



PROVISIONAL RACE INFORMATION
ROTHER VALLEY CHILDREN'S TRIATHLON 2010
ROTHER VALLEY COUNTRY PARK - SATURDAY 12TH JUNE 2010

All competitors will be asked to show some form of photographic identification before they are allowed to register.

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to the 3RD Rother Valley Triathlon Festival brought to you by One Step Beyond Promotions, in association with The British Triathlon Federation, The Rotherham Advertiser and Rother Valley Country Park.

There will be 4 individual events across the weekend with the Children's Triathlon being the first event of the festival. In 2010 we will be launching 2 new distances for the children's events, offering different distances for different age groups (See Race Start / Age Range / Distances Section).

Please read ALL of this race information very carefully. We have done all that we possibly can to ensure that everyone has an enjoyable and safe event. Your help in following these guidelines would be greatly appreciated.

Enjoy your day!

Free Training Days

Qualified Triathlon Coaches are providing 6 **FREE** training sessions for novices at Rother Valley in the run up to the festival, if you would like to attend or require further information please contact Rebecca Rowley via email: rebeccarowley@britishtriathlon.org or telephone: 07860 695235.

Directions to Rother Valley Country Park

Rother Valley Country Park is located on Mansfield Road, Wales Bar, Sheffield S26 5PQ.

Travelling from the North - Take the A1 / A1(M) South until you reach junction 35 exiting onto the M18 (signposted Sheffield / Scunthorpe). Stay on the M18 (signposted Scunthorpe / Rotherham / Sheffield). Take the exit onto the M1, leaving the M1 at junction 31 onto the A57 (signposted Worksop). At the roundabout, take the 3rd exit onto A57/Aston Way heading to Sheffield, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

Travelling from the South - Take the M1 until you reach junction 31 exiting onto the A57 (signposted Sheffield SE). At the roundabout, take the 1st exit onto A57/Aston Way heading to Sheffield / Handsworth, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

In the lead up to the event there will be ADVANCE WARNING signs informing the general public that the event is taking place.

Car Parking

There will be specified event car parking available within the grounds of the Country Park, please follow the instructions of our race marshals.

Camping & Caravanning Facilities

Camping and caravanning facilities are available on site, these must be booked in advance by telephoning Richard Baker / Countryside Ranger on 0114 2471452 or by emailing iandixon@RVCP.co.uk.

Hotel Accommodation

Hotel accommodation can be coordinated on your behalf by Yorkshire South Tourism simply email wendy@yorkshiresouth.com.

Race Registration 07:30 - 09:30

Having pre entered for the event either online or by post, all competitors will need to register between 07:30 - 09:30 on the morning of the race.

Race Registration will take place in the main building of the Courtyard area - follow the signs. This is where you will collect your race number, 1 x frame sticker and information about where to go to for the start of the race.

Friendly Race Briefings

There will be informal race briefings taking place in transition 10 minutes before the start of each Race / Wave 1 the race organisers will explain the course route and prepare the competitors for the Children's Triathlons. If you have any questions or queries on race day, please ask them at the Race Briefings.

Race Start / Age Range / Distances

Event 1

Start Time: 08:45
Age Range: 9 - 14YRS OLD
Distances: 50M SWIM - 3KM BIKE - 1KM RUN

Event 2

Start Time: 09:30
Age Range: 11 - 14YRS OLD
Distances: 200M SWIM - 4KM BIKE - 1.5KM RUN

Event 3

Start Time: 10:30
Age Range: 13 - 14YRS OLD
Distances: 300M SWIM - 8KM BIKE - 2.4KM RUN

Please Note: Age categories are based on your age on the 31st December 2010, so please consider this when entering. Therefore Children who are currently 8yrs old but will be 9yrs old before the 31/12/2010 are also eligible to take part in Event 1.

What Will You Need?

For many people this will be their first triathlon and you do not need all of the kit. There are certain items that you will need; a swimming costume or swimming trunks, a road worthy bike, an approved cycling helmet and a pair of shoes for the cycling and running sections. We strongly recommend that a wetsuit is used, **Rother Valley Country Park has approximately 100 wetsuits in various sizes available for hire by telephoning 0114 2471452.** We will also be able to provide a small number of bikes and helmets, which need to be reserved in advance by emailing rothervalley@onestepbeyond.org.uk stating the name of the child requesting a bike and helmet.

The Course

The courses are designed to be very simple and will allow for excellent viewing opportunities of this fun children's tri! The swim will follow along the edge of the lake, ensuring that the children feel comfortable with their position in the water. Both the bike and run sections will operate along the internal pathways of the Country Park providing a safe enjoyable race. Please note the path surface is currently more suited for mountain bike / hybrid bike rather than specialist road bikes.



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Race Rules

The rules will be very simple - HAVE FUN!!! There will be race marshals along the whole course to ensure that the children are all going in the correct direction.

Revolution Images

Revolution Images will be photographing this event and displaying your photos as you cross the line. All images will be uploaded to the Revolution Images website later the following day. Visit it at www.revolutionimages.co.uk

Total Fitness Nottingham

Total Fitness Nottingham will be in attendance for any last minute triathlon purchases that you might require. If you have any specific requests please contact them on 0115 9222226 or www.tfn.uk.com
On the day Total Fitness will be doing 'Bike Checks' for £10. Please arrive early at the Total Fitness stand as it is expected this service will be popular.

Refreshments

Refreshment units will be available on site throughout the festival weekend.

Medical Cover

The safety of our competitors is paramount, especially the little ones! Onsite during the event will be ReAction Medical Services, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of Medics and Paramedics and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

We request that all parents / guardians write their name & contact details on the back of the children's race numbers using a waterproof pen. If they have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of their race number. Please write their medical condition fully on the back of their number also. This will only be used in the event of them being involved in an accident.

Race Numbers

A Race Number must be worn on the front of your top during the bike & run sections at all times. Your number must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

Results

Provisional results will be available to download on www.onestepbeyond.org.uk the Monday following.

Prizes

Everyone who completes the course will receive an event t-shirt and medal as they cross the finish line.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the closing date of Thursday 3RD June 2010. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Thursday 10th June at 5pm. Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages.

Race Volunteers - Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please email rothervalley@onestepbeyond.org.uk you do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day.

Festival Events:

Saturday 12th June 2010

Children's Tri 1 (ages 9 - 14yrs) 50m Swim / 3km Cycle / 1km Run
Children's Tri 2 (ages 11 - 14yrs) 200m Swim / 4km Cycle / 1.5km Run
Children's Tri 3 (ages 13 - 14yrs) 300m Swim / 8km Cycle / 2.4km Run
Paratriathlon Champs 750m Swim / 20km Cycle / 5km Run
Women's Only Super Sprint 200m Swim / 10km Cycle / 4km Run

Sunday 13th June 2010

Sprint Tri 750m Swim / 25.4km Cycle / 5km Run

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to the event organising committee, our team of Officials that help to organise all of our events, the staff at Rother Valley Country Park, the local police forces for allowing the event to take place, all of our sponsors & finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing rothervalley@onestepbeyond.org.uk

Teresa Hamilton - Managing Director.

All the information here is believed to be true at the time of going to press. Changes maybe required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.

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