

National Water Sports Centre, Holme Pierrepont, Nottingham

## Race Information

Sunday 22<sup>nd</sup> August 2010

Welcome to The Nottingham Triathlon at the National Water Sports Centre, Holme Pierrepont, Nottingham. This annual event is staged on a completely closed road course which is near perfect for both competitors and spectators alike.

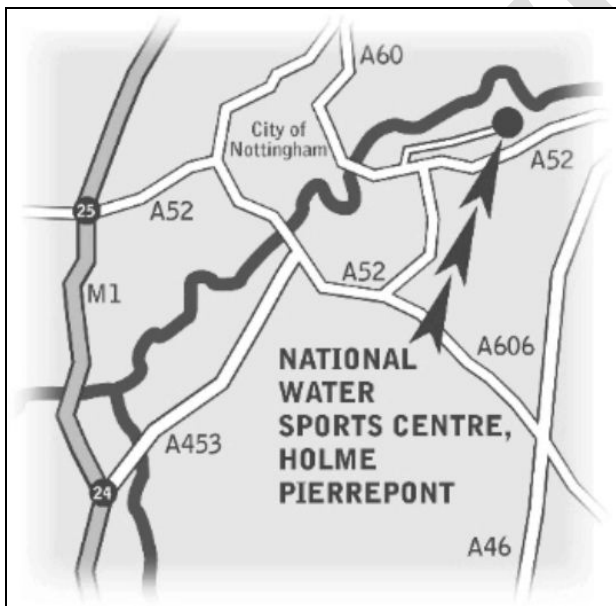
### Finding the National Water Sports Centre

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

The National Water Sports Centre is 5 minutes from Nottingham train station.

Sat-Nav users are advised to use the name National Water Sports Centre rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre.



### Car Parking

Competitors' parking is on the far side of the regatta course, 100 metres past the main entrance. It is vital that you do not use the car park at the main entrance, since this is part of the run course, and entry to this

area is only possible with an officials parking permit. Overspill parking is also available on the Slalom Course, but please be aware this is a 10 minute walk from the Race HQ.

### Lockers & Showers

Lockers and showers are available in the changing rooms at the National Water Sports Centre.

### Additional Contacts

Holme Pierrepont - Venue/Accom	Tel. 0115 9821212
Additional Accom in Nottm	Tel. 08444 775678
British Triathlon	Tel. 01509 226161

### Race Format & Distances

Swim 750m (1 lap) - Bike 20km (4 laps) - Run 5km (1 lap)

### Race Start Times

All male entries will be starting at 0900. All female & athletes in the Paratriathlon Championships will be starting at 1100. These waves will be split down again with a 3 minute gap between each. The split will be confirmed in the Final Race Information.

ALL MALES - 9.00am  
ALL FEMALE - 11.00am approx.

### British Triathlon Licences

**Please note that all athletes will be required to show some form of photographic identification - 2010 BTF Race Licence - or other, photocopies are fine.**

If you have applied for a BTF Day Licence when entering, this will be issued to you at registration. 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

### Registration Times

**Sunday 3<sup>rd</sup> August 2008**

Registration will be open for all categories between 7.00am - 8.30am & then 10.00am - 10.30am for all females.

There will be no registration outside of these times.

### Registration Procedure



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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 outside of the registration room. First you must visit the 'BTF Day Licence Desk'. 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, 1 x frame sticker & your security wristband. 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. Do not lose your Timing Chip as you will need it to race.

### Race Briefing

There will be a short race briefing held at Transition 1 at 8.45am. Please attend this race briefing as any last minute changes, as well as any questions will be answered here. There will also be a race briefing 15 minutes before the Female & Paratriathlon start, we expect this to be at approx. 10.45am.

### Transition Areas (Transition 1 & Transition 2)

For Mens Event Opening Times - 8.00am - 8.45am

For Womens Events Opening Times - 10.30am - 10.50am

No bags & boxes are allowed into either transition area & remember that if you are using different shoes for the run section, they must be left in Transition 2. Please use the lockers in the changing rooms for your dry clothing.

Bike racking will only take place on Sunday morning only. There will be no racking on Saturday. Please ensure that you affix the bike number sticker provided in your goody bag for security reasons. As the transition area will only be open for a limited time please rack your bike promptly. Competitors only will be allowed into the transition area. To gain access to the transition area you will be asked to show your race number. Your approved cycle helmet must be attached to your bike when you rack it. Remember when racking your bike to place your bike number on the right hand side close to your handlebars. Please rack only in your designated place, any bikes found incorrectly racked will be removed.

At the end of each event, removal of your bike from the transition area will not be possible without your race

number, which corresponds with your stick-on bike frame number on your handlebar stem. If challenged please be prepared to show race numbers at all times. Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition

As the same Transition Area will be used for both the Sprint waves, please read these instructions very carefully.

### Transition Area 1

Will be used for the Swim to Bike Transition

### Transition Area 2

Will be used for Bike to Run Transition.

Remember that if you are using different shoes for the run section, they must be left in Transition 2.

### 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 £2500. 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.

### Electronic Timing

To ensure quicker and more accurate times and results your team will receive a timing transponder to use whilst racing. When fitting your transponder it is useful to smear a small amount of lubricate around your ankle to stop any chaffing. Using this cutting edge technology will mean results, discipline splits and category positions will be updated live as teams pass the finish line. There will also be a large display providing live results to all competitors and spectators in the expo area. When you have finished the race, please remember to return your timing transponder to our officials in the transition area. Failure to do so will result in a £25 charge being made to the team for the loss of equipment. 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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### Swim - 750 metres 1 lap

The swim start will take place from the opposite side of the lake to the transition area. Please allow 10 mins to swim or walk to the swim start. There are only two turns on the swim route, the first after approx. 450 metres & the second after a further 100 metres. Please keep the turn buoys on your right at all times.

### Wetsuits

The lake will be cold and triathlon wetsuits will be compulsory. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out.

After you have finished the swim, please put your wetsuit & goggles into the white plastic bag that is supplied. This will be moved into transition 2 for you.

### Water Safety

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. You are not allowed to swim on your back at all.

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. Be careful entering the open water swim if you are unwell. You are advised not to drink the lake water.

### Bike - 20km - 4 laps

The bike route is very simple. It is 4 laps of the perimeter road. The cycle course is 4 anticlockwise laps of the Regatta Road. Once you have completed 4 laps, please ensure that you know where Transition 2 is and approach from the right hand side of the road after the final turn past the boathouses.

Please take care at all of the corners as they are very tight. Please note that as a water sports park, ducks & swans are likely to be on the course & might not move when approached. Please ride on the left and overtake briefly on the right before returning to ride on the left. This race is a non-drafting race for all categories (i.e. no cycling to close to another cyclist or in a pack). You are also reminded no 'side by side' riding will be allowed. Time penalties will be issued by the referee for infringements.

Whilst the bike course is closed to all vehicles, please note this is a popular centre, and attracts many visitors and whilst the course is fully fenced off from the public, due care should be taken. There will be course marshals on all entrances to warn the general public, but please be aware that it is a public park and keep your head up at all times.

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked. Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition prior to racing

**PLEASE CYCLE ON THE LEFT AT ALL TIMES AS RUNNERS WILL BE USING THE SAME PERIMETER ROAD**

### Run - 5km - 1 lap

The run route is also very easy to follow. From Transition 2 rack your bike and continue in the same direction to start your run. The course will take you past the spectators grand stand, and you should turn right once you have passed the grand stand, follow this road towards the car park for approximately 100m and just before the Gates turn right, up onto the grass, run over the boat houses, cross the road and follow the path in front of the score board and return onto the Regatta Road for the final 2 mile section before finishing in front of the spectators grand stand. This is a one-lap circuit that runs clockwise around the perimeter of the regatta lake and encompasses some grassed sections.

**RUNNERS WERE POSSIBLE SHOULD RUN ON THE GRASS VERGE TO AVOID CONFLICT WITH ONCOMING CYCLISTS. PLEASE RUN ON THE LEFT AT ALL TIMES.**

### Course Reconnaissance

You are not permitted to swim in the regatta lake at any time, other than during the race. However, you are permitted to cycle the bike course up to 8.00 am after which the course will be cleared of all competitors.

### Race Office Closure

The One Step Beyond race office will be closed from Tuesday 19<sup>th</sup> August at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Wednesday 20<sup>th</sup> setting up.





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### 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](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

### Race Numbers

Do not cut or fold these race numbers since time penalties will be issued for number mutilation. No competitor will be allowed into or out of the transition area without a number.

Race Numbers must be worn on both the front during the run & back during the bike at all times. Number belts are permitted. To aid the timekeepers, who act as a manual back up to the timing system at the finish, please ensure that your number is not obscured.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number on your handlebars. If challenged please be prepared to show your race numbers at all times. NB. Please do not forget to bring safety pins.

### Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Event Medics 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 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 your race number & wear your

race number at all times when competing in the event - including the swim section.

### Results

A Complete set of results will NOT be provided to competitors on the day, but a provisional list will be posted and will be available the following day on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk). If you have a query over any results please inform us immediately on the day in writing by passing a note onto officials in the registration area. Once provisional results have been posted on the web competitors have 2 days to register a query on those results. All queries must be provide in writing via e-mail to [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk) no later than 1700 hrs on Tuesday 24th August 2010 after which time a full set of results will be posted on the web and all results will stand.

### Prizes

There will be prizes for the first 3 overall for both male & female athletes in the senior & veteran's categories, as well as a winners prize for the Under 20 category. 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.

### Time 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. No other officials have the right to award a penalty and all penalties must be directed through the race referee. 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.

### Technical Support

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition. We recommend that you have your bike serviced before race day by TFN or by your local bike shop. During registration on Sunday, TFN will be available to sort out any last minute bike or equipment problems.

### Competitor Conduct

Competitors are reminded that they share the venue facilities with other citizens who may or may not be fully aware of the event. And whilst no members of the public should be on the bike course at any time during the event which is fully fenced off, due care should be

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taken at all times. We request that you treat both members of the public, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters.

### Photography

Revolution images will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to [www.revolutionimages.co.uk](http://www.revolutionimages.co.uk)

### Race Volunteers - Please Help

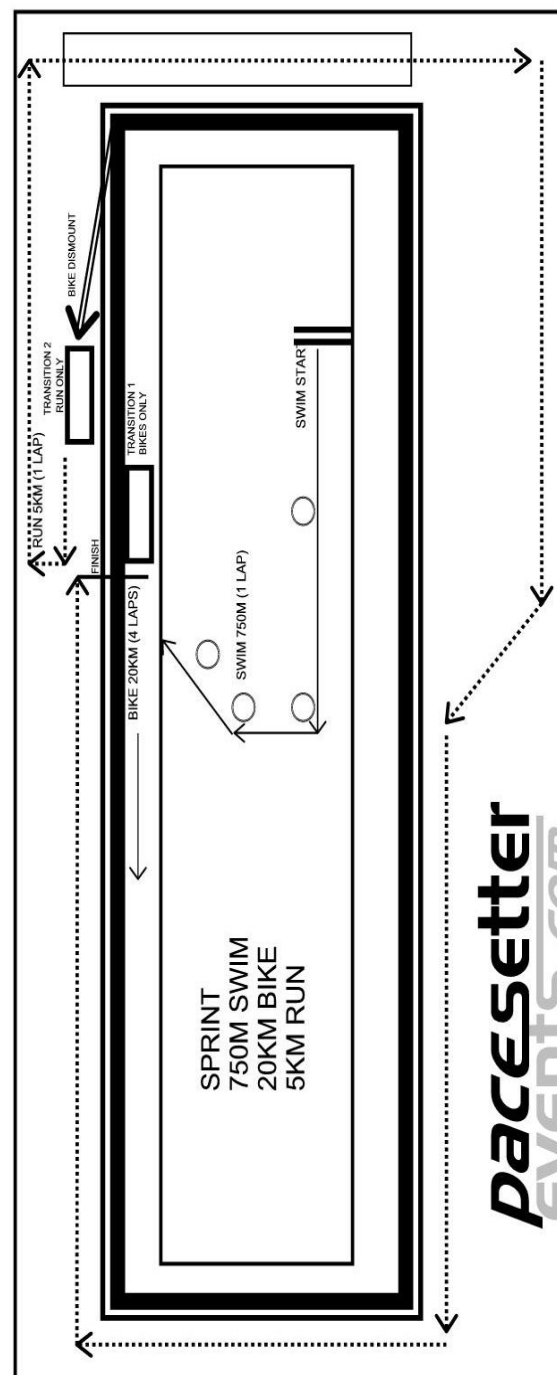
No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please contact [adam@onestepbeyond.org.uk](mailto:adam@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.

### For Further information

One Step Beyond  
White House Farm  
Fenton  
Lincoln  
LN1 2EW

Website [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)  
Email [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk)  
Tel 01427 718888

PLEASE FAMILIARISE YOURSELVES WITH THIS MAP  
PRIOR TO THE RACE START. PLEASE NOTE THAT THE  
RUN COURSE DIFFERS FROM THE SUPERSPRINT COURSE



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