



PROVISIONAL RACE INFORMATION
ROTHER VALLEY WOMEN'S ONLY TRIATHLON 2010
ROTHER VALLEY COUNTRY PARK - SATURDAY 12TH JUNE 2010 - 15:15 START

Please note that all athletes will be required to show their 2010 BTF Race Licence or an alternative form of photographic identification.

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 Women's Only Triathlon being the third event of the festival. The course is totally contained within the grounds of the park, offering competitors a safe traffic free event.

Whether this will be your first triathlon or you have completed in loads this is a great opportunity to take part in a fun Women's Only Triathlon event in a non-intimidating environment.

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 13:00 - 14:30

Please note that all athletes will be required to show their 2010 British Triathlon Federation Race Licence or an alternative form of photographic identification.

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 Licence, please bring it with you. 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.

Friendly Race Briefing (15:00)

This will take place inside the transition area. If you are unsure about anything please attend. The Race Briefing 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

Wave times will be confirmed closer to the event.

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 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 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.

The Team Event

Only one person is required to register for the whole team, but will be required to show ALL of the 2010 BTF Race Licences for those teams that have not paid for their Day Licence(s) when entering. All relay team tags will take place by the team's bike racking position, inside the transition area. The swimmer will finish their swim, exit through the fire doors and then run to tag their team cyclist inside the transition area. The cyclist's bike must stay racked until the swimmer has tagged the cyclist. When the team cyclist finishes, he/she must



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re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

What Will You Need?

For many people this will also be their first triathlon and you do not need all of the kit. There are certain items that you will need; a swimming costume, 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 of various sizes available for hire by telephoning 0114 2471452.** All other extras such as elastic laces, specific triathlon clothing and tri-bars are not a necessity but will help you on the day. For further advice please contact Total Fitness Nottingham (TFN) 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 - 200 METRE SWIM - 10KM BIKE - 4KM RUN

The course design will be very simple and will allow for excellent viewing opportunities of this fun women's only tri!

Swim

The swim will be a basic square, which stays close to the side of the lake at all times, ensuring that the competitors feel comfortable with their position in the water. 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. 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.

Bike

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 in the transition area". The cycle route is

very easy to follow it is simply 2 X 5KM laps on the pathway which circles around both lakes in an anti-clockwise direction. Each of your laps will be counted by an electronic timing matt, but during the race it is your responsibility to count your own 2 laps.

Run

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 4KM shorten lap around the lake. 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 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 or telephone the British Triathlon Federation on 01509 226161.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 15 years old on or before the 31st December 2010. In addition anyone under 18 years old must have parental permission to take part in the event. For more information visit:

<http://www.britishtriathlon.org/uploads/files/Competition%20Rules%202006.pdf>.

Revolution Images

Revolution Images will be photographing this event and taking your photo as you cross the line. All images will be uploaded to the Revolution Images website on Monday following. 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.

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 which covers all muscle groups in both legs.

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 Ltd, 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 first-aiders, nurses, state registered Paramedics plus Accident and Emergency



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ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. There will also be British Triathlon motorbike marshals on the cycle section. 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 on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This 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 sections 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 the Monday following.

Prizes

There will be prizes in various age categories for both male and female competitors and for the winning team. Presentation will take place within 30 minutes of the last competitor finishing. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

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.

2010 Event Calendar

14TH FEB	TCR - Saucony 10K
6TH MAR	CLUMBER - Duathlon
9TH MAY	WOODHALL SPA - Sprint Triathlon
30TH MAY	SOUTHWELL - Sprint Triathlon
12TH & 13TH JUNE	ROTHER VALLEY - Triathlon Festival
27TH JUNE	LAKESIDE - O/W Sprint Triathlon <i>(New in 2010)</i>
4TH JULY	DAVID LLOYD - Sprint Triathlon
8TH AUG	OUTLAW - Iron Distance Triathlon <i>(New in 2010)</i>
21ST AUG	CLUB RELAYS - National Relay Championships
22ND AUG	NOTTINGHAM - O/W Sprint Triathlon
19TH SEPT	LAST MINUTE - Sprint Triathlon
10TH OCT	ROBIN HOOD - Multi event Adventure Day

We have some great warm up events which will provide you with the perfect training platform pre-event.

Southwell Sprint Triathlon (Southwell Nottinghamshire) - 30th May
Historically our most popular pool triathlon of the season, this event always fills up quickly. Based at Southwell Leisure Centre, 12 miles out of Nottingham City Centre, this event is perfect for novices looking to get started in triathlon.

If you catch the bug, why not try another Tri!

David Lloyd Triathlon, (Burton Waters, Lincolnshire) - 4th July
As far as luxury triathlons go, this one hits the spot. How many triathlons are hosted by a private health club, using the magnificent indoor pool, cycling along perfectly smooth re-surfaced wide open roads and then running around private lakes, all closed to traffic?

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. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden.