

TRIATHLON

David Lloyd LINCOLN

PROVISIONAL RACE INFORMATION

DAVID LLOYD, BURTON WATERS, LINCOLN. LN1 2BE

SUNDAY 1ST MAY 2016

MIDLANDS SPRINT TRIATHLON SERIES – RACE 2

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 10th David Lloyd Lincoln Triathlon organised by One Step Beyond. 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 2016 the David Lloyd Triathlon will be the 2nd 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.

The first event in the series will be held in Southwell on the 17th April, with the final event being held at Woodhall Spa, Lincolnshire on the 26th June. 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. Entries always sell fast, for these events, so if you are planning to compete please enter ASAP.

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 BTF 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 – Triathlon England/Home Nations Members are insured as part of their membership package, and all other competitors will be required to purchase a Triathlon England Day Licence. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the BTF on 01509 226161.

Calf Guards:

We have been asked to highlight that BTF Rule 9.1 states “competitors shall use no aids other than caps, goggles, nose clip and costume.” It has been deemed that Calf guards are not allowed to be worn in a non wetsuit swim. You will be asked to remove them prior to the swim if you are wearing any, if you refuse we have been advised that you will be disqualified.

Littering the Course – is not acceptable.

If you can carry it full, you can carry it empty. We are lucky enough to organise events that take in some stunning scenery on the courses for you to enjoy. Let's leave them as we find them!! If you use gels or other nutrition supplements during your race please either bring it back to transition with you or make use of the bins at a drinks stations.

If you can take it out on the course with you full, you can bring it back empty. It is also an offence under BTF rules to litter so you will be penalised!

Triathlon England Licences

All Triathlon England/Home Nations Members must produce their 2016 Triathlon England/Home Nations Race Licence at registration. If you forget your licence, or you have not paid the Triathlon England levy due with your application, you will have to pay £5 for a Triathlon England 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 2016. 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.

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.

IMPORTANT ROAD CLOSURE WARNING

To increase the safety of the bike route, for you the competitors, we have been granted a Road Closure on the A57 between Saxilby and the Burton Waters traffic island on the eastbound carriageway only. This means if you are travelling to the event along the A57 towards Lincoln you will need to follow one of the diversion routes to get to the event which will take an additional 30mins to get you to Burton Waters.

PLEASE ALLOW THIS EXTRA TIME TO GET TO THE EVENT

Car Parking

Due to the new developments within the Burton Waters complex there is now limited parking within the Burton Waters complex. We have an additional car park available towards Burton village. As this is a 15 min walk from the venue we will be providing a minibus to shuttle spectators to Burton Waters. For competitors – the quickest way to get to the venue will be to cycle. With this in mind we recommend bringing your kit in a rucksack you can wear whilst riding. The additional car park will be signed. There will be a charge of £1 for parking in the overspill car park.

When you arrive at the event please follow the Car Park signage and follow the instructions of the Parking Stewards.

Please be aware that Dogs are not allowed on David Lloyd premises.

Race Registration: 0700 – 1030 - TBC

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 10.30am. 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



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the board by the registration area. First you must visit the 'Triathlon England Day Membership Desk'. If you have applied for a Triathlon England Day Licence when entering, this will be issued to you at this point. If you did not apply for a Triathlon England Day Licence, then you will be required to show your 2016 Triathlon England/Home Nations 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 2016 Triathlon England/Home Nations 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 2016 Triathlon England/Home Nations 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.

2015 Southwell Tri

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Bike This Way

Mark Redwood
www.onestepbeyond.org.uk

When racking your bike you will see an arrow on your racking sticker (as shown on the left). Please ensure, whether you rack by your saddle or handlebars, that your bike sticks out on your side of the racking. By racking this way everybody will have more space in transition.

The Team Event

The Whole Team is required to register for the event. You will all be required to show your 2016 Triathlon England/Home Nations Race Licences, for those teams that have not paid for their Day Licence(s) when entering you will be required to purchase a Day License at a cost of £5 per person. All relay team tags will take place by the team's bike racking position, inside the transition area. The swimmer (must be at least 9 by the 31st December 2016) will finish their swim, exit through the fire doors and then run to tag their team cyclist (who must be at least 15 by the 31st December 2016) 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 (who must be at least 13 by the 31st December 2016). All tagging will take place by passing the Timing Chip to the next team member, which needs to be attached around the left ankle.

Race Briefings – 07:30 & 09:45 – TBC

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

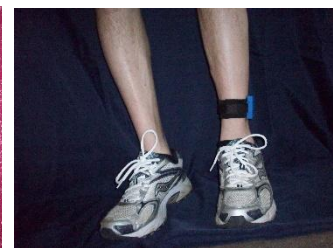
Providing fast and accurate results is the most critical part of any race.

Jaguar Timing use a 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,

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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. Take Care as you turn onto the A57 as this is where the road closure starts, however, there will be access for residents and people that will be travelling to the businesses at Odder. At Odder you will come across a solid cone line to stop traffic going past Odder – there will be a passage on the left hand side for you to cycle through. Please be careful as you approach this area. You will then turn right into Burton Waters at the traffic island. Apart from the last section of the course, 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 black 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.

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 Cascare, 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 medics, EMT's and Advanced EMT's plus Accident and Emergency response vehicles equipped with manual defibrillator / cardiac monitors, ventilators, pulse oximetry and medical gases. 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: **TBC**

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 at the Timing Tent. 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, which is being supplied through Sports Therapy Association.



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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

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 18th April 2016. 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.

Race Office Closure

The One Step Beyond race office will be closed from Thursday 28th 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 2016. 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, the Police & The Canal & River Trust 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. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden.