



LAKESIDE TRIATHLON 2010

PROVISIONAL RACE INFORMATION
LAKESIDE SPRINT TRIATHLON 2010
WEST THURROCK, GRAYS, ESSEX, RM20 2ZP
SUNDAY 27TH JUNE 2010 07:20 - 08:00 WAVE STARTS

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

Following extensive work with our event partner Triathlon Racing Inc, the superb venue - Lakeside, Thurrock Council and the local police authorities we are pleased to introduce *The Lakeside Triathlon*. This event will offer a truly unique opportunity to race within the grounds of one of Europe's largest shopping centres.

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!

Directions to Lakeside

For complete transport information please visit http://www.lakeside.uk.com/getting_here.htm

Car Parking

There are 13,000 car parking spaces available within Lakeside.

Race Registration Sun 06:00 - 07:20

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

Having pre entered for the event either online or by post, all competitors will need to register between the times stated above.

Race Registration will take place in foyer of the Vue Cinema - follow the signs.

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.

Race Briefing - 07:00

There will be a race briefing taking place inside the transition area at 07:00. 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 Briefing.

Race Start / Wave Times

Wave times will be confirmed closer to the event.

Transition Area

The Transition area 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. Please understand this will cause queues during peak times, but it is for your benefit. 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 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, this may be compulsory depending on water temperature. 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 also be a large plasma screen providing live results to all competitors and spectators at the finish area. The timing chip will be worn on your leg, around the ankle. When fitting your chip it is useful to smear a small amount of lubricate to stop any chaffing. Full details regarding this 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 climb over barriers as they are out in place to prevent access from 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

Swim

The swim will take place in the Alexandra Lake. 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 Saturday 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



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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

The cycle section is a 2 looped 10km course, which will have police and / or marshal support at all junctions.

Upon leaving transition, the first 0.8km of the course will be within the internal private closed road of Lakeside. Competitors will exit under Police control onto the West Thurrock Way heading straight over the main roundabout.

At approximately 1.9km the course turns left onto the London Road, staying on this road for just over 1km before turning left onto the Devonshire Road, heading towards and onto the A1012 Elizabeth Road.

The turning onto the Elizabeth Road is the 5km mark, from this point the course heads up to the main roundabout turning left onto the A1306.

The course runs along the A1306 for approximately 3km before turning at the 9km mark back towards Lakeside onto the West Thurrock Way. On the first lap competitors will head across the roundabout and complete a second loop, on the second time round upon hitting the main West Thurrock Way roundabout the competitors will turn left onto Lakeside's private road back up and into transition.

Run

On leaving the transition area, follow the race marshal's directions onto the run course. The run course will use an internal road within Lakeside which is closed for the event. There will be a drink station at the end of each loop. At the end of each of the 4 loops, you will need to collect a wrist band. When you have collected 3 wrist bands & completed 4 laps, turn right into the finish area in front of Marks & Spencer's. The finish will be underneath the inflatable red gantry.

Coaching

As part of your preparation why not get some coaching tips from Jodie Swallow - the Great British athlete is the official coaching partner of the Lakeside Triathlon, she will be offering coaching tips as well as heading up coaching days at the event venue - in the lead up to the event, to find out more 'follow the swallow' at www.ifollowtheswallow.com.

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>.

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 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 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.

Course Reconnaissance

The bike and run course will be set up from Saturday afternoon.

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 17th 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 17th June at 5pm.



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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 - email lakeside@onestepbeyond.org.uk for more details.

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 (New in 2010)
4TH JULY	DAVID LLOYD - Sprint Triathlon
8TH AUG	OUTLAW - Iron Distance Triathlon (New in 2010)
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

Club Relays, Nottinghamshire - 21st August

This event is now not so much about the swim, bike, run elements, but obviously these are very important. We like to think this whole weekend of fun is triathlon's answer to the Glastonbury Music Festival. Yes, there's the headline stage - over the years we have had Olympians and World Champions taking part but this weekend is also

about the après triathlon. Where else can you find close to 1000 triathletes all camping and partying together?

No club should miss this event. One of the most exhilarating and fun events on the UK calendar, the Club Relays revolves around teams of four using a tagging format where *everyone swims, everyone bikes and everyone runs* in a race that looks like a mixture between competition and chaos.

Nottingham Triathlon, Nottinghamshire - 22nd August

Set at Holme Pierrepont, National Water Sports centre this is really the perfect venue for testing yourself on a perfectly flat course where the tempo is high and the volume is too. Whether you are an experienced athlete looking for a fast time over the sprint distance or you are a novice competitor looking for a safe & friendly venue for your first open water triathlon, then this is perfect for you.

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 Lakeside, 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 lakeside@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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