

Woodhall Sprint Triathlon

PROVISIONAL RACE INFORMATION
JUBILEE PARK, WOODHALL SPA, LINCOLN
SUNDAY 9TH MAY 2010

MIDLANDS SPRINT TRIATHLON SERIES - RACE 1

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

Welcome to The Woodhall Spa Sprint Triathlon

We would like to welcome everyone to the 5th Woodhall Spa Sprint Triathlon organised by One Step Beyond Promotions, with the assistance of Lincoln Triathlon Club. Firstly we would like to thank Lincoln Tri for their support and also all of the volunteers that will be giving up their time, to ensure that everyone has a fun & safe day.

In 2010 the Woodhall Triathlon will be the launch event of our Midlands Sprint Triathlon Series. After three successful years we have altered the format slightly and there will only be 3 events in total meaning competitors must complete all of the events to be eligible to win their relevant age category. We expect the series to grow and become even more competitive than last year. For full series details please visit the front page of www.onestepbeyond.org.uk and click on the series button.

Enjoy your day.

Directions to Jubilee Park, Woodhall Spa

Woodhall Spa is approximately 10 miles to the east of Lincoln City Centre. It is best approached either using the A158 or A153. Woodhall Spa is a delightful inland resort and has become a haven for visitors craving relaxation & tranquillity. Jubilee Park is an ideal base for walking, cycling or touring and it also offers tennis, bowling, a heated outdoor swimming pool, children's play area, putting and cricket.

Accommodation

In 2010 Jubilee Park will only have basic camping facilities available. Contact the site on 01526 352448. For all other accommodation please contact Woodhall Spa Tourist Information Centre on 01526 353775.

Car Parking

All parking for the event will be based at Jubilee Park. Please follow the Car Park signs when entering Jubilee Park. Please consider the other competitors & residents of Jubilee Park when parking at the event.

Race Registration

Saturday 4.00pm - 6.00pm / Sunday 7.30am - 9.00am

Race registration will take place inside the small marquees adjacent to the transition area (next to the swimming pool & children's play area). Please register at the latest 1-hour before your start time, but no later than 9.00am.

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.

Registration will close at 9.00am Sunday morning. Any competitors not having registered by this time will not be allowed to race, and competitors on the waiting list will be allowed to take their place.

Race Briefing - 8.00am

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

Race Start 8.15am

The first wave of competitors will start at 8.15am, the timekeeper will start 5 swimmers at 2-minute intervals. It is expected that the last competitor will start at approx. 10.30am.

Transition Area

The Transition Area will be situated next to the children's playing area. This is a fully secured area for competitors only, 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 frame 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 £3,000. 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 tri-bars 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 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 cross the finish line. There will 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. 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 or fencing 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 33 metre outdoor heated pool at Jubilee Park. Swim 12 lengths - 400 meters, 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 will be worked out from your estimated swim time that you fill 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 12 lengths. There will be a marshal on poolside to randomly check that competitors are swimming 12 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 - 24KM (See Final Page for Bike Course Map)

From the swim, exit through the wooden gates at the bottom end of the pool, you will then turn left to the transition area. 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. Your bike frame sticker should be applied to your bike along the top tube close to your handlebars. Your helmet sticker should be stuck to the front of your helmet; this is for the race photographers to help identify you during the race.

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 transition, cycle for approximately 100m until you reach the park exit where you will turn left onto the main road, cycle for a further 150m then take a right hand turn which will be signposted and marshalled. You will then stay on this road for approximately 1 mile where you will take another right turn, again this will be signposted and marshalled. Continue straight for just over a 1 mile where you take a left hand turn at the Junction of the B1191 Horncastle Road. After about 6 miles of the course in the village of Thornton you will turn left onto an unclassified road. After half a mile you will reach a T-junction, turn right, then almost immediately left again and through Thimbleby village. Turn left at the next junction, onto the B1190. Follow this road for approximately 4 miles to Horsington. Just before the end of this village, there is a left turn, which takes you via an unclassified road for 3 miles to Stixwold. Where you will turn left and cycle for the remaining 2 miles back to Jubilee Park.

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, 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, follow the race marshal's directions onto the run course. On leaving the transition area, turn left out of

the park. After about 200 metres take the first left and follow an unclassified road for 1.5 miles. At the end of this road, turn left again and follow the road back to the mini-roundabout. Another left, and after 400 metres the finish line will be in sight. The run course uses a mixture of pavements and unclassified roads. Please be aware that there might be other uses on the roads and pavements.

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, all images will be uploaded to the Revolution Images website later the following 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

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

The Jubilee Park Café will be open all weekend for hot & cold food & drinks. On race morning, the café will open at 7am for early breakfasts. Also on the Sunday afternoon there will be a BBQ.

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 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.

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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

The 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 29th April 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 6th May 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 woodhallspa@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.

Midlands Sprint Triathlon Series

After the Woodhall Triathlon we then have 2 events left in The Midlands Sprint Triathlon Series - so why not enter another pool event, for full details and rules of the series visit www.onestepbeyond.org.uk.

The 2nd event is the Southwell Triathlon on the 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.

The final event of the series will be held at David Lloyd, Burton Waters, Lincolnshire on the 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?

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	LAKE SIDE - 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

Rother Valley Triathlon Festival (Rotherham) - 12th & 13th June

On the 12th & 13th June 2010 Rother Valley Country Park will be the venue for the 3rd multi event triathlon festival organised by One Step Beyond Promotions. There will be 5 individual events across the weekend, the first 4 events on the Saturday, the final event on the Sunday. Rother Valley Country Park is a fantastic sporting and recreational venue attracting 750,000 visitors per year. There will be numerous activities happening at the park throughout the festival, making it the perfect opportunity for a sporting weekend away!

Last Minute Sprint Triathlon (Southwell) - 19th September

This is the final opportunity of the season to race this great sprint event or maybe a chance to compare your time from earlier in the season and see just how much you have improved.

Robin Hood Adventure Challenge (Sherwood Pines) - 10th 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. All of these events are ideal for novice and experienced athletes each offering challenging but fun bike and run sections.

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. Jubilee Park staff & Lincoln Tri Club for their support and energy. East Lindsey Council 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 woodhallspa@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.

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