

Race Pack



Run One 7km, MTB 19m, Run Two 7m
(all distances approximate)

Sunday 12th February, 2012
Llandegla Forest
Ruthin Road,
Llandegla, Wrexham, LL11 3AA
11.30am Start Time (women / relays)
11.45am Start Time (men)

This pack contains mildly important race information



It's great to have you join up to compete in the 2012 Fearless MTB Duathlon!

Fearless is an 'off road' original that will get you in great early season shape for the mad year ahead. You'll start with a gently trail run through the forest and then climb aboard your MTB for a roller coaster ride on the famous Llandegla red route.

With adrenaline high you'll dismount for a topsy-turvey final dash and plough through the finish line, arms aloft in muddy triumph, grimacing for the paparazzi.

Post race there's a FREE PASTA NOSH UP washed down by steaming mugs of tea in the excellent café before you assemble for prize giving's at 3.00pm sharp.

Bang for your bucks..

- Challenging, off-beat trail runs
- Mountain bike course on red route at the renowned Llandegla venue
- Prizes - 1st, 2nd, 3rd Female / Male
- Prizes – Local Heroes
- Prizes - Top Couple
- Juicy goody bags with race T's for all.
- FREE post race PASTA NOSH
- Satisfaction of completing one of toughest multisport tests in UK

The Venue

Located at one of the UK's premiere mountain biking destinations, Coed Llandegla, is everything that is mountain biking.

Specialist Mountain Bike shop - Stocking everything from inner tubes to top end mountain bikes

Award Winning Cafe - Serving 'The Best Bacon Bap in Britain' - Good food Ride.

Mountain Bike Tuition - Innovative courses for all, from beginners to experts to improve your skills

Our mates!

The team at OnePlanet Adventure led by the indomitable Ian who will pull out all the stops to make Fearless happen by clearing snow, chopping down trees etc. We salute you!

Manchester Medical Supplies for collecting bodies, Simon from UPM Tilhill (Pale Estate Office) who kindly allows us to use his lovely forest.

Getting there

The venue address is Llandegla Forest, Ruthin Road, Llandegla, Wrexham, LL11 3AA. Pop the postcode into your SatNav and see you there.

Travel length, drive times (approx)

From Manchester: 58miles, 1hr 15mins driving time

From Liverpool: 48miles, 1hr 10mins

From London: 147miles, 2hrs 47mins

From Fort William: 366miles, 6hrs 41mins

When it's happening...

- 9.00am - VENUE OPENS TO COMPETITORS / REGISTRATION OPEN
- 11.20 - RACE BRIEFING (at race start line)
- 11.30 – Women's / Relays RACE START
- 11.45 – Men's RACE START
- 3.00pm - PRESENTATION



Prizes

1 st 2 nd 3 rd Overall Female / Male	Trophies, £75, £50, £25 Llandegla vouchers
1 st 2 nd Relay Teams	Medals
Local Heroes – Female / male	Special prizes
Top Couple (Enter this on the day)	Valentines related stuff such as champagne, chocolates, massage oils

Goody Bags

We aim to provide great value for money so every competitor's goody bag will include the following:

- T-Shirt
- Refreshments
- Stuff



General Information & Race Instructions

(see course maps later in the pack)

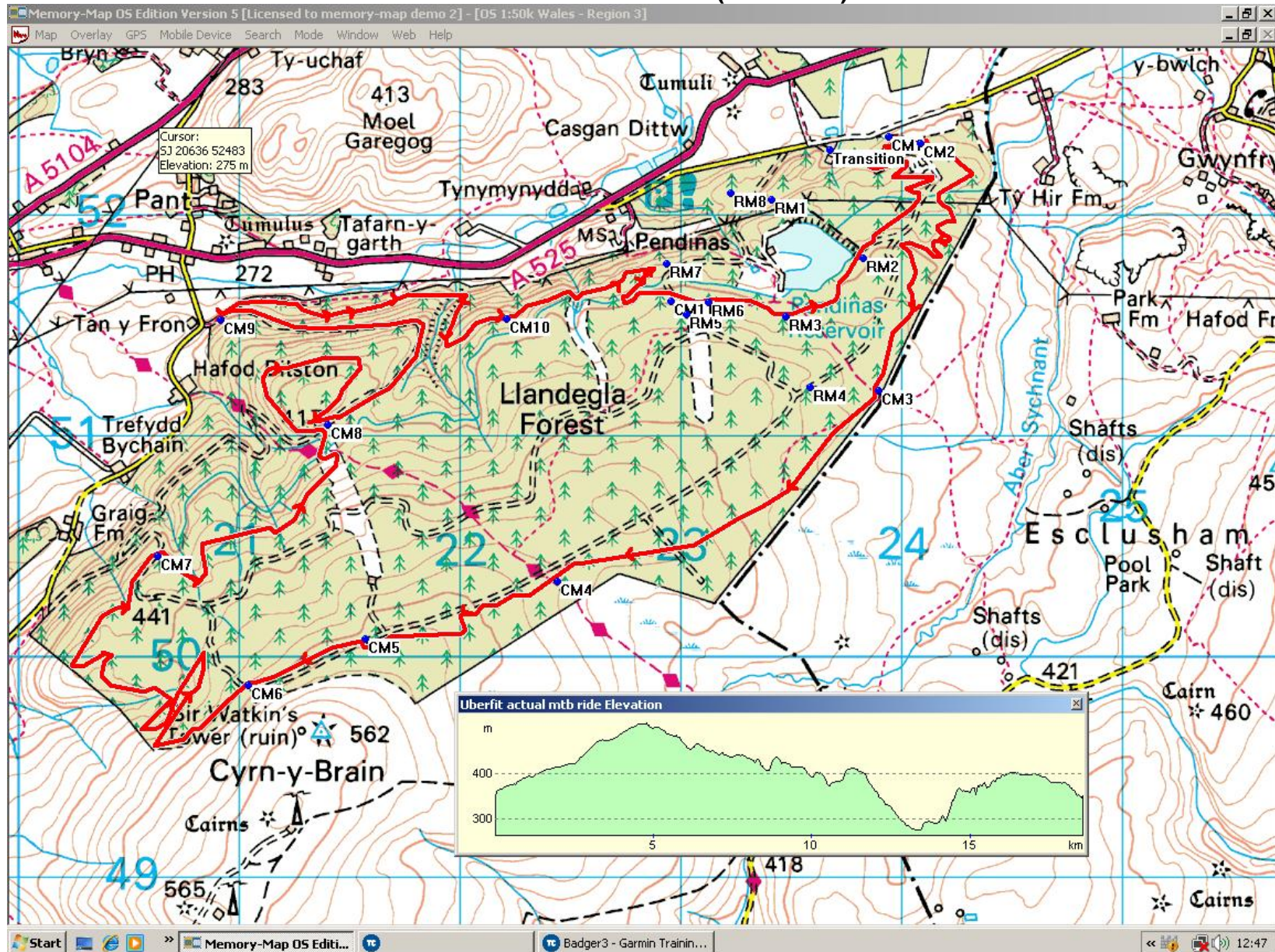
<p>Run One</p> <p>1 lap – 7km (approx)</p>	<p>Starts at 11.30am (WOMEN / RELAYS), 11.45am (MEN) close to race registration and transition.</p> <p>The run is on uneven forest trails that will be muddy. There are very steep ascents / descents with low lying branches and exposed roots. The route is well signed. The first 2.5km is a gently ascending trail which will sort out the will-bees from the wanna-bees. Then it's a sharp right turn into impenetrable jungle and bottomless ravines.</p> <p>The run courses are created in the days leading up to the event and it is, therefore, nigh impossible to recce the course, sorry. On the event day the courses, however, will be heavily signed. In addition marshals will be located at various points recording the numbers of passing competitors.</p> <p>Please keep to the left at all times unless overtaking and ensure your race number is clearly visible from the front during the run, and particularly as you finish.</p>
<p>The Bike</p> <p>1 lap – 19km (approx) The Llandegla red route</p>	<p>Starts and finishes at the transition. Follow the smiley face signs.</p> <p>Competitors will not be allowed to start without a helmet. Reminder: during the race do not put on or take off your helmet unless your bike is on the racking. Drafting is permitted, nay recommended but expect to be splattered by mud! You must walk your bike between transition and the mount / dismount line.</p> <p>The Course</p> <p>We will be using the red route which is clearly signed and lightly marshalled so you won't get lost on the day.</p> <p>Note that the paths may be muddy so KNOBBLY TYRES on MOUNTAIN BIKES / HYBRIDS / CYCLO-CROSSERS are required.</p> <p>Marshals may request your numbers (if obscured by mud, sweat or tears) so please shout out loud and clear if asked.</p> <p>On the course you must keep left unless overtaking and, at transition, dismount at the indicated dismount box.</p> <p>Note; You will be sharing the bike course with the usual Llandegla users so please show consideration and ride safely and respectfully!</p>
<p>Run Two</p> <p>2 lap - 7km (approx)</p>	<p>http://www.gmap-pedometer.com/?r=5252962</p> <p>The two lap Run 2 course is on a different route and is steeper, wetter, muddier and even more hilarious route than run one.</p> <p>Note; The run courses are created in the days leading up to the event and it is, therefore, nigh impossible to pre-run the course, sorry. On the event day the courses, however, will be heavily signed and judiciously marshalled.</p>
<p>Event Parking</p>	<p><u>The Llandegla venue opens at 9.00am strictly.</u> Local byelaws prevent them opening earlier.</p> <p>IMPORTANT. Head to the main car-parks and be directed by event staff. Please give yourself enough time to park up and register (approx 30mins)</p> <p>You will be guided into your parking spot by our staff. Please respect their direction.</p> <p>Note that the pay and display car park will cost you <u>£3.50</u> so please bring the correct change.</p>

