

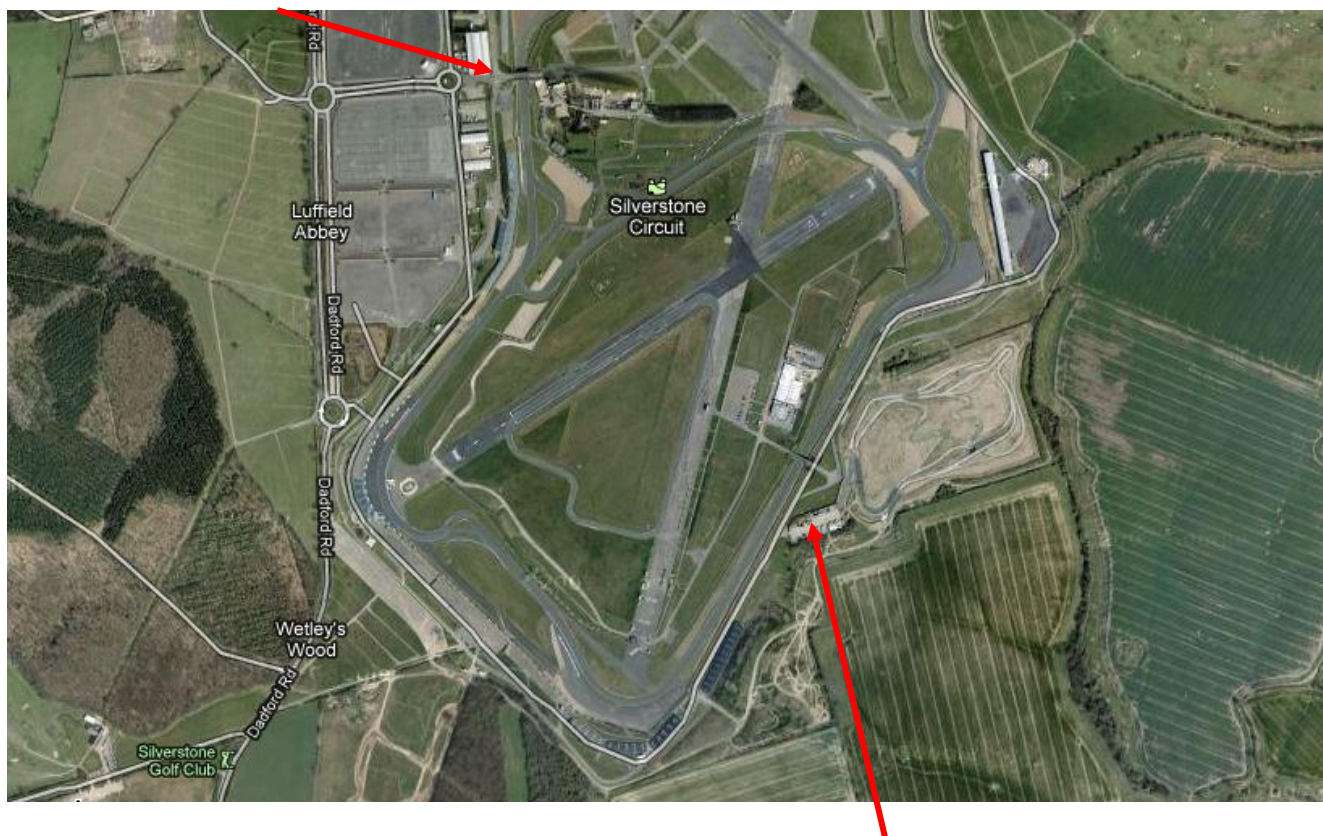


## USN Silverstone Duathlons 2012

Competitor Information. Please read and understand

**Location:** Porsche Driving Experience Centre, Silverstone, NN12 8TN.

Use main entrance to Silverstone then turn right and follow perimeter road until you reach the Porsche building



Event is located at the Porsche centre here

### Car Parking:

- Car park open from 17:30. Please do not arrive before this time
- **A car park marshal will inform you where to park. We use two car parks for this event.**
- Once you are parked please make your way to race registration located behind the Porsche building

### Timings:

17:30 Race registration opens. Please do not arrive before this time

18:50 Pre race briefing.

19:00 Race starts.

