



**PROVISIONAL RACE INFORMATION
THE LAST MINUTE SOUTHWELL TRIATHLON
SOUTHWELL LEISURE CENTRE, NOTTINGHAMSHIRE
SUNDAY 19TH SEPTEMBER 2010**

Please note that all athletes will be required to show some form of photographic identification

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to The Last Minute Southwell Sprint Triathlon. This is our final triathlon of the season. The course will be identical to the Southwell Triathlon earlier in the season.

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 Southwell Leisure Centre

Southwell is approximately 12 miles northeast of Nottingham City centre. The leisure centre is situated south of the town centre on Nottingham Road (A612) and is clearly sign posted.

Car Parking

There will be 2 primary car parks for this year's event, situated at the Southwell Leisure Centre and at Brackenhurst College. Brackenhurst College is 750 metres away from Southwell Leisure Centre and will take approx. 5 minutes to walk, please allow for this. When approaching, please follow the instructions of our race marshals. Please remember that the approaches to the car parks are on the cycle course, so give way to cyclists.

Race Registration 6.45am - 10.30am

All competitors will need to register on the morning of the race. Please register approx. 1 hour before your start time, but no later than 10.30am. Any competitors that have not registered by 10.30am will lose their place in the event.

Race Registration will take place in the Main Sports Hall of Southwell Leisure Centre. 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. **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.

Race Briefings 07:15 & 10:15

These will take place inside the transition area. 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. There will be two briefings, the first at 7.15am and the second at 10.15am.

Race Start 07:30

The first wave of competitors will start at 07:30, the timekeeper will start 5 swimmers at 2-minute intervals, the last competitor will start at 11.30.

Transition Area

The Transition Area will be situated on the Rugby Club field 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. 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?

As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £3000. There are certain items which you will need: a swimming costume or swimming trunks, swimming goggles are also highly recommended but not compulsory. A road worthy bike, an ANSI/BS approved cycling helmet: these are available from Total Fitness prices start from around £30.

All other items such as elastic laces, specific triathlon clothing and handlebars are not a necessity but will help you on the day. For further advice please contact Total Fitness on 0115 9222226. 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.

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.



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The Swim - 400 Metres

The swim will take place in the 25 metre indoor heated pool at Southwell Leisure Centre. Swim 16 lengths - 400 metres, you cannot walk along the bottom of the pool. Please arrive on poolside approx. 10 minutes before your start time. The timekeeper will start waves of 5 swimmers every 2 minutes. Your start time has been worked out from your estimated swim time that you filled in on your entry form. By doing this it is hoped that you will be with competitors of a similar standard during the swim section. There will be other competitors in the same lane during the race, it is the responsibility of the faster swimmer to overtake, but also remember that it is much easier to swim behind someone. It is your responsibility to count your own 16 lengths. There will be a marshal on poolside to randomly check that competitors are swimming 16 lengths. You will be supplied with a swim hat, please wear this to help the marshal count your lengths. If you wish to get changed for the bike and run section after the swim, you may either use the swimming pool changing rooms or change inside the transition area - nudity is not allowed.

Please Note: Competitors only allowed on the poolside.

The Bike - 19.3KM (See Final Page for Bike Course Map)

From the swim, exit through the double fire doors at the bottom end of the pool, you will then turn right to the transition area. Please be careful on this 50 metre run to the transition area, it is possible that there will be vehicles on the course. The surface is a mixture of stone & grass, we recommend that people wear shoes for this section to protect their feet. Before you start, you will need to set up your transition - all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition, shoes for cycling and running, your race numbers plus any clothes you wish to put on after the swim.

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. From leaving the Rugby Club field, turn right onto Park Lane then left and take the A612 towards Lowdham. This first short section will be extremely busy, please proceed with caution & listen to all marshals instructions, including those of the Police. The first mile is immediately uphill, so it will be important to keep in a low gear. The first 3 miles are very lumpy, uphill followed by downhill until you reach Gonalston.

When reaching Gonalston, please ride very carefully down the steep hill. There is a dangerous junction at the bottom. From here the course is completely flat until you reach the Lowdham traffic island. Turn round and head straight back to Southwell. All of the roads that we use for the cycle section are open to the public; please adhere to all rules of the Highway Code, including 30 MPH speed limits. Please note that you are not allowed to take pace from other competitors during the cycle section, this means that you are not allowed to ride closer than 10 metres to another unless overtaking. You only have 30 seconds to overtake another competitor. When you reach the end of the bike section, turn back into Park Lane, dismount your bike at the appropriate point, re-rack your bike back into your original racking position and then take your helmet off.

The Run - 5KM

On leaving the transition area, you will make your way up the field through the rugby club car park - follow the race marshal's directions onto the quiet country roads surrounding the Leisure Centre. The first 400 metres of the run course is uphill, known now as the Southwell Slope. The following 800 metres are flat along single-track farm lanes, before turning round and retracing the route. The route will be two,

out and back laps. The turn round point at the end of the first lap is on the rugby club field, there will also be a water station positioned here. At the end of the second lap turn right towards the finish. Turn round points will be marked by RUN TURN signs, and race marshals. Please be aware that even though these lanes are very quiet, it is possible that cars will be using them. Always proceed with care, especially on some of the blind bends. 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 displaying your photos as you cross the line. All images will be uploaded to the Revolution Images website later the same 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.

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

On the day refreshments will be available from Eden Catering who will be providing hot & cold drinks and sandwiches, etc.

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



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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 9th September 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.

Race Office Closure

The One Step Beyond race office will be closed from Thursday 9th September at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event.

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 lastminute@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.

Robin Hood Adventure Challenge (Sherwood Pines) - 11th October

After its successful introduction in 2007 we will once again be organising the multi-event day which is the Robin Hood Adventure Challenge. This event has something for everyone whether you are an adrenaline-junkie wanting to challenge yourself on the off road duathlon course or simply enjoy exercise and want to take part in one of the 3 running disciplines, this is the event for you! This is an ideal family event set within the 1,200 hectares of woodland and open heath of Sherwood Pines Forest Park.

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events. Southwell Rugby Club, Southwell Leisure Centre, Southwell Police 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 telephoning One Step Beyond Promotions on 01427 718888 or emailing lastminute@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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