



Event Information

ATW Ashridge Duathlon
*Incorporating 2025 European Championship
Standard Distance Duathlon Qualifier*

Sunday 18th February





Dear Competitor,

Thank you for entering the Ashridge Duathlon.

ATW advises you read this information document carefully in advance of Sunday February 18th (event day), so that you can enjoy the event to its fullest.

Summary Event Info

**Address: Ashridge House,
Ashridge, Berkhamsted,
Hertfordshire, HP4 1NS**

**Registration opens at:
7:30am.**

All races will start at 9am.
Please leave plenty of time to
rack your bike and prepare for
your race.

Race distances are as follows:

Sprint Duathlon: 5k run-26k
bike-2.5k run

Standard Duathlon: 10k run-
39k bike-5k run

After you have registered, you
are then able to enter the
transition area. Please listen to
marshal instructions, then once
racked, find a place to warm
up and prepare for the first run.

There is plenty of space to
warm up at the venue.

It is vital that we know exactly
who is attending this event so
you must not give your race
number to any other person if
you can't attend for any
reason.

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Venue

Ashridge House, Ashridge, Berkhamsted, Hertfordshire, HP4 1NS
Getting there: [Ashridge House - Google Maps](#)
Follow ATW signage towards the race parking.

Parking

Parking is available at the venue from 7:30am. Please follow the marshal's instructions to the appropriate car park for your race. Sprint competitors will park in the first car park and Standard competitors will park in the overflow car park behind transition.

After the event, please be aware that competitors may still be on the course, it is important that you follow the marshal's instructions when leaving the venue.

Changing and Toilets

There will be no changing facilities on site, but toilets will be provided, in the form of portable toilets positioned inside the gate to the left of the house. There will be free sanitary products available in a labelled toilet.

Baggage

No official baggage area will be provided. There will be an area sectioned off at the edge of transition for any essential items that cannot be left in your car. Competitors are advised not to leave any valuables as ATW will not be held responsible for any lost property.

Headphones

Headphones are **not** permitted for any part of the duathlon event.



Registration

Registration Opens: **7:30am** and will close at **8:45am**.

At registration you will be required to give the name you used to sign up to the event online. If you are a British Triathlon member you will need to present your membership card.

In exchange, you will be given 2 race numbers and a timing chip with an ankle strap (**This must be strapped to your LEFT ankle**). A race number must be worn visible on your front for the run and on your back during the bike. The race numbers can be pinned to a top or if using a race belt a single number can be rotated from the front to the back.

You will also receive 2 numbered labels (one for the front of your helmet and one for the top tube of your bike).

Additional safety pins will be available at registration if required.

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you to download at [2024 \(ATW events\)](#)

If any images go online that you would like removed please email:

events@activetrainingworld.co.uk

Spectators

Spectators are encouraged to attend our events to give that extra support to friends and family taking part. There is a café at the venue that will be open from 8:30am.

Marshals

Did you know marshals at our events get money and free race entries. If you know people who may wish to be involved with ATW events then ask them to email

racemakers@activetrainingworld.co.uk

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Transition area

To enter the transition area you must be wearing your helmet securely, and the stickers in your registration pack must be on your bike and helmet.

After the race you will need to show your race number and this will be matched to the sticker on your bike and helmet by a marshal before you are allowed to remove your bike from transition.

If this is your first multi-sport race, then it is good practice to familiarise yourself with the ways in and out of the transition area by walking through transition. There will be marshals in the transition area to help if you are not familiar with setting up arrangements for your bike, helmet, shoes etc...

Please note that only equipment required for the event is to be placed in transition, next to your bike. **No boxes or large bags are allowed to be left by athletes' bikes in transition.**

There will be an excess baggage area marked out to drop bags at the edge of transition. ATW will accept no responsibility for lost property so please do not bring any valuables.

Bike racking will be numbered. Racking of the bike needs to be by the saddle, so that the majority of the bike faces towards you (front wheel facing you with the kit by the front wheel).

Transition will be closed 5 minutes prior to the race start. It will be opened post-race once all bikes have returned from the bike leg. This will be advised by the commentator.

Race Rules

Normal Brit Tri (British Triathlon) rules apply. All these rules are important but the most important of these is that all competitors must secure their cycle helmet (on their heads!) before removing their bike from the rack and must not undo or remove it before racking their bike at the end of the cycle section.

