



**PROVISIONAL  
RACE INFORMATION**

**PLEASE READ ALL OF THIS VERY IMPORTANT  
INFORMATION**

**ZOOT TRIATHLON RELAYS 2015  
24<sup>TH</sup> ANNIVERSARY**



**INCORPORATING THE TRIATHLON ENGLAND  
CLUB RELAY CHAMPIONSHIPS**

**SATURDAY 22<sup>ND</sup> & SUNDAY 23<sup>RD</sup> AUGUST  
NATIONAL WATER SPORTS CENTRE,  
NOTTINGHAM**

Welcome to the One Step Beyond "ZOOT TRIATHLON RELAYS" at the National Water Sports Centre, Holme Pierrepont, Nottingham. The National Water Sports Centre is situated 2 miles south of the city of Nottingham. This annual event plays host to Triathlon England Club Relay Championships in 2015, on a completely closed road course which is near perfect for both competitors and spectators alike.

## **Saturday 22<sup>nd</sup> August Triathlon Relays**

### **The Distances:**

Swim 500 metres (1 lap) Bike 15km (3 laps) Run 5km (1 lap)

### **The Format**

In teams of four people, each person does one element of the triathlon, then tags the next person. Very simple, the first person swims, then tags the second person, they swim, tags the third person, and then finally the last person does the swim and then tags the first person, who then does the 15km bike. So on, and so on until all have completed the bike section. The final biker then tags the first person, who completes the 5km run. Again, each person tags each other when they have finished the run, until the last runner finally finishes - overall.

### **The Categories**

#### **Saturday Morning - Male & Female Teams**

Male Senior, Male Vet 40+, Male Vet 50+, Male Junior. Male teams must consist of 4 males & all males must be in the appropriate age category by the 31/12/15.

Female Senior, Female Vet 40+, Female Vet 50+, Female Junior. Female teams must consist of 4 females & all

females must be in the appropriate age category by the 31/12/15.

Open teams are those that do not fit into any of the National Triathlon categories & will not be eligible for National Championship Awards. There will be separate awards for the top 3 finishing Open Teams.

### **Triathlon England Rules**

These are new updated but simplified rules from Triathlon England. To be part of the National Championships, all of the members in the team must be current members of Triathlon England, Triathlon Scotland or Welsh Triathlon and have the same club / team listed on their 2015 Race Licence.

Any teams not fitting into the above categories or if there are any Day Licences in a team, then that team will automatically be placed in the Open Category.

### **Registration Times**

Friday	6pm - 8pm
Saturday	7am - 8.15am
Saturday	12pm - 1pm

### **Start Times**

Saturday Morning	Male & Female	8.45am
Saturday Afternoon	Mixed	1.45pm
(Approx.)		



**1 STEP BEYOND**  
[www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)  
**Sports Event Management**



## Sunday 23<sup>rd</sup> August Team Relays

### The Distances:

Swim 250 metres - Bike 5km - Run 1.5km

### The Format

In teams of four people, each person completes the whole triathlon, before then tagging the next person in the team. This is a new format that has never been organised for the masses.

### The Categories

Male - 4 males

Female - 4 females

Mixed - 2 males & 2 female

### Triathlon England Rules

These are new updated but simplified rules from Triathlon England. To be part of the National Championships, all of the members in the team must be current members of Triathlon England, Triathlon Scotland or Welsh Triathlon. Any teams or clubs can be listed.

Any teams not fitting into the above categories or if there are any Day Licences in a team, then that team will automatically be placed in the Open Category.

### Registration Times

Friday	6pm - 8pm
Saturday	7am - 8.15am
Saturday	12pm - 1pm

### Start Times

Sunday Morning First teams start at 9am, then one team every 30 secs.

## General Information

### Team Captains

As team captains you will be required to ensure that all of your team know & understands all the information about this event. As team captain, you will be required to ensure that we, the race organisers know all the required information about all of your team members, including any medical conditions.

Please use the link from your confirmation email (sent from [events@regonline.activeeurope.com](mailto:events@regonline.activeeurope.com)) to add your individual team member details and to confirm if you wish your teams to be included within the Triathlon England Championships.

