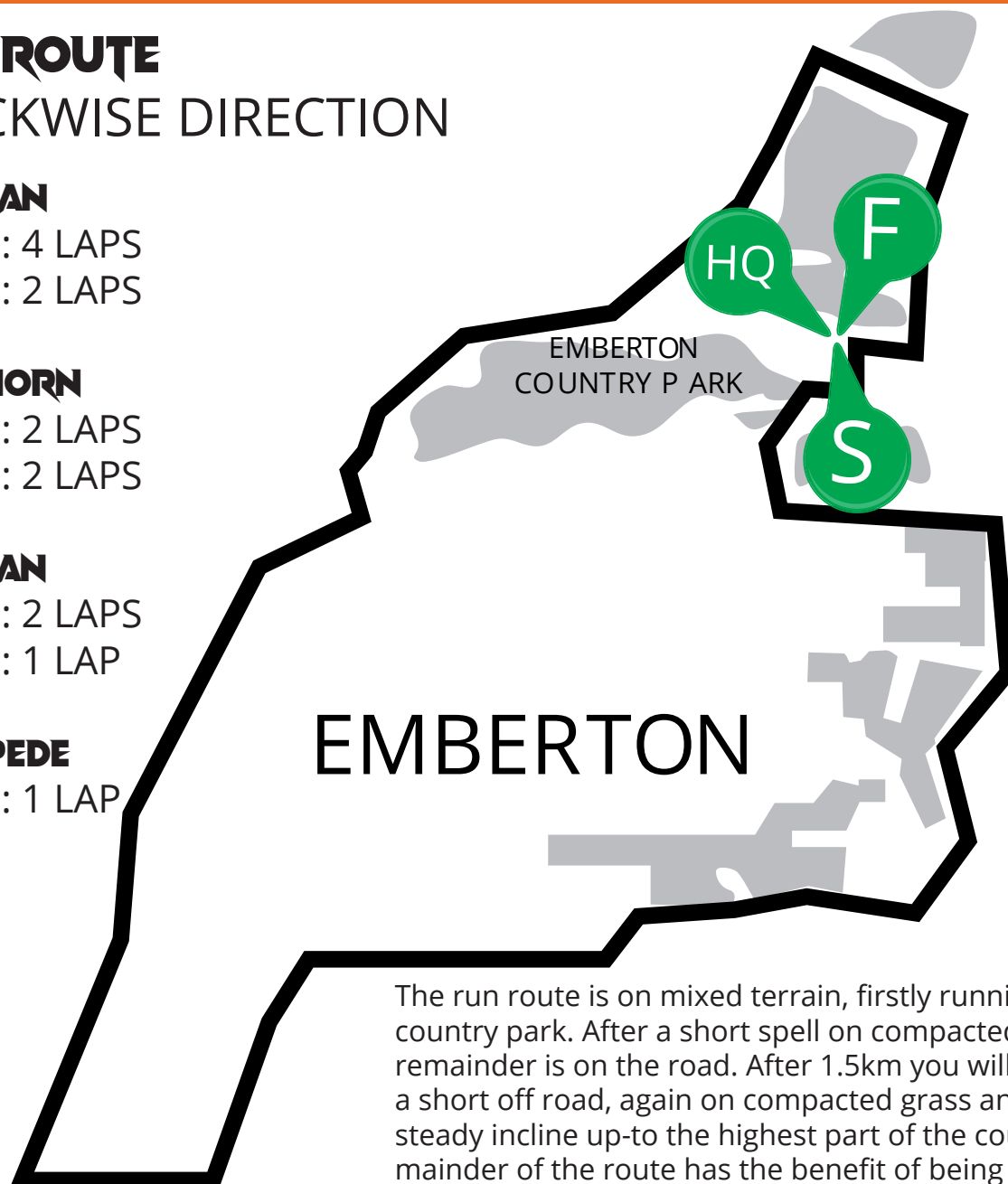
CALFMAN

RUN 1: 2 LAPS

RUN 2: 1 LAP

STAMPEDE

RUN 1: 1 LAP



The run route is on mixed terrain, firstly running around the country park. After a short spell on compacted grass, the remainder is on the road. After 1.5km you will be faced with a short off road, again on compacted grass and including a steady incline up-to the highest part of the course; the remainder of the route has the benefit of being downhill, fast and on tracks and roads. A tip for this course is to take the first run within yourself, still hurting, but not quite flat out.