The event is being run under British Triathlon, non-drafting rules. The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor.

Race moto officials will be on course looking out for anyone drafting and you must abide by their instruction if they deem that you are subject to a penalty. More info available below:

[British Triathlon - Drafting Rules Explained](#)

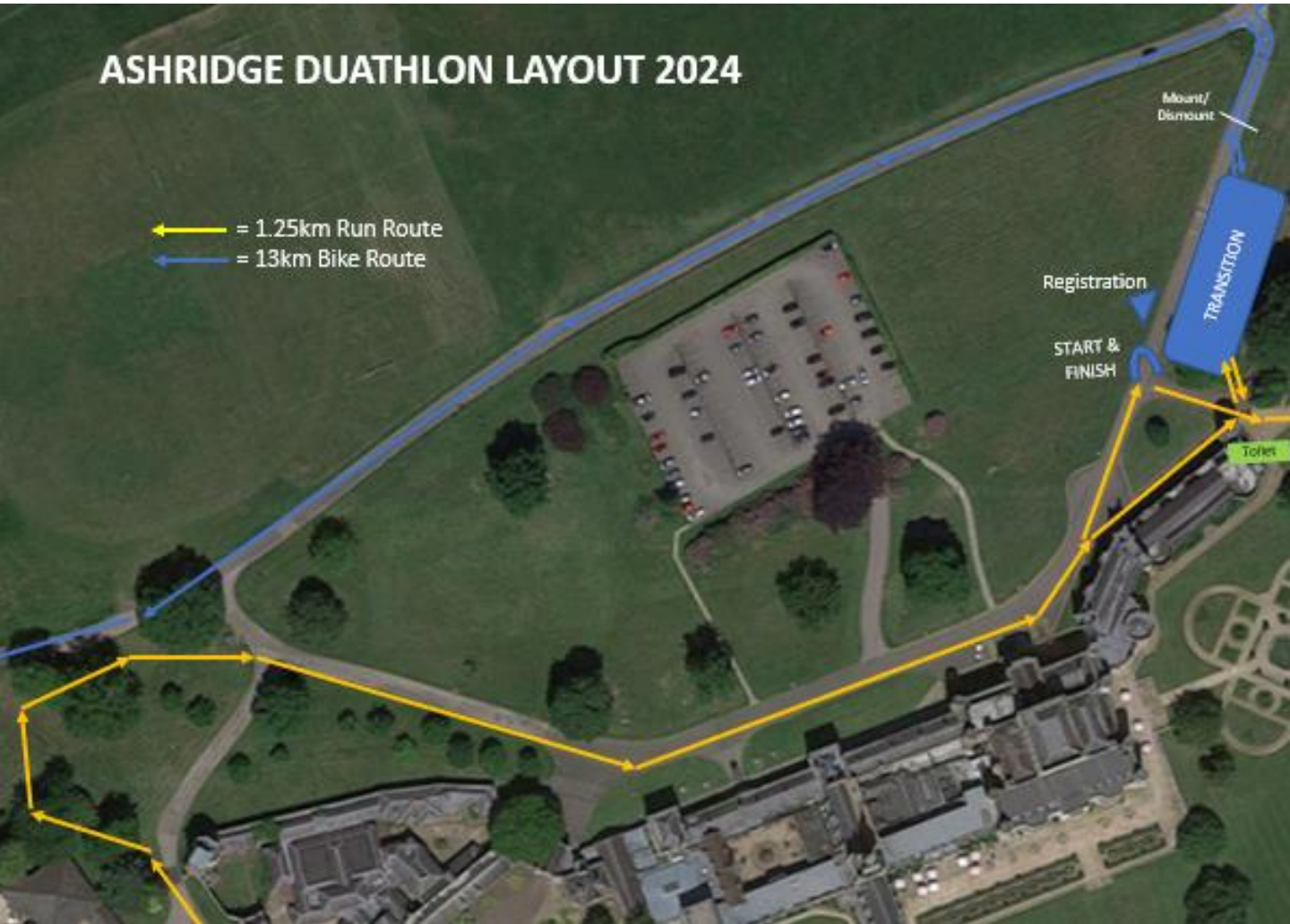
[British Triathlon competition rules 2024](#)



Start/Finish & Transition Flow

ASHRIDGE DUATHLON LAYOUT 2024

-  = 1.25km Run Route
-  = 13km Bike Route



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Sprint & Standard Run Loop (1.25km/Lap)

(See route map on next page.)