All team details must be completed by **Tuesday 18<sup>th</sup> August** at 9am the very latest. We will not be able to change team details other than if your team changes category after 9am Tuesday 18<sup>th</sup> August. Changes such as team order or competitors names can't be made after this time - this includes on race day.

### Home Nations Race Licences

The team captain of your team should either present a 2015 Triathlon England, Triathlon Scotland or Welsh Triathlon Race Licence (or colour copy) for all four competitors. If this is not possible, then the team captain will be required to pay £5 cash for each person without a 2015 Home Nations Race Licence. Please note that a Day Licence can only be used on either the Saturday or the Sunday, a Day Licence only covers an athlete for one day.

### Registration

Registration will again take place in the Conference Room upstairs in the main building at the National Water Sports Centre. Team captains or other nominated persons only are allowed into registration. All team members are not required to register individually.





### Registration Procedure

On arrival at registration, find your race number from the lists displayed at the entrance. Then proceed to the Home Nations Race Licence check desk. At this point, please show ALL corresponding 2015 Home Nations Race Licences. Please ensure that your competitors are registered in the right order.

If any of your team members are not Home Nations members, each non affiliated athlete will be required to buy a Triathlon England Day Licence for £5. Whilst this licence is used to cover insurance it does not entitle the athlete to full Triathlon England membership rights and hence the team will not be eligible for the Triathlon England Championships Awards. Instead the team will be placed in the Open (non-affiliated) Category. All teams which have a ratio of 3:1 either male to female or female to male will be placed into the Open Category. This is a non Triathlon England category and as such is not recognised for National Titles.

If you have a query, please see the HELP DESK. If not, please pick up your numbers, team baton, security wristbands, timing chips, swim caps, goody bags, t shirts etc.

The security wristbands are for competitors only. This will allow competitors into the transition areas. Please note that NO non competing athletes / spectators will be allowed onto the race course during the event. This includes spectating on the cycle route during the swim section.

### Team Categories

The following are the requirements for the different team categories:

Male	Four males, any age
Female	Four female, any age
Mixed	Two male & two females
Male Vet 40 +	Four males all over 40 years as at 31/12/2015.



Female Vet 40 +	Four females all over 40 years as at 31/12/2015.
Male Vet 50 +	Four males all over 50 years as at 31/12/2015.
Female Vet 50 +	Four females all over 50 years as at 31/12/2015.
Male Junior	Four males all over 15 & under 20 years as at 31/12/2015.
Female Junior	Four females all over 15 & under 20 years as at 31/12/2015.

### Finding Holme Pierrepont

Holme Pierrepont, the National Water Sports Centre, is located just off the A52. Sat Nav finder NG12 2LU.

### Parking

There are four car parks at the National Water Sports Centre, which will all be marked. On the day, please follow the instructions of the Parking Stewards. 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. Depending upon which car park is in use when you arrive please be aware that some car parks are a 10 minute walk from the Race HQ.

It is important that you do not leave any valuables inside your car & that you ensure your car is fully locked & secure. All vehicles are left at the owners own risk.

### Additional Contacts

Holme Pierrepont - Venue/Accom  
Tel. 0115 9821212

Additional Accommodation in Nottm  
Tel. 08444 775678

Triathlon England  
Tel. 01509 226161





### Timing

To ensure quicker, more accurate times and results your team will receive four timing transponders to use whilst racing. Using this cutting edge technology will mean results, discipline splits and category positions will be updated live as teams pass the finish line. There will also be a large display providing results in the main reception area. Please remember to get your transponders in the correct order.

When you have finished the race, please remember to return your timing transponders to our officials after the run - either transition area 3 or at the finish line. Failure to do so will result in a £25 charge per missing chip being made to the team 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. 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 potentially will invalidate your result.

### Relay Tagging

We will be using the traditional tagging system of passing a rubber band from team member to team member. As all athletes will have a separate timing chip, we will also be taking individual splits for each discipline. