



COWMAN DUATHLON 2021

The Cowman Duathlon 2021 has been announced as an Age Group Major Events Qualifier.

Big Cow Sports are delighted to announce that British Triathlon has appointed their event as a Qualifier for the Great Britain Age-Group Team for the 2022 World/European Championships.

Each year, British Triathlon select events from around the country to host qualifiers where the top age group athletes from around the country try to qualify to represent the Great Britain national team.

These events represent the highest level of multisport activity for age group athletes internationally/in Europe, and the Cowman Duathlon will welcome athletes from across Britain to Emberton Country Park on 10th October as they seek to qualify for the World Triathlon/Europe Triathlon Championship.

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

Following the cancellation of qualifier events in 2020 due to Covid-19, this year sees a full calendar of age group major events scheduled to take place. The full calendar can be found here <https://www.britishtriathlon.org/events/championships-and-qualifiers>

The Cowman Duathlon is open for all participants to enter, however only British Triathlon Core and Ultimate members will be eligible to qualify for the Great Britain Age-Group Team. For more information about membership and to join, visit the British Triathlon website [<https://www.britishtriathlon.org/join>].

Andy Salmon, Chief Executive of British Triathlon, said: "We're really excited to announce the calendar of qualifiers in 2021. They offer our members the chance to qualify to represent Great Britain and I want to thank the event organisers for hosting them.

"Since the suspension on activity was lifted in July, we've supported event organisers and participants to ensure great experiences can be delivered in a Covid-19 Secure manner.



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"We're all looking forward to these competitive opportunities being delivered safely in 2021 and, whilst they may still look slightly different, giving our members the chance to achieve their swim, bike, run goals."

We will be following triathlon rules of the British Triathlon Federation (BTF), including revisions made since COVID-19. This will include wave starts for all athletes in their distances.

Other Covid-19 measures we are also implementing are:

- Increased transition size
- Sanitisation zones available around the venue

To familiarise yourself with the BTF rules, please follow this link:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2020.pdf>

