



FINAL RACE INFORMATION
DAVID LLOYD, BURTON WATERS, LINCOLN, LN1 2BE
SUNDAY 21ST APRIL 2013
MIDLANDS SPRINT TRIATHLON SERIES - RACE 1

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

Welcome to The David Lloyd Lincoln Sprint Triathlon

We would like to welcome everyone to the 6th David Lloyd Lincoln Sprint Triathlon organised by One Step Beyond Promotions. Firstly we would like to thank everyone who has entered the event and also all of the volunteers that will be giving up their time, to ensure that everyone has a fun & safe day.

In 2013 the David Lloyd Triathlon will be the first event of our Midlands Sprint Triathlon Series. Competitors must complete all of the events to be eligible to win their relevant age category. For full series details please visit the front page of www.onestepbeyond.org.uk and click on the series button.

Midlands Sprint Triathlon Series

This event will be the first event out of three for 2013 Midlands Sprint Triathlon Series. The next event will be held at Southwell Leisure Centre on the 5th May, and the last event of the series will be held at Woodhall Spa, Lincolnshire on the 21st July. Based at a small purpose built camping and caravanning complex, you will find a perfect mixture of relaxation and recreation. Woodhall Spa offers all that you need to unwind for a weekend.

Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site 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. 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.

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?

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 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 tribars are not a necessity but will help you on the day. For further advice please contact Total Fitness on 0115 9222226. On the day Total Fitness will be

doing 'Bike Checks' for £10. Please arrive early at the Total Fitness stand as it is expected this service will be popular.

Directions to Burton Waters Marina, Lincoln

David Lloyd Burton Waters is situated in Lincoln on the Burton Waters Marina just off the A57 towards Worksop. The Burton Waters Marina is approximately 2 miles northwesterly of Lincoln City Centre. David Lloyd is a private health and fitness club offering a modern day health and fitness service to its members including state of the art gym, 25m indoor pool, spa area including sauna and steam room, bar and restaurant, crèche and a health & beauty salon. In the lead up to the event there will be ADVANCE WARNING signs informing the general public of the event taking place.

Car Parking

All parking for the event will be within Burton Waters Marina. There are a number of car parks situated within the marina, all of which are just a short walk away from the event venue. Please follow the Car Park signs AND Car Parking Stewards Instructions. In the lead up to the event there will be ADVANCE WARNING signs informing the general public of the event taking place.

Race Registration 7.00am – 10.00am

Race Registration will take place in the main bar & restaurant area. All competitors will need to register on the morning of the race. Please register at the latest 1-hour before your start time, but no later than 10.00am. 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 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. **Please note that all athletes will be required to show some form of photographic identification if you do not have a 2013 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 to the appropriate 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 - you will receive the size you requested when you entered. 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

The Transition Area will be situated on the David Lloyd Car Park. 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 2013 BTF Race Licences for those teams that have not paid for their Day Licence(s) when entering. All relay team tags will



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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 – 07:30 (15 mins before Race Start)

This will take place at 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 Race Briefing.

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. If you forget, return your chip to our office within a week & there will be no repercussions. If not, then you will be charged £10 for losing the timing chip.

Race Numbers

Race Numbers must be worn on the back during the bike & the front during the run. Numbers must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn.

NB. Please do not forget to bring safety pins.

The Swim – 400 Metres

The swim will take place in the 25 metre indoor heated pool at David Lloyd. Swim 16 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 6 swimmers every 2 minutes. Your start time

will be worked out from your estimated swim time that you filled 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. You must swim on your front at all times to ensure that you are able to see other swimmers in your lane. There will be other competitors in the same lane during the race, it is the reasonability 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 16 lengths. There will be a marshal on poolside to randomly check that competitors are swimming 16 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 poolside.

The Bike – 24KM

From the swim, exit through the double fire doors at the side of the pool, you will then turn left to the transition area. Please be careful on this 50 metre run to the transition area, it is possible that there will be other competitors on the course. 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. 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. The scenic 24KM cycle will start from the David Lloyd car park. On exiting the car park, turn right, then immediately left at the mini island. As you approach the A57 island, carefully proceed straight on. Continue through the beautiful village of Burton, before climbing up to the B1398 and turning left. Follow this until you reach the A1500 turn left and then follow this road for a further 6 ½ KM. When you reach Sturton by Stow, you will turn left again towards Saxilby. In Saxilby, turn left onto the A57 and follow this road back to Burton Waters. Turning right into Burton Waters at the traffic island. 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 7 metres behind another rider or 3 metres to the side, unless overtaking. You only have 30 seconds to overtake another competitor.

When you reach the end of the bike section, turn back into Park Lane, 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 – 5 KM

On leaving the transition area, follow the race marshal's directions towards the rear of the health club, on to the run course. The run course will use the recently built Fosdyke towpath. Turn left out of the health club, go along the towpath for approx. 1.25KM & then turnaround. Run 2.5KM in the opposite direction, before turning around for the second time & heading back towards the health club again. The finish will be underneath the inflatable red gantry.

As the Towpath is an open public footpath you may encounter members of the public using this local footpath, please ensure you are courteous to all other users. Where possible run in single file and keep to the left hand side, unless overtaking.



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Course Reconnaissance

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

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. 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. In addition, Please write your medical condition in full on the back of your number. 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
15 – 19 Years	15 – 19 Years	Winners
20 – 24 Years	20 – 24 Years	
25 – 29 Years	25 – 29 Years	
30 – 34 Years	30 – 34 Years	
35 – 39 Years	35 – 39 Years	
40 – 44 Years	40 – 44 Years	
45 – 49 Years	45 – 49 Years	
50 – 54 Years	50 – 54 Years	
55 – 59 Years	55 – 59 Years	
60 +	60 +	

Presentation will take place within 30 minutes of the last competitor finishing in the lounge area of the health club. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board in the Registration area. 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 the event.

Marathon Photos

Marathon Photos will be photographing this event. All images will be uploaded to the Marathon Photos website later the same day.

Visit it at <http://www.marathon-photos.com/scripts/index.py>

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

On the day Total Fitness will be doing 'Bike Checks' for £10. Please arrive early at the Total Fitness stand as it is expected this service will be popular.

Massage

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

Refreshments

In addition to the normal high quality food & drinks supplied from the bar & restaurant, David Lloyd will be providing a special race day menu & BBQ.

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..

Race Office Closure

The One Step Beyond race office will be closed from Thursday 18th April at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Friday setting up.

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 food & drink. If you would like further information about becoming a race marshal please email info@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.

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 our Team of Officials that help to organise all of our events. David Lloyd staff & Lincoln Tri Club for their support and energy. Lincolnshire Council & Police 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 telephoning One Step Beyond Promotions on 01427 718888 or 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.

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