



**PROVISIONAL RACE INFORMATION**  
**CORUS BRITISH PARATRIATHLON CHAMPIONSHIPS 2010**  
**ROTHER VALLEY COUNTRY PARK - SATURDAY 12<sup>TH</sup> JUNE 2010 - 12:30**

**Please note that all athletes will be required to show some form of photographic identification and your Assessment Card**

**PLEASE READ ALL OF THIS RACE INFORMATION**

Welcome to the 3<sup>RD</sup> British Paratriathlon Championships, part of the 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 Paratriathlon Championships being the second event of the festival. The course is totally contained within the grounds of the park, offering competitors safe traffic free racing.

The event will have electronic timing to ensure that everyone receives accurate & immediate results. 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@britishtraithlon.org](mailto:rebeccarowley@britishtraithlon.org) or telephone: 07860 695235.

**Corus Paratriathlon Championships 2010**

British Triathlon and Corus - committed to developing opportunities for Paratriathletes.

The British Triathlon Federation and its corporate partner, Corus, are delighted to welcome everyone to the Rother Valley Triathlon Festival, and particularly to the Corus Paratriathlon Championships 2010.

British Triathlon places a great deal of importance on increasing opportunities for Paratriathletes to be able to take part in and enjoy the sport. The governing body aims to improve the quality and frequency of events, looking to raise the number of race starts for paratriathletes in Great Britain. There is also an emphasis placed on improving the quality of coaches working with athletes with a disability across the breadth of the sport, top to bottom, as British Triathlon aims to create an environment in which everyone is able to achieve their personal triathlon challenges.

As part of Corus' long-standing commitment to Triathlon in Britain, the steel maker is delighted to extend its partnership with the British Triathlon Federation to include today's Championship race. Having previously established the National Disability Triathlon Project with British Triathlon, Corus is pleased to continue to be involved with events such this, recognising that it is key to ensuring greater accessibility to Triathlon for all.

**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 1<sup>st</sup> 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 1<sup>st</sup> exit onto A57/Aston Way heading to Sheffield / Handsworth, at the following roundabout take the 1<sup>st</sup> exit onto A618 / Mansfield Road before turning left at Waleswood Road.

**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](mailto:iandixon@RVCP.co.uk).

**Hotel Accommodation**

Hotel accommodation can be coordinated on your behalf by Yorkshire South Tourism simply email [wendy@yorkshiresouth.com](mailto:wendy@yorkshiresouth.com).

**Competition Classification**

It is essential that all individuals receive an official competition classification before racing. This must be carried out by a British Triathlon Federation Classifier or your relevant Governing Body i.e. British Blind Sport. If you have already been officially classified you are not required to be reclassified, however you will be required to display when registering a copy of your assessment card. For competitors who have not been officially classified, a classification point will be available at the event.

Information regarding Classification is available in the format of the British Triathlon's Classification Manual for Disabled Athletes and the Modification of Rules for disabled athletes both of which are available on the BTF website by selecting the 'ABOUT' icon.

**Race Registration 10:00 - 11:30**

**Please note that all athletes will be required to show their 2010 British Triathlon Federation Race Licence or an alternative form of photographic identification, as well as their assessment card (if relevant).**

Race Registration will take place in the main building of the Courtyard area - follow the signs. All competitors will need to register between 10:00 - 11:30 on the morning of the race.

Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our race website or on the board by the registration area. First you must visit the 'BTF Day Licence Desk'. If you have applied for a BTF Day Licence when entering, this will be issued to you at this point. If you did not apply for a BTF Day Licence, then you will be required to show your 2010 British Triathlon Federation Race Licence. If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register. There will be NO exceptions to this ruling. If you have a 2010 British Triathlon Federation Race



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Licence, please bring it with you. **Please note that all athletes will be required to show some form of photographic identification if you do not have a 2010 British Triathlon Federation Race Licence.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

Continue forward and find the appropriate numbered table to collect your race envelope. This will contain 2 x race numbers and 1 x frame sticker. Please keep these safe, as they are required to allow entry into the transition area. Next collect your event shirt. Finally, collect your Timing Chip, when you collect your Timing Chip it will be checked to ensure your details are correctly stored. Do not lose your Timing Chip as you will need it to race.

There will be no registration after 11:30. Any competitors that have not registered by 11:30 will lose their place in the event.

#### **Race Briefings**

There will be a race briefing taking place inside the transition area at 12:15. If you are unsure about anything please attend. Race Briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them after the Race Briefings.