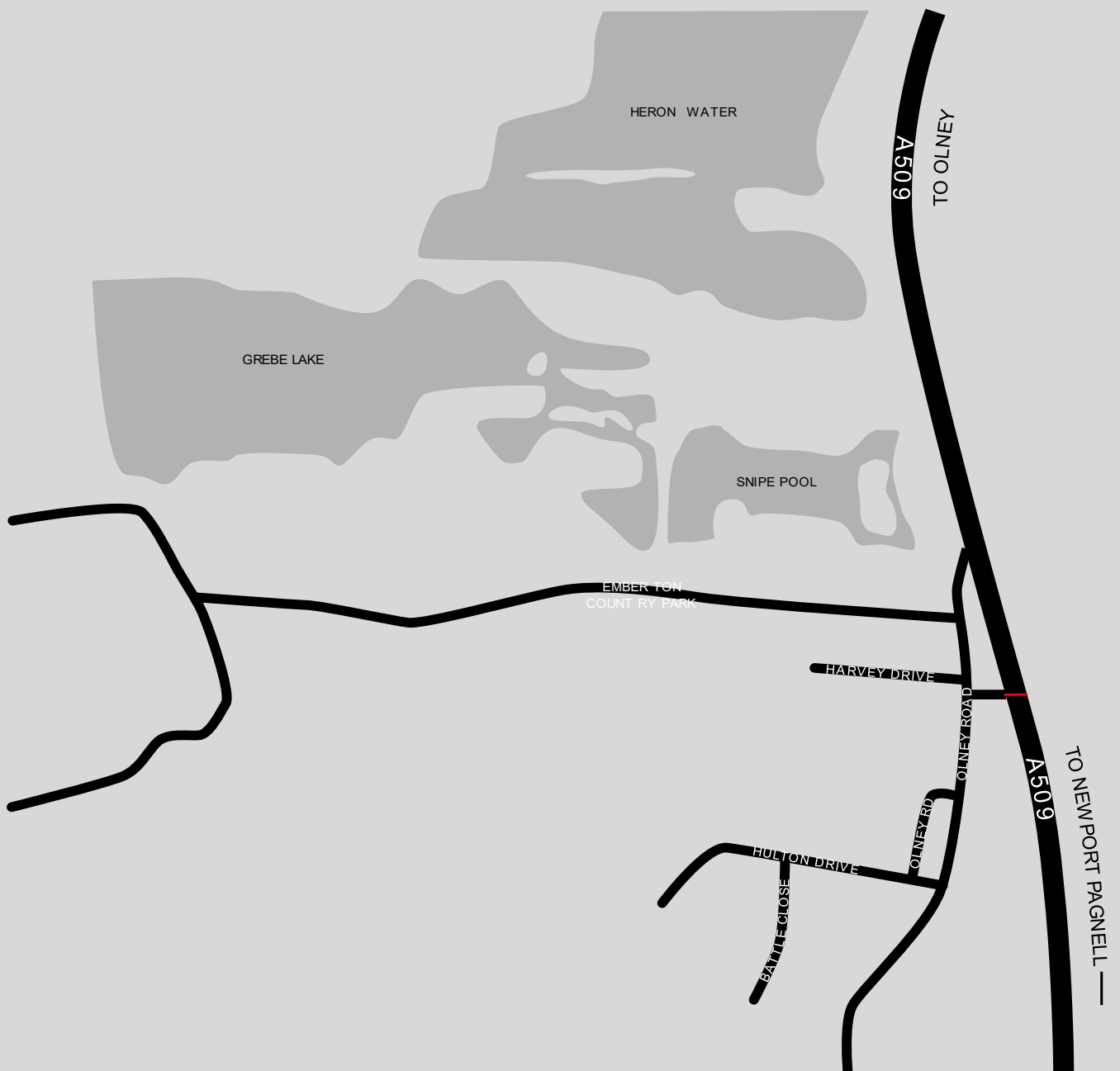


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Venue

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



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Event Format and Distances

Run, Bike, Run

Cowman 07:30am	Longhorn 08:15am	Calfman (Age Group Qualifier) 08:30am	Stampede 08:45am
21km Run	10km Run	10km Run	5km Run
80km Bike	60km Bike	40km Bike	20km Bike
10km Run	10km Run	5km Run	5km Run

Cycle Start

Exit to the park will be via a gate around 200m from transition. The gate is around 1.5m wide and should be approached with caution.

Due to where the cycle start joins the main road, we will be implementing a ‘two-foot’ rule. This means both feet must be on the floor before you cycle onto the main road – A509. There will be a marshal observing this point and you may be penalised if you do not follow this rule.

Cycle Route

Due to logistical reasons including roadworks on the 45km cycle route, all athletes will now be completing the 20km route. You will be responsible for counting your own laps.

The bike route is on open roads and sees you leave Emberton and head towards Olney, Western Underwood and Gayhurst before returning to the park.

Run Route

The run will be in and around Emberton and the park.

The run route is the same for all distances. 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.

One lap is 5km. It is up to you to count your own laps.

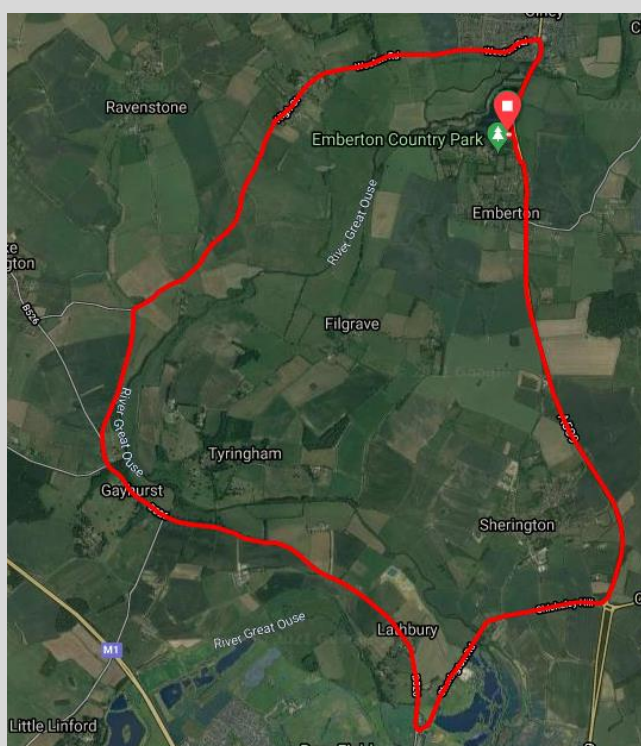




Cowman – 07:30am

Run 1	Cycle	Run 2
4 laps	4 laps	2 laps

Once you have completed your first cycle lap, you will continue on the A509 to complete your second, third and fourth. On your last lap, you will exit left onto Olney Rd and then there will be one right turn in front of the Emberton Country Park Gatehouse. From here you will be directed onto the layby into the park and dismount before heading into transition.



Run Route - <https://ridewithgps.com/routes/32229812>

Cycle Route - <https://ridewithgps.com/routes/29581754>



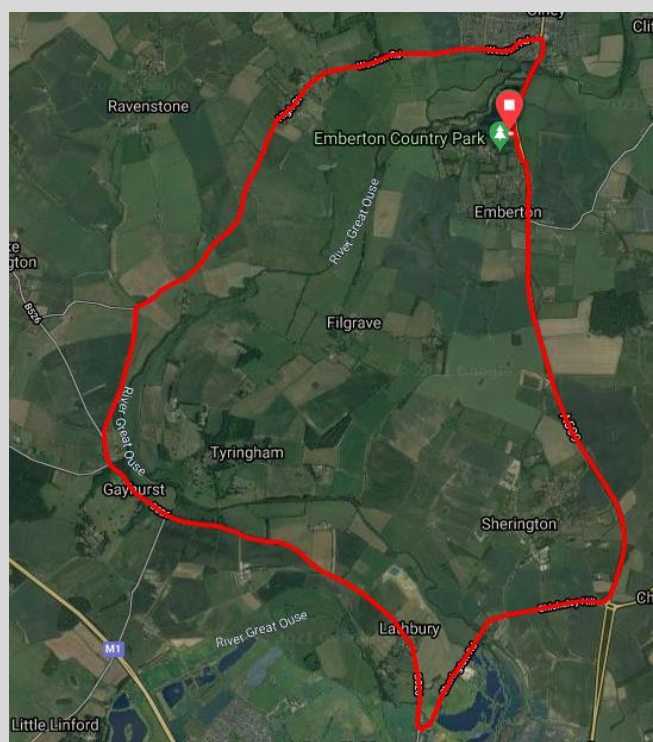
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Longhorn – 08:15am

Run 1	Cycle	Run 2
2 laps	3 laps	2 laps

Once you have completed your first cycle lap, you will continue on the A509 to complete your second and third. On your last lap, you will exit left onto Olney Rd and then there will be one right turn in front of the Emberton Country Park Gatehouse. From here you will be directed onto the layby into the park and dismount before heading into transition.



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Cycle Route - <https://ridewithgps.com/routes/29581754>



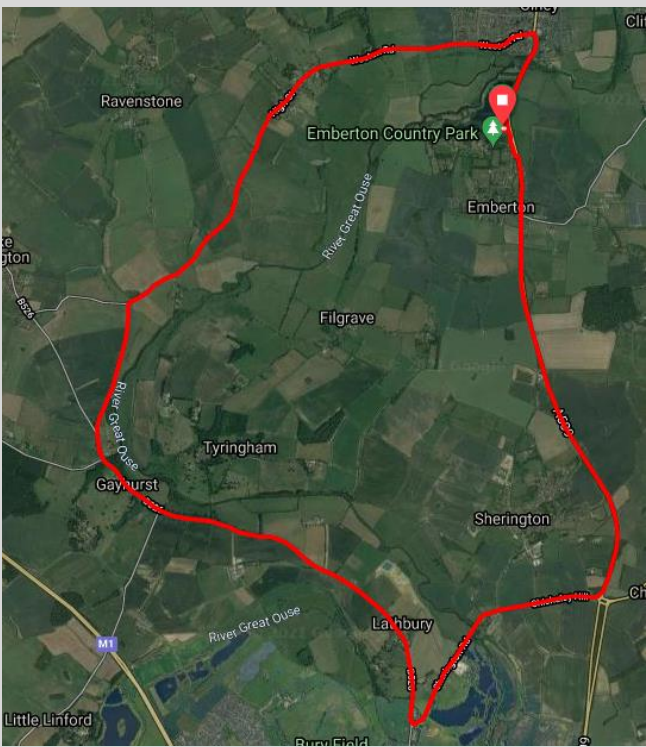
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Calfman – 08:30am

Run 1	Cycle	Run 2
2 laps	2 lap	1 lap

Once you have completed your first cycle lap, you will continue on the A509 to complete your second. On your last lap, you will exit left onto Olney Rd and then there will be one right turn in front of the Emberton Country Park Gatehouse. From here you will be directed onto the layby into the park and dismount before heading into transition.



