



FINAL RACE INFORMATION

LAKESIDE SPRINT TRIATHLON IN PARTNERSHIP WITH DECATHLON LAKESIDE SHOPPING CENTRE, WEST THURROCK, GRAYS, ESSEX, RM20 2ZP SUNDAY 17TH JUNE 2012

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

PLEASE READ ALL OF THIS RACE INFORMATION

The Lakeside Triathlon organised in partnership with Triathlon Racing Inc. will offer a truly unique opportunity to race within the grounds of one of Europe's largest shopping centres.

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!

Premier Sponsor – Decathlon

We are proud to announce Decathlon as the premier sponsor of the 2012 Lakeside Triathlon. Decathlon will be providing fantastic support during the event weekend, they will providing free bike checks pre event, race marshals, store vouchers for all winners, and offering everyone an exclusive competitor only discount at their store valid on the day of the event - simply take in your swim cap! Decathlon are also organizing a special try a sport promotion on 17th June at their store so why not wander over after the Lakeside Triathlon has finished.

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.

BTF Race Rules

You are recommended to familiarise yourself with the British Triathlon rules and regulations. 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 – British Triathlon Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence. 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 MUST produce their race licences at registration – please have this ready in advance of registering. If you forget your licence, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day licence at registration. Please have the correct money ready for registration.

Triathlon England Eastern Region Adult Sprint Championship

The Lakeside Triathlon 2012 will be the Triathlon England Eastern Region Adult Sprint Championship race for this year. In order to be eligible for a prize please ensure that your 'club' is up to date on the One Step Beyond website, edit your profile or email info@onestepbeyond.org.uk before the 10th June.

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 2012. 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?

As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £5000. There are certain items which you will need: a swimming costume or swimming trunks; swimming goggles and wetsuits are also highly recommended but not compulsory; a road worthy bike; an ANSI/BS approved cycling helmet. Decathlon, as our partner and as a sports retailer, can provide all of this equipment from their Lakeside store.

All other items such as elastic laces, specific triathlon clothing and tribars are not a necessity but will help you on the day. On the day Decathlon will be doing 'Free Bike Checks'. Please arrive early at the Decathlon stand as it is expected this service will be popular.

Directions to Lakeside

For complete transport information please visit http://www.lakeside.uk.com/getting_here.htm

Car Parking

Car Park 6 has been allocated for competitors. The car park can be found by following the event car park signs which will be erected on the approach to the car park. For guidance on the location of Car Park 6 / Route to the Registration Area please download the map from the Lakeside event page.

Race Registration Sun 06:00 – 07:10

Please note that all athletes will be required to show their 2012 British Triathlon Federation Race Licence or an alternative form of photographic identification.

Having pre entered for the event either online or by post, all competitors will need to register between the times stated above but please note your wave start time and make sure you give yourself plenty of time by registering early.

Race Registration will take place in the foyer of the Vue Cinema – follow the signs for the registration desk for your specific wave. All competitors will be asked to show some form of photographic identification before they are allowed to register

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 2012 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 2012 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 and please return it in the Finish Area to avoid a charge.

Transition Area

The Transition area 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 open once all the competitors have finished the bike section.

Race Briefing – 07:10

There will be a race briefing taking place at the swim start area by the Water Sports Centre at 07:10. 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 Briefing.



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Race Start / Wave Times

07:20	Wave 1	Male 15 – 34
07:28	Wave 2	Male 35 – 39
07:36	Wave 3	Male 40 +
07:44	Wave 4	Female & Teams

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

Race Numbers must be worn on the back during the bike & the front during the 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.

The Course – 750 METRE SWIM – 20KM BIKE – 5KM RUN

Swim

Please note: to get to the swim start competitors will be required to walk along a tarmac pathway. Please allow at least 5 minutes to walk from transition to swim start. We advise that competitors should wear trainers/flip-flops to walk down to the swim start; these should then be put into your white storage bag (provided at registration) and put in the support vehicle ready for collection after the event at the finish area.

The swim will take place in the Alexandra Lake. The route for the 750 metre swim will be a single lap, with 3 right hand turns. The swim course will be marked with large buoys at each turn. The route will be marked from Saturday evening. There will be lead canoes in the lake to guide you and boats to

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.