www.big-cow.com
info@big-cow.com



RACE GUIDE



COWMAN, LONGHORN, CALFMAN & STAMPEDE

CYCLE ROUTE COWMAN AND CALFMAN ONLY

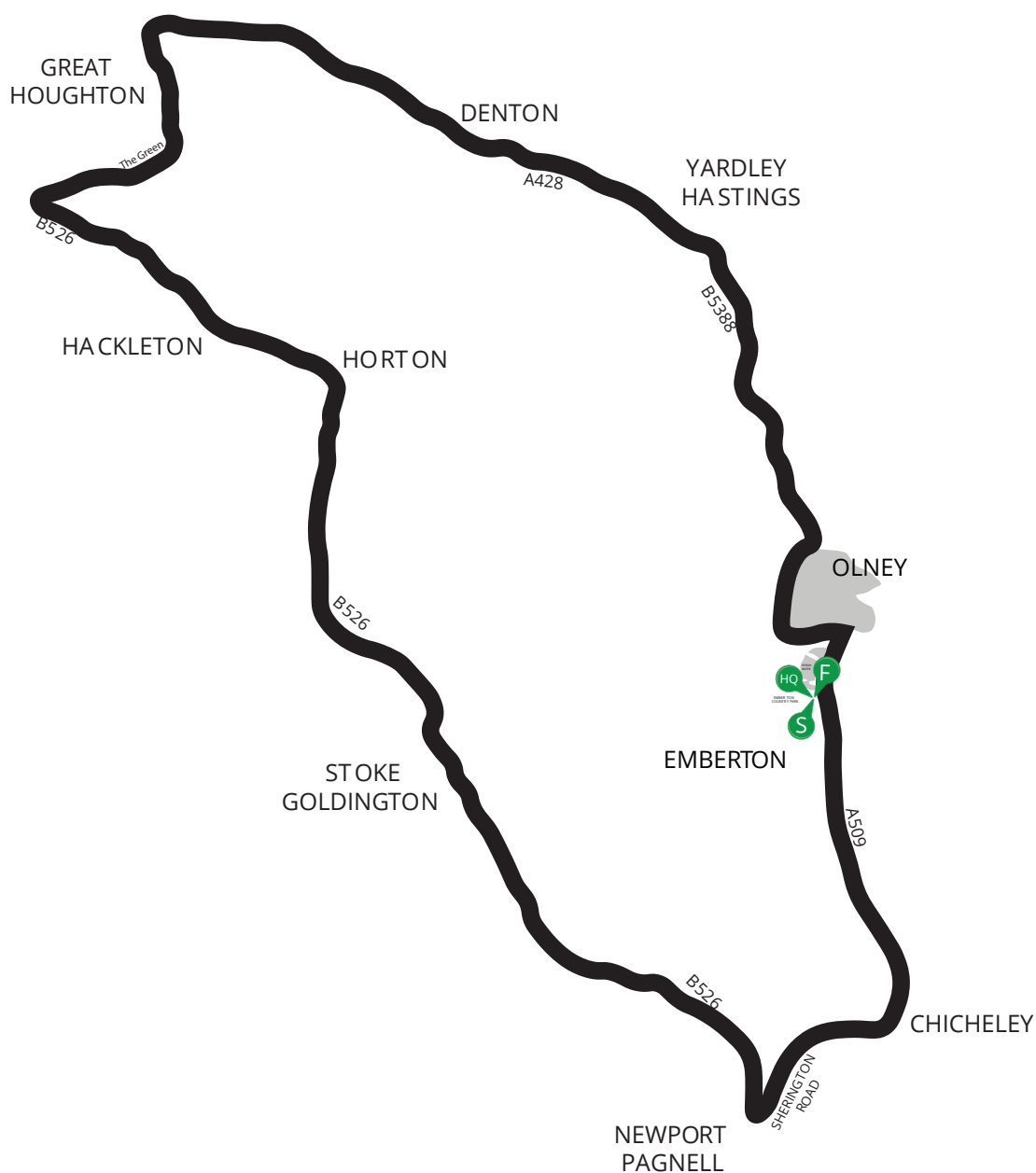
ANTI-CLOCKWISE DIRECTION

COWMAN

2 LAPS

CALFMAN

1 LAP



www.big-cow.com
info@big-cow.com



RACE GUIDE

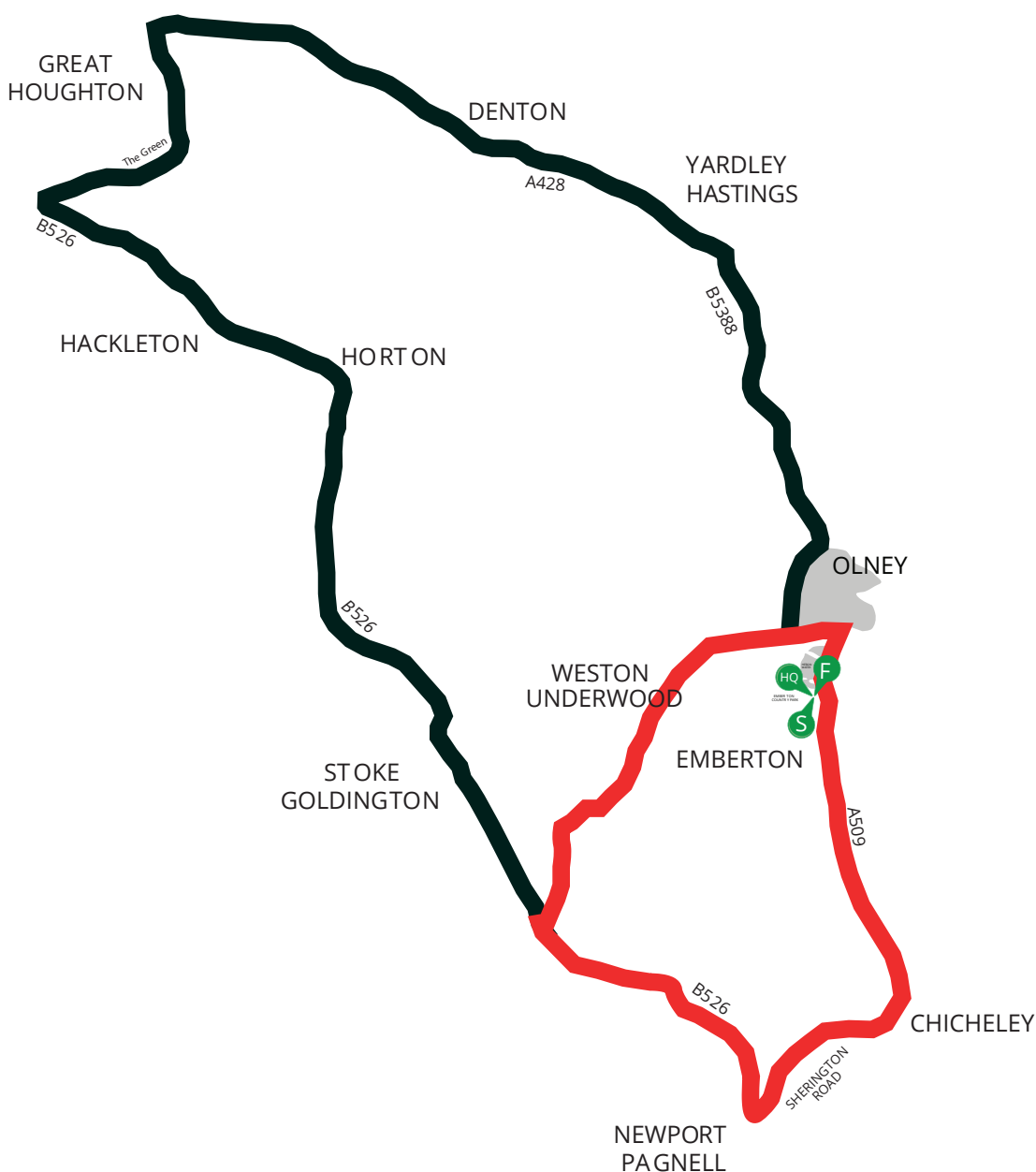


COWMAN, LONGHORN, CALFMAN & STAMPEDE

CYCLE ROUTE LONGHORN ONLY

ANTI-CLOCKWISE DIRECTION

1 COWMAN
LAP (BLACK)
FOLLOWED BY
1 STAMPEDE