#### **Race Start / Wave Times**

There will be a single wave at 12:30.

#### **Transition Area**

The Transition Area will be situated on the Water Sports Complex Car Park and is a fully secured area for competitors only. This is where you will keep your bike / wheelchair during the swim and run sections. To get into the Transition Area you must show your race number at ALL times. You will also be asked to show both your race number & bike number when taking your bike / wheelchair out. This is for your security. The Transition Area will not close during the event, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

#### **What Will You Need?**

You will need a swimming costume or swimming trunks, a road worthy bike or wheelchair, 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 of various sizes available for hire by telephoning 0114 2471452.** All other extras such as elastic laces, specific triathlon clothing, tri-bars, racing wheelchair are not essential but may help you on the day. For further advice please contact Total Fitness Nottingham on 0115 9222226.

#### **Electronic Timing**

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Using this cutting edge technology will mean results, splits and category positions will be updated live as competitors pass the finish line. There will be a large plasma screen providing live results to all competitors and spectators at the finish area. Full details regarding securing your timing chip whilst racing will be issued at registration. When you have finished, please remember to return your timing chip to our officials. If your timing chip is not returned after the race, you will be charged £25 for the chip. Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. To

avoid this problem do not move barriers as they are in place to prevent access to these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

#### **The Course - 750 METRE SWIM - 20KM BIKE - 5KM RUN**

##### **The Swim - 750 Metres**

The swim will take place in the main lake of Rother Valley Country Park. You will be supplied with a swim hat, please wear this to help the race organisers identify which wave you are in.

The route for the 750 metre swim will be a single triangular lap, with 2 right hand turns. The swim course will be marked with 1.5 metre orange buoys at each turn and the swim exit. The route will be marked from Friday evening. There will be numerous canoes in the lake to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. Remember keep the buoys to your right. All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. You are advised not to drink the lake water. If you are unwell, please do not take part in the event.

##### **The Bike - 20KM**

**Please note the path surface is currently sandstone we are in the middle of a Sport England bid to apply for a concrete surface to be installed, updates will be made via our website.**

From the swim, you will exit directly into the transition area. It is important that you understand all of the entrance and exit points of the transition before you start. There are also specific points where you must mount and dismount your bike. An important rule that must be adhered to: "competitors are required to fasten their helmet before touching their cycle or wheelchair in the transition area". The cycle route is very easy to follow it is simply 4 X 5KM laps on the pathway which circles around both lakes in an anti-clockwise direction. It is your responsibility to count your own 4 laps.

##### **The Run - 5KM**

On leaving the transition area, follow the race marshal's directions guiding you onto the same pathway used for the bike section, where you will complete 1 x 5KM lap around both lakes in an anti-clockwise direction. When you have finished, please remember to return your Timing Chip to our officials.

##### **Race Rules**

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles / wheelchairs must be in a road worthy condition and that all competitors are insured by third party civil liability insurance - BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.



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#### 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](http://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](http://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.

#### Physio

There will be massage available on the main event area by the finish line. They will be charging £5 for a 15 mins massage.

#### Refreshments

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

#### Medical Cover

The safety of our competitors is paramount. 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 state registered Paramedics plus Accident 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 competitors write their next of kin & contact details, medical conditions and any medication you are taking on the back of their race numbers using a waterproof pen. If they have any type of medical condition or are taking any type of medication please also write a large 'MC' on the bottom left of your race number. This information will only be used in the event of you being involved in an accident.

#### Race Numbers

Race Numbers must be worn on both the front & back during the bike & run at all times. Numbers 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.

#### Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the entrance to the Registration Room. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

#### Results

Times will be displayed on the plasma screen next to the finish. Provisional results will be available to download on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk) the Monday following.

#### Prizes

There will be British Titles available in each of the Tri Classes Male and Female.

#### 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 3<sup>RD</sup> 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 10<sup>th</sup> 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](mailto: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.

#### Other fully inclusive OSB events in the 2010 season include:

9TH MAY	WOODHALL SPA - Sprint Triathlon
30TH MAY	SOUTHWELL - Sprint Triathlon
27TH JUNE	LAKESIDE - O/W Sprint Triathlon ( <i>New in 2010</i> )
4TH JULY	DAVID LLOYD - Sprint Triathlon
21ST AUG	CLUB RELAYS - National Relay Championships
22ND AUG	NOTTINGHAM - O/W Sprint Triathlon
19TH SEPT	LAST MINUTE - Sprint Triathlon

#### 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](mailto: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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