

FINAL RACE INFORMATION
NATIONAL WATER SPORTS CENTRE, ADBOLTON LANE, HOLME PIERREPONT, NOTTINGHAM, NG12 2LU
SATURDAY 26TH MAY 2012

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

Welcome

Welcome to The Nottingham Triathlon at the National Water Sports Centre, Holme Pierrepont, Nottingham. This annual event is staged on a completely closed road course which is near perfect for both competitors and spectators alike.

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.

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.

British Triathlon Licences

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 2012 British Triathlon Federation Race Licence

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>

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

Male Under 40	07:30 – 08:30
Male 40 +	10:00 – 11:30
Females & Teams	13:00 – 14:30

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 2012 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

The transition areas will be open during the following times:

Male Under 40	07:30 – 08:45
Male 40 +	10:45 – 11:45
Females & Teams	13:45 – 14:45

Access will not be permitted into the transition areas before the stated times as other competitors will be racing.

What Will You Need?

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.

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 swimming costume or swimming trunks, swimming goggles are also high 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 2012 BTF Race Licences for those 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 each wave, this will take place in T1. Please attend this race briefing as any last minute changes, as well as any questions will be answered here.

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Race Start Times

09:00 Wave 1: Male Under 40
 12:00 Wave 2: Male 40 +
 15:00 Wave 3: 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.

On most occasions we will have full provisional results next day on our website - www.onestepbeyond.org.uk

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

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 the back during the bike and & the front during the run 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, especially around the boat house area. 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 so please take care. 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 – 1 lap (NEW COURSE)

Upon leaving T2 competitors will make an immediate 180 degree turn, running alongside T2. You will travel between the boat houses and the bike course, keeping the cones/barriers on your right side at all times! After making a sharp left & right turn you will be heading up the bank on the far side of the lake. You will then continue in a clockwise direction, reaching the large scoreboard before heading downhill onto the perfectly flat perimeter road, where you will loop around the lake. After turning at the top of the lake you will continue for approximately 1km where you will complete a short out and back section, before rejoining the perimeter road. Finally you will filter into the finish funnel for a hero's welcome in front of the grandstand.

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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 8.00 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

Male <40	1 st – 3 rd
Male 40+	1 st – 3 rd
Female <40	1 st – 3 rd
Female 40+	1 st – 3 rd
Team	Winners Only

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 main reception area of the Water Sports Centre.

A complete set of results will NOT be provided to competitors on the day, but a provisional list will be posted and will be available the following day on www.onestepbeyond.org.uk. If you have a query over any results please inform us immediately on the day in writing by passing a note onto officials in the registration area. Once provisional results have been posted on the web competitors have 2 days to register a query on those results. All queries must be provide in writing via e-mail to info@onestepbeyond.org.uk no later than 1700 hrs on Tuesday 29th May after which time a full set of results will be posted on the web and all results will stand.

Technical Support

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition. We recommend that you have your bike

served before race day by TFN or by your local bike shop. During registration on Saturday, TFN will be available to sort out any last minute bike or equipment problems

Refreshments

Food & drink will be available from the venue's cafe. Please keep the area tidy and put all litter in the rubbish bins provided. Please note BBQ's are not permitted on any part of the event site, this is a requirement of the venue under its H&S rules and forms part of our hire agreement.

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 One Step Beyond race office will be closed from Wednesday 23rd May at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Thursday 24th 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 tasha@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 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.

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, 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 nottingham@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.