LAP (RED)



www.big-cow.com
info@big-cow.com



RACE GUIDE

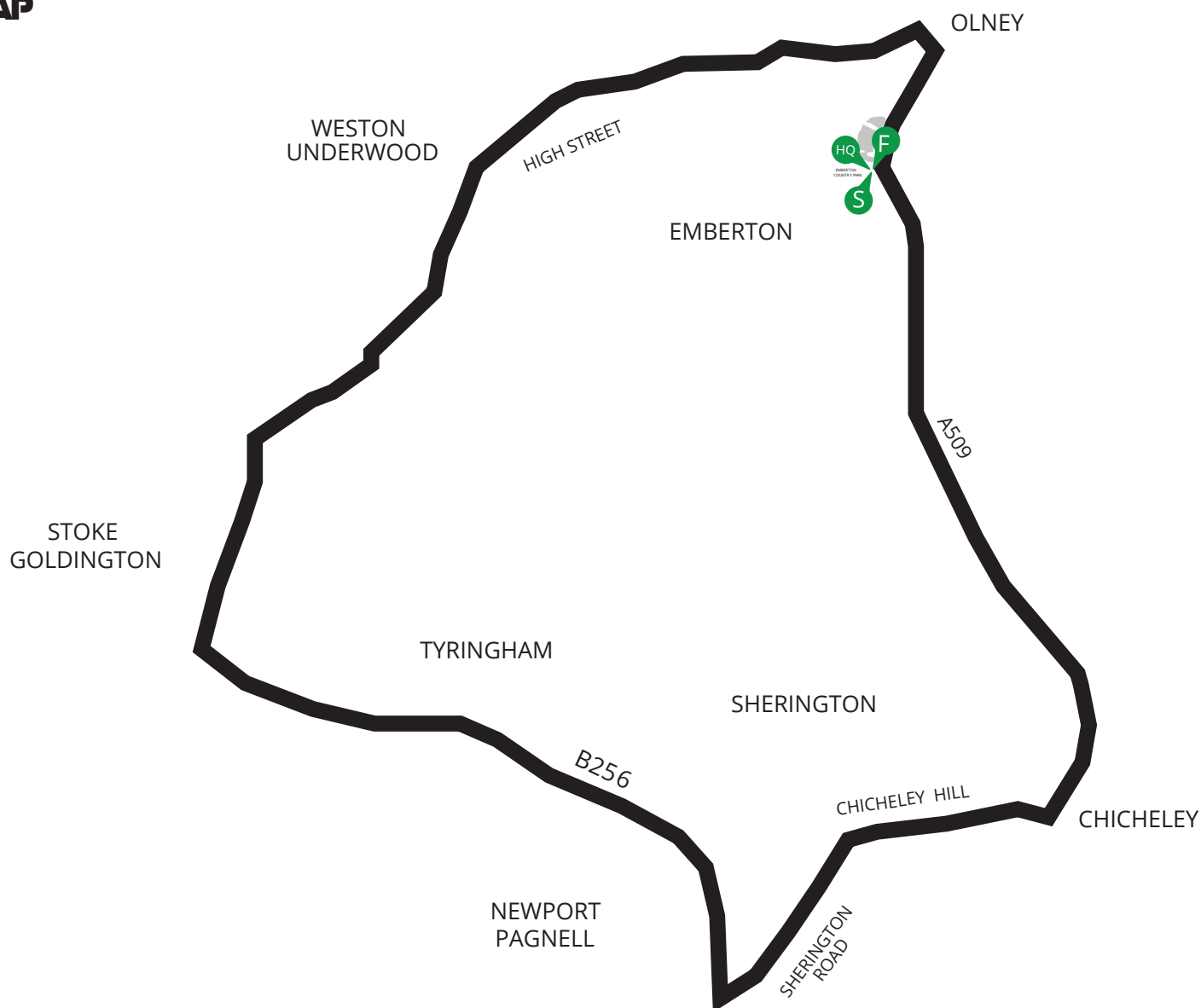


COWMAN, LONGHORN, CALFMAN & STAMPEDE

CYCLE ROUTE STAMPEDE

ANTI-CLOCKWISE DIRECTION

1 LAP



www.big-cow.com
info@big-cow.com

