

FORMULA 5 DUATHLON RACE BRIEFING

Venue

- Emberton Country Park, Olney, MK46 5FJ
- Upon entry into the park, you will need to scan the Track and Trace QR code.
- Entry to the park is £4.50 unless you show the parking marshal your confirmation of entry email to the Formula 5 event.

Parking

- There is ample parking available at the venue. A parking marshal will direct you to the parking venues.
- Please make your way to the venue via the path to the left of the Emberton Park Café. After the event, please make your way out of the venue, via the same road you use to begin the cycle section. (This will be signed so don't worry!)

Start line.

- You will be held in our COVID-19 corral before you begin the race. As per the BTF rules, you will need to start one at a time. You will be called to the corral, 5 minutes before your wave.
- Make sure you maintain social distancing!

Transition

- Transition will be timed.
- The walk to and from the cycle section is called a deadzone. This means, your time will stop for this period of time. You can use this time to re-fill your water bottle or use the toilet etc. Deadzones will only be 5 minutes long. If you take longer than 5 minutes, any extra time will be added to your overall finish time.
- The **blue gantry** will be 'Run in / Run out' and the **red gantry** will be 'Bike in / Bike out'
- Once you leave the red gantry, the deadzone will start. The deadzone will stop when you begin the cycle section.
- Once you finish the cycle section, the deadzone will begin again. The deadzone will stop when you pass the red gantry (bike in).
- Small bags can be left in transition.



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- Transition rules apply.
- Transition will be numbered.

Run course

- There is around 600m of muddy trail/grass section, which can become slippery when wet. The majority of the run is on tarmac. We recommend running shoes, just not your best.
- Please give other runners and park users a wide berth when passing and remember to keep socially distanced at all times.
- You will complete the course 3 times.
- Following black on yellow signs.

Bike start

- You will walk to the cycle start during the deadzone and line up (keeping your distance from other athletes), whilst you wait to be called to begin the cycle section.
- Our cycle marshal will let you know when it is safe to begin.
- You will cross the timing mat and then mount your bike at the mount line and begin.

Bike finish

- You'll be directed to the finish by signage and our bike finish marshal.
- You will then dismount safely at the line and pass the timing mat to finish the cycle section.
- You will then be directed back towards the event venue where you will begin the run section.

Cycle/bike route

- Following black on yellow signage
- Left turns only.
- Course is marshalled and signed.
- No rubbish on course – can result in instant disqualification.
- BTF rules apply.
- Highway code applies.



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Registration

- Opens on Sunday from 08:00
- You will receive:
 - 2 bibs in your race pack, one for your front, and one for your back.
 - A timing chip and strap to go on your left ankle.
 - Bike sticker.
- If you declared you had a BTF license when you registered for the event and you fail to produce it at the registration tent, you will need to pay £6 for a BTF day license.
- If you registered without a BTF license, an electronic copy will be emailed to you shortly.
- Please wear your face mask whenever you are within the venue but not actively racing.

Finish line

- Please collect your finish T-shirt and medal swiftly from the tent after finishing.
- You will need to remove your timing chip and place it into the tub at the finish exit. Failure to do so will result in you being charged.

What else we have at the venue

- Really Awesome Coffee will be providing hot drinks and food.
- AAMS will be providing medical support.
- Portaloos will be available for athlete use.
- Hand sanitising stations will also be available, but we encourage you all to bring your own.

