

FINAL RACE INFORMATION - NOTTINGHAM TRIATHLON
NATIONAL WATER SPORTS CENTRE, ADBOLTON LANE, NOTTINGHAM, NG12 2LU
SATURDAY 1ST JUNE 2013

2013 British Triathlon Sprint Championships
2013 ITU World Sprint Distance Triathlon Championships Qualifier

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, 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 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 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 2013 British Triathlon Federation Race Licence.

British Triathlon Qualification

If you are attempting to qualify to race at the 2013 ITU World Age Group Championships, please follow the instructions outlined on the British Triathlon website - <http://www.britishtriathlon.org/great-britain-teams/age-group/how-to-qualify>. **It is your responsibility to ensure you are eligible to qualify.**

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>

Lockers & Showers

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

Additional Contacts

National Water Sports Centre – Venue Tel. 0115 9824707
National Water Sports Centre – Camping Tel. 0115 9824721
Additional Accommodation in Nottingham Tel. 08444 775678

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 approximately 15 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

There will be 2 allocated car parks for the event, there will be signs and marshals directing you to the correct car park. It is vital that you do not attempt to use the car park at the main entrance, entry to this area is only possible with an official's parking permit. Please allow plenty of time when arriving on site, with over 2,500 competitors arriving to register on Friday or Saturday the roads are going to be very busy.

Registration Times & Location

Friday 12:00 – 18:00 / Saturday 06:30 – 15:30

Registration for the event will take place in the large marquee on the grassed area next to the main building (near the grandstand). All competitors should check in a minimum of 1hr 30mins prior to the start of their wave.

If you can please register on the Friday as this will greatly assist with queuing as we have over 2,500 competitors registering across the weekend.

Registration Procedure

Please ensure that before registering you know your race number. This can be found either from the competitor start list online - <http://dload.osb.s3.amazonaws.com/startlist/nottingham13startlist.pdf> or outside of the registration marquee. 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 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 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, access will not be permitted into the transition areas at any other times as other competitors will be racing:

Wave 1	06:30 – 07:15	Wave 2	08:45 – 09:30
Wave 3	11:00 – 11:45	Wave 4	13:15 – 14:00
Wave 5	15:30 – 16:15		

Access to the transition area will only be permitted from the boat house roof, please look at the transition route map before you arrive on site – <http://dload.osb.s3.amazonaws.com/maps/nottingham13routetotransitionmap.pdf>

What Will You Need?

The lake will be cold and 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 and will not be able to continue.

As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £50 to £7,000. There are certain items which you will need: a wetsuit, a swimming costume or swimming trunks (nudity is not permitted), 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 specific triathlon clothing are not a necessity but will help you on the day. For further advice please contact Total Fitness on 0115 9222226.

Race Briefing

There will be a short race briefing 10 mins 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 / Waves / Cap Colours

WAVE 1 - 07:30	
M 15 - 19	RED
M 35 - 39	RED
M 40 - 44	RED
WAVE 2 - 09:45	
M 20 - 24	WHITE
M 25 - 29	WHITE
M 30 - 34	WHITE
M 55 - 59	WHITE
WAVE 3 - 12:00	
M 45 - 49	YELLOW
M 50 - 54	YELLOW
M 60 - 64	YELLOW
WAVE 4 - 14:15	
F 20 - 24	BLUE
F 25 - 29	BLUE
F 30 - 34	BLUE
F 35 - 39	BLUE
F 40 - 44	BLUE
WAVE 5 - 16:30	
F 15 - 19	RED
F 45 - 49	RED
F 50 - 54	WHITE
F 55 - 59	YELLOW
F 60 - 64	YELLOW
F 65 - 69	YELLOW
F 70 - 74	YELLOW
F 75 - 79	YELLOW
M 65 - 69	BLUE
M 70 - 74	BLUE
M 75 - 79	BLUE
M 80 - 84	BLUE

Electronic Timing

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. 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. Electronically capturing each finishers time allows us to continuously post preliminary provisional results in the main foyer near the cafe.

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 your race numbers since time penalties will be issued for number mutilation. No competitor will be allowed into or out of the transition areas without a number.

Race Numbers must be worn on the back during the bike & 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. 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 the National Water Sports Centre, directly in front of T1. There are only two turns in 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 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. 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 or serious infection are low. 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 anticlockwise laps of the perimeter 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) in line with BTF Sprint Race rules a competitor has 15 seconds in which to pass, otherwise they must remain a minimum of 7 metres behind other competitor. 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.

Please pay extra attention when cornering on the cycle section, the corners are very tight and all have additional hazards, turns 1,2 & 3 all pass through tight gate sections and turn 4 has before cyclists joining from the left T1 and leaving the course on the right T2.

The surface has been greatly improved this year, however there are still some areas of rough surface, we have done our best to mark these for you with temporary spray.

Finally a new small yellow metal frame (approx. 5 metres) has been installed on the inside of the bike course along the back straight, please take extra care when passing this area.

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

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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

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, **please be aware of cyclists travelling in the opposite direction**. 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.

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 7.00 am after which time the course will be cleared ready for the race.

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

OSB & BTF National Sprint Prizes will be issued to the top 3 Males & Females in the following age categories:

15-19	20-24	25-29	30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69	70-74	75-79	80-84(M)

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 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.

Time Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board in the foyer near the cafe/timing point. 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

Provisional times will be displayed on the plasma screen in the main foyer of the Water Sports Centre.

We will also be producing LIVE-TO-WEB results on our site - <http://www.onestepbeyond.org.uk/nottingham-triathlon-live-results.php>.

Retail Expo

The Nottingham Triathlon is part of 3 days of racing which will see the National Emergency Services Championships on Friday 31st May and the new Outlaw Half on Sunday 2nd June. Over 2,500 competitors will be racing across the 3 days, so why not come and watch some racing on the other days.

We will have a number of retailers who will be exhibiting throughout the 3 days, these include Blue Seventy, Total Fitness Nottingham, Cancer Research UK, CompresSport and High5.

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

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 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.

Event Office Closure

The One Step Beyond race office will be closed from Wednesday 29th May at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Thursday 30th 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 of 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.

Further Information

Any questions related to the event can be answered by emailing info@onestepbeyond.org.uk.

All the information here is believed to be true at the time of going to press. Changes may be required to ensure that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision. This information is the Copyright of One Step Beyond Promotions, reproduction of this text or style is forbidden.