Registration / Information Desk	<p>This will be located in the main visitors centre and approx 500m from the transition where you will rack your bikes and start and finish the race.</p> <p>Registration will be open from 9.00-11.00am. This is your first port of call – you will not be able to enter transition without your race numbers and bike stickers. We recommend you arrive by 10.00am at the latest – this is to give you enough time to register, get changed, set up your equipment in transition, make any last minute will changes ☺ and be at the start line by <u>11.20am</u> for the official race briefing.</p>
Race Numbers	<p>Race numbers will be allocated to you on the day. Faster runners are advised to locate themselves near the front of the pack and the not so quick near the rear. Be sensible as to where you stand or you may be trodden on! Please arrive in good time to be able to collect your race numbers from registration before you start. Here you will also be ‘marked up’ with your race number on your arms and legs – please do not apply any creams, gels or oils before you have been ‘marked up’. Shout out your number at timing points if asked by marshals.</p>
Transition	<p>The entrances from run to bike and to run will be clearly marked. Please make sure you know where your space is in transition and which way you will be going through transition. You must re-rack your bike in its allotted place before starting the run. Marshals will restrict access to competitors with race numbers and to bikes with the race number on. You will not be allowed to take your bike out of transition unless you show your race number, matching with the bike number. These rules are for the safety of your equipment and other competitors. They will be strictly enforced – please don’t give our marshals a hard time! You <i>must</i> have racked your bike and vacated the transition area by 11.15am at the latest</p>
First aid	<p>Expert first aid is provided by Manchester Medical Services who have access to all areas of the course (on a quad bike) and are able to attend to casualties out on the course. Please take extreme care out on the course and don’t require their support!</p>
Withdrawing partway through	<p>If you withdraw from the event at any stage before the finish, please inform the Registration/Information Desk. This is for your own safety!</p>
Results	<p>The organisers will aim to provide a full set of results on the day. A provisional results list will be posted on the Uberfit Events website within 48 hours of the event ending, to which competitors will have 72 hours from the time of its posting to make queries before it is confirmed.</p>
Catering	<p>Although there is a FREE PASTA NOSH UP there are also a range of refreshments and snacks are available at the excellent visitors centre café on-site for people with hollow legs. Sample their award winning bacon butties!</p>
Photography	<p>Professional photography will be provided at the triathlon.</p>
Changing facilities & baggage storage	<p>Changing is available at the visitors centre and also at transition. Please store your baggage in your car, where possible. SHOWERS – Unfortunately there are NO showers available at the venue due to strict eco-regulations.</p>
Spectators	<p>Spectators are very welcome to watch the event. A great place to capture the action is at transition where all competitors will be passing throughout the event. Marshals may warn you of oncoming competitors – this is for your own safety. Please also stay out of the marked competitor only areas.</p>

Run Route One – 7km approx (Red route - clockwise)



Bike – 19km Clockwise (red Route)



Run Route Two – 7km approx (Yellow route – clockwise, 2 laps)