Sprint – 1st Run – 4 Laps

Sprint – 2nd Run – 2 Lap

Standard – 1st Run – 8 Laps

Standard – 2nd Run – 4 Laps

The ATW Ashridge Duathlon Run loop is a 1.25km lap starting and finishing next to transition. You will run into the gardens of Ashridge House, following a hard-packed path around the back of the House. At approx. 0.3km into each lap, there is a short set of steps that you will need to run up. Please be careful when running up these steps, especially if wet. You will then reach the water station at approx. 0.5km into each lap. After the water station you will head back towards the front of the house, where you will run a short section on grass for approx. 100m. Finally you will run alongside the front of Ashridge House.

After running in front of the house, there is a split point. You will turn right to start your next lap or head in to transition, or straight on towards the finish line.

Sprint competitors will complete 4 laps on their first run and 2 laps on their second run.

Standard competitors will complete 8 laps on their first run and 4 laps on their second run. It is your responsibility to count your own laps. There will be timing points in place to ensure everyone completes the correct number. Failure to do so will result in disqualification.

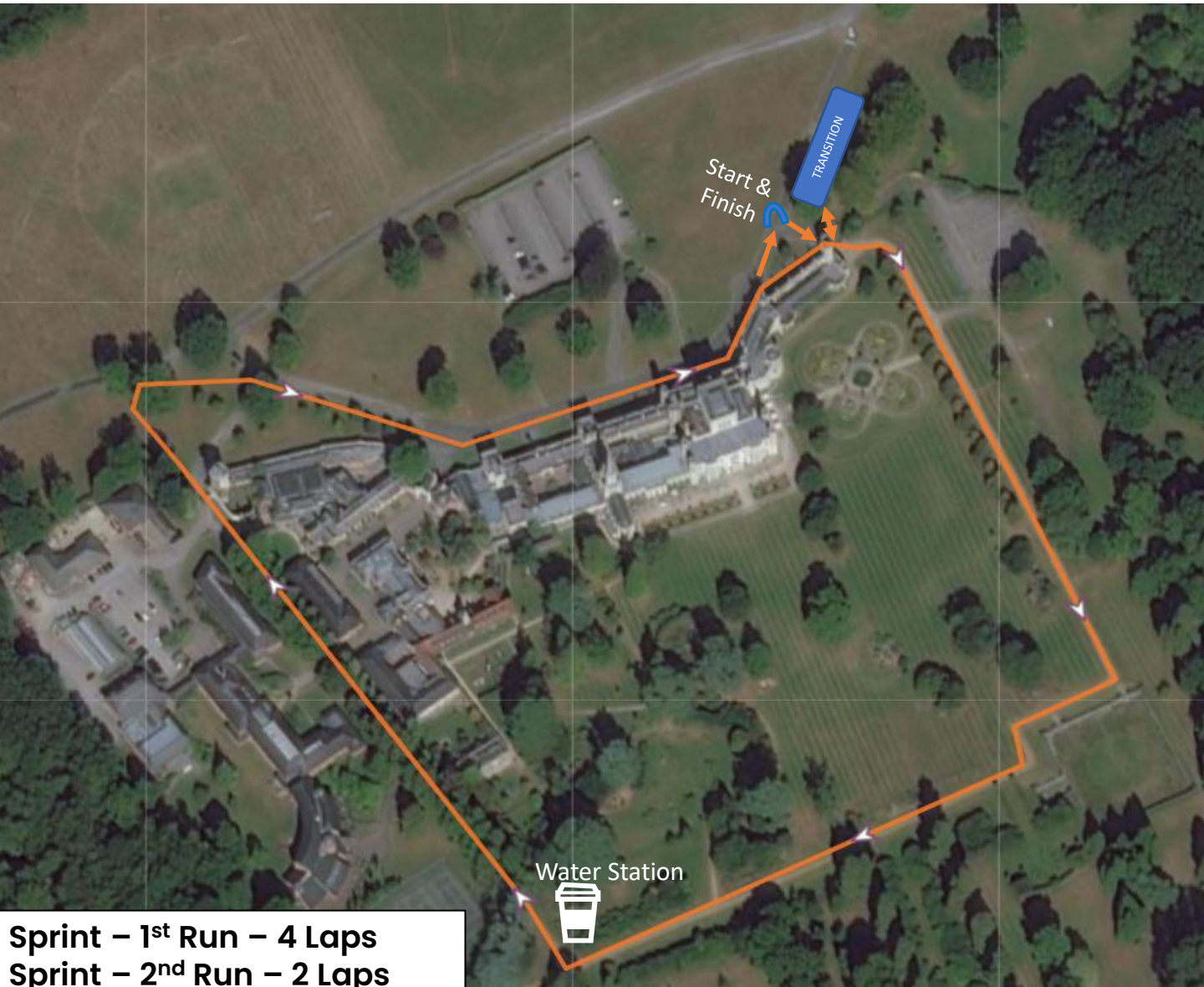
The surface of the trail is a mix of tarmac and compacted stone and dirt with a short (less than 100m) section on grass per lap. This surface will be suitable for all types of footwear.