Tracks will be open when clear for warm up. Please don't ride on track until you have been given the all clear

**Registration:**

Entrant field will be sorted in to surname alphabetic order and numbers then assigned. All you need to do is find your name and race number on the notice board then report your race number to the registration staff. They will issue you with:

- Race number (to be worn on front)
- Timing chip (to be worn on your **finger**)

Once you have put your timing chip on your finger please 'Check in' to the event by using the 'Dib here' station at registration, this will also ensure you have got a idea of what 'Dibbing' is. The dib station will beep and flash once your chip has been accepted by it.

**Entries on the day:**

Entries will be taken on the day. Forms will be supplied and the price is normal fee plus £2. Cash only.

**Race timing:**

Votwo is using a Sport Ident timing system for this event. Competitors will wear a timing chip on their finger which they have to physically 'Dib' in to the electronic receiver on the entrance / exit to transition. This is different to the passive type of timing chip that is worn on the ankle and picked up automatically as the competitor travels over a timing mat. A demonstration of how to use the new type of timing chip will be given in the pre race briefing.

**Transition:**

Run out, run in, bike out and bike in points will all be clearly signed. Please orientate yourself with the layout of transition before the race starts.

Timing points will be clearly marked at exits / entrances to transition. You must 'Dib' your wrist timing chip in at these points.

**Transition rules**

- To gain entry / exit to transition you will need to show your corresponding bike number and race number. You will not be allowed to retrieve / deposit your bike if you do not show race/bike numbers
- Do not ride your bike in transition
- When racing your helmet must be securely affixed to your head before you touch your bike. You must not remove your helmet until your bike is securely racked
- Dismount before the dismount line
- Mount after the mount line
- Your transition space is to be kept tidy at all times

Drinking water will be available in transition and the run course.

**Race Briefing:**

This will be held in the transition area approx 5 mins before the race start.

**Start:**

Start will be between the two start flags on the sound of the fog horn. Start flags are clearly visible from transition area

**Run course:**

The 1<sup>st</sup> run is X 2 laps of the Porsche tracks. Course will be signed. On completion of your 2 laps make your way back in to transition via the 'RUN IN' gate.

The 2<sup>nd</sup> run is the same as the first run but finishes under the finish gantry

**Bike Course:**

x 2 run laps  
x 3 bike laps  
x 2 run laps

SILVERSTONE  
GRAND PRIX CIRCUIT  
BIKE ROUTE

CAR PARK

TRANSITION  
AREA

Entry / Exit  
point to lap

Ice Hill

PORSCHÉ  
EXPERIENCE  
CENTRE  
RUN ROUTE

**VO**  
maximizing human performance®

SILVERSTONE DUATHLON COURSE MAP

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USN  
ULTIMATE SPORTS NUTRITION  
DUATHLON  
SERIES  
2012

Please note: Course maybe subject to some changes

3 Laps of the British Grand Prix Circuit. On leaving the transition area ride over the bridge and turn left. You will then be on a road that filters on to the GP track. On completion of your laps use the same bridge to return in to transition. This 'on/off' route and the bike course will be clearly sign posted.

**Finish:**

Well done! Once you have passed the finish flags it's all over! Please 'dib' your timing chip as soon as you finished then deposit your chip with the finish staff.

**Prize giving:**

This will be held at approx 20:00 near the finish line.

1st, 2nd and 3rd male, female, 1st Vet male, female and first team will receive on the night prizes.

**Results:**

These will be displayed on a large TV screen at the finish. Full results will be displayed on the [www.votwoevents.co.uk](http://www.votwoevents.co.uk) website after the event along with a race report and photos

**Medical:**

There will be a medic based in the transition area for the run then mobile on the bike course. If you become a minor casualty please report to transition staff who will call medic. If you are a major casualty then make your self know to any member of staff or pass on your location / nature of injury to the next competitor who will pass info on to next marshal. The medic will be called to you.

**About USN, sponsors of votwo events:**

USN UK - Leader in Sports Nutrition & Bodybuilding Supplements - Supporting our customers in health and wellbeing!

USN Ultimate Sports Nutrition has become renowned for its leading edge and innovative developments in the sports supplements industry. The 'universal mark in the company's logo is symbolic of global scientific findings and the latest clinical research that inspires our scientists to produce state-of-the-art product formulations. Our R&D department works closely with various international pharmaceutical companies to ensure continuous product enhancements and upholds stringent quality control.

USN offers a range of endurance products which are designed to help athletes get the most out of their fitness regime and perform at an optimum level. The range includes readymade drinks, gel sachets, drink powders and tablets all designed to provide energy and assist recovery. For more information on the extensive range, please visit [www.usn.co.uk](http://www.usn.co.uk)

Have a good race!

Ben Mason. Votwo events director

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