

**PROVISIONAL RACE INFORMATION**  
**NATIONAL WATER SPORTS CENTRE**  
**ADBOLTON LANE**  
**HOLME PIERREPONT**  
**NOTTINGHAM**  
**NG12 2LU**

**FRIDAY 30<sup>th</sup> MAY 2014 – RACE START 12:00**

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

**Welcome**

For its fourth year running the Emergency Services National Triathlon Championships will be held at the National Water Sports Centre.

**Confirmation of Entry**

Competitors are requested to check on the list of entries 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 online 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](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

**British Triathlon Licences**

*Please note that all athletes will be required to show some form of photographic identification - 2014 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 2014 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 2014 British Triathlon Federation Race Licence, please bring it with you.

**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 31<sup>st</sup> December 2014. In addition anyone under 18 years old must have parental permission to take part in the event. For more information visit: [www.britishtriathlon.org](http://www.britishtriathlon.org)

**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.

**Lockers & Showers**

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

**Additional Contacts**

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

**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.

**Registration Times 10.00 – 11.15**

**Registration Procedure**

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 2014 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.

**Transition**

Access to the 2 transition areas will be from 10:15 – 11:45, there will be no access permitted outside these times.

**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 wetsuit, 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.

**The Team Event**

Only one person is required to register for the whole team, but will be required to show ALL of the 2014 BTF Race Licences for those

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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

#### **Race Briefing**

There will be a short race briefing before the event. Please attend this race briefing as any last minute changes, as well as any questions will be answered here.

#### **Electronic Timing**

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Please ensure that you bring your chip with you on race day and that you fasten it securely to your left ankle.

Please 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.

When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing.

We are aiming to produce live-to-web results, full provisional results will be available on the Monday following the event.

#### **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.

#### **Race Format & Distances**

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

#### **Swim – 750 metres 1 lap**

The swim will start and finish from the boat house area of Holme Pierrepont, directly in front of T1. There are only two turns on the swim route, the first after approx. 340 metres & the second after a further 70 metres. Please keep the turn buoys on your LEFT at all times.

#### **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**

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

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 too 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

#### **Run – 5km**

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

Upon leaving T2 competitors will run past the main grandstand, making a right hand turn onto a small adjoining road. From this road, competitors head up onto the grass bank, sweeping round to the right and over the top of the boat houses. Continuing in a clockwise direction competitors will reach the large scoreboard before heading downhill onto the perfectly flat perimeter road, where they will loop

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around the lake, filtering into the final funnel for a hero's welcome in front of the grandstand.

#### **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 11.00 am after which the course will be cleared of all competitors.

#### **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 your race number & wear your race number at all times when competing in the event – including the swim section.

#### **Prizes**

There will be prizes in the following age categories: TBC

#### **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.

#### **Results**

Times will be displayed on the plasma screen in the foyer of the main building.

#### **Food (On Race Day)**

Food will be available from various food vendors on race day.

#### **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 withdrawal date of 9th May. 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 Wednesday 28<sup>th</sup> May at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up.

#### **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 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.

#### **Further Information**

Any questions related to the event can be answered by emailing [info@onestepbeyond.org.uk](mailto: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.*