We will be sharing the trail with members of the public so please be respectful of other users while you race.

Please ensure you listen to marshals and follow the directions throughout the course.



Sprint & Standard
Duathlon 1.25km
Run Lap



Sprint – 1st Run – 4 Laps
Sprint – 2nd Run – 2 Laps

Standard – 1st Run – 8 Laps
Standard – 2nd Run – 4 Laps



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Sprint & Standard Bike Loop (13km/Lap)

(See route map on next page.)

Sprint – 2 Laps (26km)

Standard – 3 Laps (39km)

After mounting your bike on the internal road, you will turn left and join the public highway. The lap only has two left turns, one at the South end of the course and one at the North. Both of these are very tight turns BEWARE. The course will be well signposted and marshalled. After completing the correct number of laps you will turn back in to the internal road and dismount before heading in to transition.

It is your responsibility to count your own laps

This event is held on country roads in the Chilterns. Although generally good, there may be some rough patches of road. Any significant potholes will be marked with spray paint.

The roads through the Ashridge estate have speed bumps that can be taken at speed – these

are marked, please negotiate them safely. We don't suggest staying on your tribars when riding over them.

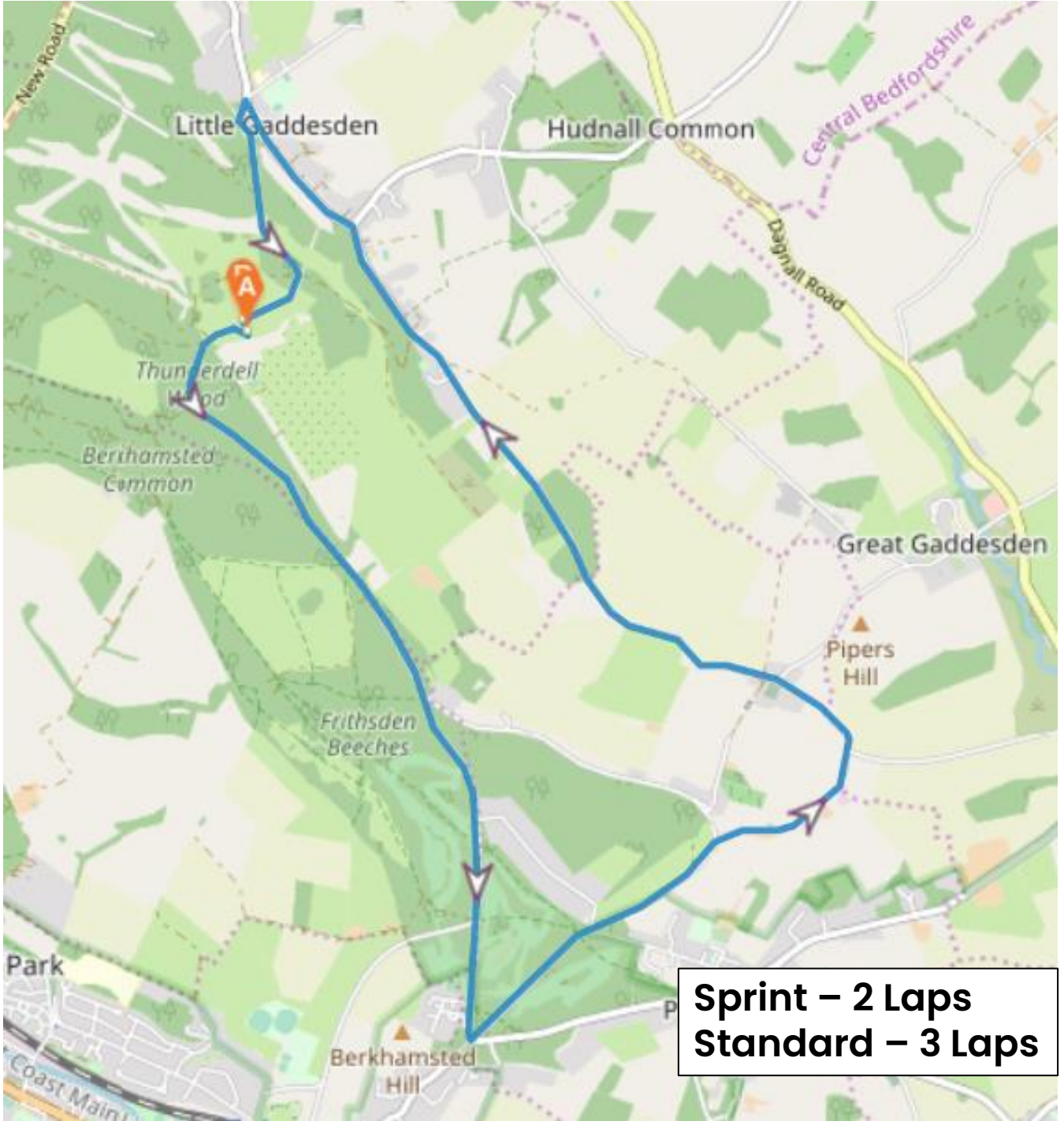
This event is being held in Winter, we suggest that you kit your bike out accordingly. Lightweight racing tyres may not be the best option on the roads that are likely to have some light debris from trees etc.. If you puncture or have a mechanical, advise a marshal or passing moto official.