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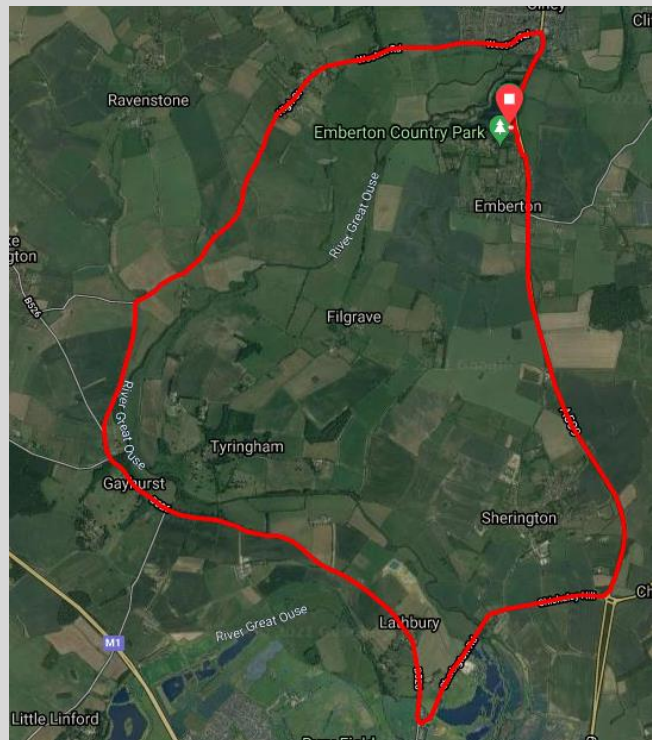
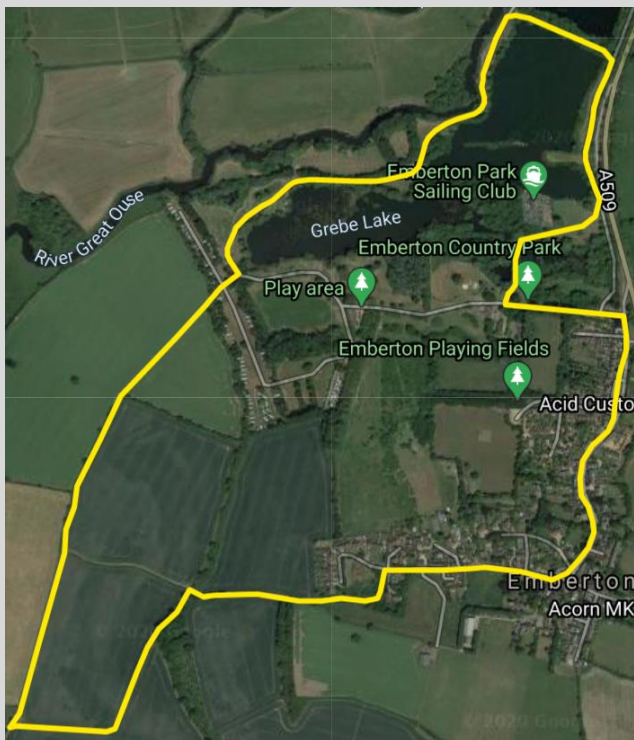
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Stampede – 08:45am

Run 1	Cycle	Run 2
1 lap	1 lap	1 lap

Once you have completed your cycle lap, you will exit left onto Olney Rd and then there will be one right turn in front of the Emberton Country Park Gatehouse. From here you will be directed onto the layby into the park and dismount before heading into transition.



Run Route - <https://ridewithgps.com/routes/32229812>

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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. 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 re-fill stations within the venue at Emberton Country Park, accessible from the transition area and the run course. There will also be a re-fill station on the cycle course.

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.

For all events

- 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.
- It is the competitor's responsibility to be properly prepared for an event and to ensure their equipment is suitable and fit for its intended purpose, including their 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!

Transition

Transition will be timed as normal.

- 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 distractive 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.

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





General Information

Race Information

Race packs will be posted out to you if you register for the event before 27th September 2021. If you enter after this date you will need to collect your race pack from the registration tent.

Items that will be in your race pack include:

- Timing chip
- Ankle strap (place onto **LEFT** ankle)
- Race bib
- Bike 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. Even if your race pack has been posted out, you will need to show the team at the registration desk.

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. If you have already received your race pack, you can head straight to transition on the day and do not need to come to the registration tent.

Key timings for the day

06:30	Registration Opens
	Transition opens
07:30	Cowman Waves Start
08:15	Longhorn Waves Start
08:30	Calfman Waves Start
08:45	Stampede Waves Start

Referee for the day

Paul Hester



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Health and Safety

Risk Assessment

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

First aid and emergencies

We will have a medical team based at the venue in the case of an emergency or if you require any medical assistance.

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 Sports team who will assist you with your needs.

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

Spectators

Spectators are welcome to attend the event.





Helpful Information

Catering

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

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

Timing and Results

Your results will be available from our timing partner Results Base at:

www.resultsbase.net

For any timing enquiries please contact them directly.

Prizes

Prizes will be awarded to Top 3 Male and Female and 1st 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.



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