Remember keep the buoys to your right. 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, please do not take part in the event.

The Swim Exit is different to most Triathlons; it is a lowered pontoon with a scramble net attached under the waterline. Marshals will be available to assist you when exiting the water. The route from the swim exit to the transition area is very slippery; please take extra care when running along the Boardwalk (wooden surface).

Bike

The cycle section is a 2 looped 10km course, which will have police and / or marshal support at all junctions.

Upon leaving transition, the first 0.8km of the course will be within the internal private closed road of Lakeside. Competitors will exit under Police control onto the West Thurrock Way heading straight over the main roundabout.

At approximately 1.9km the course turns left onto the London Road. Competitors will stay on London Rd for just over 1km before turning left onto the Devonshire Road, heading towards and onto the A1012 Elizabeth Road.

The turning onto the Elizabeth Road is the 5km mark, from this point the course heads up to the main roundabout turning left onto the A1306.

The course runs along the A1306 for approximately 3km before turning at the 9km mark back towards Lakeside onto the West Thurrock Way.

On the first lap competitors will head across the roundabout and complete a second loop, on the second time round upon reaching the main West Thurrock Way roundabout the competitors will turn left onto Lakeside’s private road back up and into transition.

Run

On leaving the transition area, follow the race marshal’s directions onto the run course. The run course will use an internal road within Lakeside which is closed for the event. There will be a drink station as you start the run course. At the far end of each loops, you will need to collect a wrist band. When you have collected 4 wrist bands and are heading back, turn right into the finish area M&S Car Park. The finish will be underneath the inflatable red gantry.

Course Reconnaissance

The bike and run course will be set up from Saturday afternoon.

Pre-event warm up and post-event cool down

Impulse Leisure will be providing exercise equipment, including exercise bikes, in their marquee next to the Finish Area for the benefit of all competitors.
www.impulseleisure.co.uk

Post Event Massage

Oakfield Physiotherapy Clinic will be providing pre and post-event massage for competitors within the Impulse marquee. For more information visit
<http://www.oakfieldphysiotherapyclinic.co.uk/>.

Medical Cover

The safety of our competitors is paramount. 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.

Prizes

There will be prizes in the following age categories:

Male Winner	Female Winner	Team
Category 15 - 19	Category 15 - 24	Winners
Category 20 - 24	Category 25 - 29	
Category 25 - 29	Category 30 - 34	
Category 30 - 34	Category 35 - 39	
Category 35 - 39	Category 40 - 44	
Category 40 - 44	Category 45 - 49	
Category 45 - 49	Category 50 - 54	
Category 50 - 54	Category 55 +	
Category 55 - 59		
Category 60 +		

Presentation including those for the Triathlon England Eastern Region Adult Sprint Championships will take place within 30 minutes of the last competitor finishing. You must be in attendance to collect your prize. The presentation will take place directly outside the VUE cinema.

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.

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. 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 14th June at 5pm.

Please do not send emails 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 – email lakeside@onestepbeyond.org.uk for more details.

Support Sponsor Details

Swim For Tri - Swim For Tri, based in London but now coaching across the UK, is a swim technique and coaching concept brought to you by the brother and sister team of Dan and Keeley Bullock. The team share over 30 years experience of competitive swimming, coaching, teaching swim lessons and direct involvement with the sport of Triathlon as competitors and Coaches.

Support for charity

This year the Lakeside Triathlon is supporting two charities with many competitors raising money for these great causes – Little Havens Children's Hospice and Cancer Research UK. Visit www.onestepbeyond.org.uk/lakeside-triathlon.php

Other One Step Beyond Events

One Step Beyond Promotions will be organising a number of other multi-sport and running events throughout 2012. 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.

Other Triathlon Racing Inc Events

TRI also organises the SwimFesT Series at Lakeside, open water swimming races from 750 metres to 10K endurance distance throughout the season in partnership with SwimforTri Ltd. For more information visit www.swimfortri.com

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 Lakeside, the local police forces and Thurrock Council for allowing the event to take place. Also VUE for hosting the registration area and providing cinema tickets for the age group winners & 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 lakeside@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.

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