



FINAL RACE INFORMATION

CANCER RESEARCH UK WOMEN'S ONLY TRIATHLON – START 10:30

ROTHER VALLEY COUNTRY PARK: SATURDAY 8TH JUNE 2013

Please note that all athletes will be required to show their 2013 BTF Race Licence or an alternative form of photographic identification.

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to the 6th Rother Valley Triathlon Festival brought to you by One Step Beyond Promotions. There will be 4 individual events across the weekend with the Cancer Research UK Women's Only Triathlon being the second 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!

Support Cancer Research UK

By supporting Cancer Research UK at the Rother Valley Women's Triathlon, you are quite simply helping save lives. Every 2 minutes in the UK someone is told that they have cancer, but the pioneering work of Cancer Research UK is changing this. Over the past 40 years, cancer survival rates have doubled, but one in three of us will still get cancer at some point in our lives. With no government funding at all, Cancer Research UK relies on the generosity of people just like you. Whether you can raise £5 or £500, your money is vital in the fight against cancer.

By joining the Cancer Research UK team you will be supported every step of the way on your journey to becoming a triathlete! (if you aren't one already). Before the triathlon you'll get a t-shirt or vest to wear on the day - add our iron on letters to the front of your top so we can cheer you on all the way round.

You can also **request a fundraising pack** stuffed full of ideas to help boost your fundraising target. We can also help you get ready for the triathlon with our training advice and help your family and friends support you on the day by requesting a cheering pack, full of goodies to help make a real racket. **Contact CR-UK on 0871 641 2403 or email sportsteam@cancer.org.uk to join their team.**

Confirmation of Entry

Competitors are requested to check on the event start list posted on the website to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

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.

BTF Licences

All athletes will be required to show their 2013 British Triathlon Federation Race Licence or an alternative form of photographic identification.

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 2013. 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>

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. It is likely that wetsuits will be compulsory, **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.

Camping & Caravanning Facilities

Camping and caravanning facilities are available on site, these must be booked in advance by telephoning between 09.30 and 2.30 Monday to Thursday and speak to Carla in Admin. at the park office Tel. 0114 2471452 ext 1.

Hotel Accommodation

Hotel accommodation can be coordinated by the venue through Jo Edley - joivcp@gmail.com.

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 - £3.50

There will be an event car parking available within the grounds of the Country Park, please follow the instructions of the park stewards. To assist with reducing queues please bring the correct entrance fee of £3.50.

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Race Registration 08:45 – 10:00

The Registration Marquee will be based on The Green close by the Transition Area. 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 2013 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 2013 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.

Transition Area – ONLY OFFICIALS & COMPETITORS INSIDE

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 2013 BTF Race Licences for those teams that have not paid for their Day Licence(s) when entering. If you don't show a BTF Race Licence you will need to purchase a day licence for £5.00 per person. 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 the lake 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.

Friendly Race Briefing (10:15)

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.

Start 10:30 Waves / Race Start / Swim Cap Colours

Please note age ranges are based on the age on the 31/12/2013.

WAVE	START TIME	CAP COLOUR	CAT
1	10:30	YELLOW	15-19/20-24/25-29
2	10:35	DARK BLUE	30 - 34
3	10:40	RED	35 - 39
4	10:45	LIGHT BLUE	40 - 44

5	10:50	YELLOW	45-49/50-54/55-59/60+
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Electronic Timing

Providing fast and accurate results is the most critical part of any race. At One Step Beyond Timing we use the latest RFID based timing system. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

- Wear the chip!
- When attached to the strap wear it just above your LEFT ankle with the chip arrow pointing upwards. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.



When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. We don't need you to run over bulky mats anymore and don't worry if you don't hear it make a noise. If you have run between the antenna and worn your chip correctly we will have a time for you.

Electronically capturing each finishers time allows us to continuously post preliminary provisional results on-site during the race in a number of ways.

At the moment these Triathlon chips are re-usable and as such need to be handed back at the finish of the race or before if you have to retire early.

You will incur a charge of £10 if you fail to hand it in.

Race Numbers

A Race Number must be worn on the back whilst on the bike & the front during the run sections at all times. Your number must be pinned at all four corners, number bands are also allowed. NB. Please do not forget to bring safety pins.

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 relatively 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 onto your back and raise one arm; a canoe will then escort you to the bank.



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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, or have open cuts please do not take part in the event.

Bike

Please note the path surface is a mix of tarmac and sandstone.

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 area 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. It is your responsibility to count your own 2 laps. You will follow the bright orange signs.

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 shorter lap around the lake. You should follow the bright yellow signs. When you have finished, please remember to return your Timing Chip to our officials.

Prizes

There will be prizes in the following age categories:

15 – 19 / 20 – 24 / 25 – 29 / 30 – 34 / 35 – 39 /
40 – 44 / 45 – 49 / 50 – 54 / 55 – 59 / 60 +

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Immediate Care Medical, 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 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.

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.

Presentation will take place in the Race Village Area 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.

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.

Message

There will be massage available on the main event area by the finish line.

Refreshments

Refreshment units will be available on site throughout the festival weekend.

Withdrawals

The Closing Date has now passed and unfortunately any withdrawing competitor will not be eligible for a race credit. Please note that you are not allowed to give your entry away, 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 6th June at 12noon. Please do not send emails or call the office 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, if you are interested please email info@onestepbeyond.org.uk

Other One Step Beyond Events

One Step Beyond Promotions will be organising a number of other multi-sport and running events throughout 2013. These range from children's fun runs and novice pool triathlons to high profile open water triathlon events. For more information about One Step Beyond Promotions and our events please visit www.onestepbeyond.org.uk.

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 info@onestepbeyond.org.uk.

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.