



PROVISIONAL RACE INFORMATION

BRITISH PARATRIATHLON CHAMPIONSHIPS 2012

HOLME PIERREPONT, NOTTINGHAM
SATURDAY 26TH MAY 2012 @ 14:50
INDIVIDUAL EVENT: 750 METRE SWIM - 20KM BIKE - 5.6KM RUN

Welcome

Welcome to the 5th Tata Steel British Paratriathlon Championships, part of the Nottingham Triathlon brought to you by One Step Beyond Promotions. This annual event is staged on a completely closed road course which is near perfect for both competitors and spectators alike.

Tata Steel British Paratriathlon Championships 2012

British Triathlon and Tata Steel – are committed to developing opportunities for Paratriathletes.

The British Triathlon Federation and its Corporate Partner, Tata Steel, are delighted to welcome everyone to the Nottingham Triathlon, and particularly to the Tata Steel Paratriathlon Championships 2012.

British Triathlon places a great deal of importance on increasing opportunities for Paratriathletes to be able to take part in and enjoy the sport. The governing body aims to improve the quality and frequency of events, looking to raise the number of race starts for paratriathletes in Great Britain. There is also an emphasis placed on improving the quality of coaches working with athletes with a disability across the breadth of the sport, top to bottom, as British Triathlon aims to create an environment in which everyone is able to achieve their personal triathlon challenges.

As part of Tata's long-standing commitment to Triathlon in Britain, the steel maker is delighted to extend its partnership with the British Triathlon Federation to include today's Championship race. Having previously established the National Disability Triathlon Project with British Triathlon, Tata Steel is pleased to continue to be involved with events such as this, recognising that they are key to ensuring greater accessibility to Triathlon for all.

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.

Competition Classification

It is essential that all individuals receive an official competition classification before racing. This must be carried out by a British Triathlon Federation Classifier or your relevant Governing Body i.e. British Blind Sport. If you have already been officially classified you are not required to be reclassified, however you will be required to display when registering a copy of your assessment card.

For competitors who have not been officially classified, a classification point will be available at the event. A classification time slot should be booked with Jonathon Riall jonathonriall@britishtriathlon.org / 07739 526565.

Information regarding Classification is available in the format of the British Triathlon's Classification Manual for Disabled Athletes and the Modification of Rules for disabled athletes both of which are available on the BTF website under the Paratri tab on the home page.

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>

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.

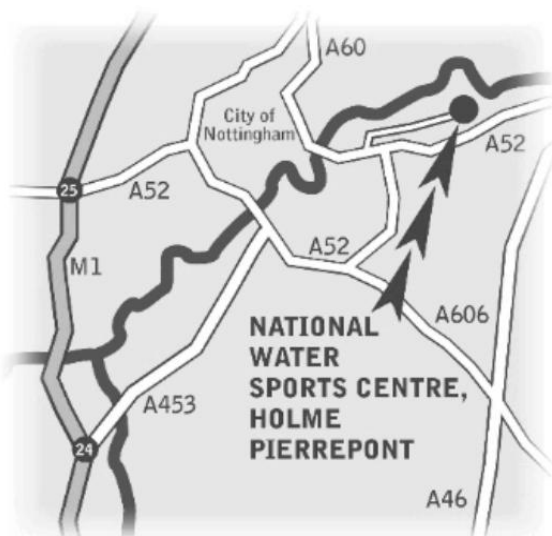
From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

The National Water Sports Centre is 5 minutes from Nottingham train station.

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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

The boathouse car park at the National Water Sports Centre has been allocated for athletes taking part in the Paratriathlon Championships. In order to access the car park you will need to display your parking permit which is on the final page of this document.

Additional Contacts

Holme Pierrepont – Venue/Acc.	Tel. 0115 9821212
Additional Acc. in Nottm	Tel. 08444 775678
British Triathlon	Tel. 01509 226161

Showers

Fully accessible showers are available in the changing rooms at the Log cabin.

Registration Location & Times

The registration will take place in the log cabin in the Boathouse Car Park, between 11:00 – 13:00.

Registration Procedure

Please ensure that before registering you know your race number. This can be found from the competitor's start list on our race website. 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.

Race Briefing

There will be a formal race briefing held in the log cabin (registration area) between 13:00 – 13:30. It is essential that you attend this race briefing as any last minute changes, as well as any questions will be answered here.

Race Start Times & Access to Transition

There will be one single Paratriathlon Wave starting at 14:50, 10 minutes before the Female Nottingham Wave.

Athletes will be able to access the transition areas from approximately 13:45.

Transition Areas

There will be a split transition for the event.

Transition Area 1 – Will be used for the Swim to Bike Transition

T1 will be positioned directly in front of the boat houses, alongside the Lake

Transition Area 2 - Will be used for Bike to Run Transition

T2 will be positioned to the right hand side of the boat houses / T1.

The transition areas will have a large space allocated for the Paratriathletes – marshals will be in place to guide you into position.

Please ensure that you affix the bike number sticker provided in your race envelope for security reasons. As the transition area will only be open for a limited time please rack your bike promptly.

To gain access to the transition area you will be asked to show your race number. Your approved cycle helmet must be attached to your bike when you rack it. Remember when racking your bike to place your bike number on the right hand side close to your handlebars.



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Transition Assistance

In line with the BTF rules of competition the following assistance will be permitted within the transition areas:

- | | |
|-------------------------------------|----------------|
| • Tri Classification 1 | up to 2 people |
| • Tri Classifications 2 / 3 / 4 / 5 | 1 person |
| • Tri Classification 6 | none |

What Will You Need?

There are certain items which you will need: a wetsuit, 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 handlebars are not a necessity but will help you on the day. For further advice please contact Total Fitness on 0115 9222226.

Electronic Timing

To ensure quicker and more accurate times and results you will receive a timing chip to use whilst racing. Using this cutting edge technology will mean results, discipline splits and category positions will be updated live for competitors and spectators in the expo area. When you have finished the race, please remember to return your timing chip to our officials in the transition area. Failure to do so will result in a £10 charge for the loss of equipment. Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. Failure to comply with this request will trigger your timing chip and will invalidate your result.

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 & 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 5.6km (2 laps)

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.

Athletes in wheelchairs will have the option to use their chair to access the swim start area. You will have a marshal pre race whose responsibility it is to transfer your chair back into T1 or T2 for you.

Wetsuits

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.

After you have finished the swim, our water handling team will be in place to assist you in the removal of your wetsuits.

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



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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 – 5.6km – 2 loops

ALL PARA ATHLETES, REGARDLESS OF TRI CLASSIFICATION, WILL USE THE SAME RUN ROUTE – THIS ROUTE IS DIFFERENT TO THE ROUTE USED BY THE FEMALE COMPETITORS TAKING PART IN THE NOTTINGHAM EVENT, PLEASE LISTEN TO THE MARSHALS

Upon leaving T2 competitors will make their way past the main grandstand, making a right hand turn onto a small adjoining road. From this road, all para-athletes will make a left hand turn onto Adbolton Lane (open highway). Competitors will have 1 lane of the highway, the road will be coned down to provide a safe racing line for all competitors. **However please be aware the road will be open to traffic in the opposite direction so ensure that you take extra care through this section.** After approximately 800 metres the competitors will make a left hand turn back into the Water Sport complex, sweeping left and down onto the perimeter road.

Competitors will then head back towards the main grandstand along with the Nottingham Female competitors, before making a left hand filtered onto the second loop. The competitors will then follow the same route on the highways and back onto the lake's perimeter road.

As competitors reach the grandstand for the 2nd time they will filter into the finish funnel for a hero's welcome in front of the grandstand!

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Immediate Car 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 are taking any type of medication please include details on the back of your race number and 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 & Presentation

The British Triathlon Federation will be issuing British Championship Medals for 1st / 2nd / 3rd places in each Tri Class. The presentation will take place with 30 minutes of the final competitor crossing the finish line.

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 5pm on Tuesday 29th May after which time a full set of results will be posted on the web and all results will stand.

Race Office Closure

The One Step Beyond race office will be closed from Tuesday 22nd May at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Wednesday 23rd May setting up.



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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 serviced 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.

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 which is fully fenced off, 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.

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. If you would like further information about becoming a race marshal please contact adam@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.

For Further information

One Step Beyond
White House Farm
Fenton
Lincoln, LN1 2EW
Website www.onestepbeyond.org.uk
Email info@onestepbeyond.org.uk
Tel 01427 718888

TATA STEEL



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TATA STEEL



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**ONE STEP BEYOND
TRIATHLON
VEHICLE PASS**

Valid between Friday 25th – Saturday 26th May 2012 only