We would recommend that you have a rear red light as visibility can be low at this time of year.

We have warned local equestrian centers about the event, however, should you come across any horses during the event, please make sure that you pass them widely and make them aware of your presence as you approach them. Give them the same respect that as cyclists, we expect from motor vehicles.



Sprint & Standard Bike Course – 13km Lap



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Key Race Rules/Info

- Correctly fitted and structurally sound helmets are mandatory on the bike and must be securely fitted before touching the bike.
- You must mount your bike AFTER the mount line and dismount BEFORE the dismount line.
- Drafting is strictly prohibited on the bike (BTF Drafting Explanation)
- You must abide by the Highway Code at all times on the bike.
- There is **no** water/feed station on the bike, ensure that you carry any drink/food that you require.
- There will be water available on the run course in cups (we suggest that you carry any additional food or liquid you need). There will also be water available, self-service style, at the finish.
- Littering on the course is prohibited (including gel wrappers) – please ensure that you carry all litter with you to the next bin, there will be several positioned after the water station. Anyone seen littering will be penalised.
- Refrain from spitting on the course, particularly on the run.
- This is an individual effort. Outside assistance is strictly prohibited
- Headphones are strictly prohibited during all legs of the race
- Please keep the transition area clear throughout the race. Store any excess baggage at the side of the transition area.
- If you DNF please head to race HQ and inform the timing team you have withdrawn.
- You must ensure that zips on tri-suits are To the top completely whilst racing (unless wearing a top underneath), and done up to the top in the final 200m in sprint and standard events.



Timing

The event will be chip-timed. Your registration pack will include your race number and a chip, this chip must be worn on your left ankle. Start time will be based off the gun time.

After the race

After finishing, please take off your worn timing chip and place it in the collection boxes provided at the finish line.

Collect your bike and belongings promptly from transition once it is declared 'open' by the technical official.

Results

Results are calculated by ATW's timing partner, EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. You can find your result at:

[All Races \(eventchiptiming.com\)](https://www.eventchiptiming.com)

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost.

A full set of results will be available on the results page after the event.

European Championships Qualifying

Good luck to all of you who are trying to qualify for the European Standard Distance Championships GB team. The results will be passed on to British Triathlon the week after the event. ATW wont be able to advise on qualifying status.

Final word

We hope you are excited to be a part of this magnificent occasion.

Have fun and race well!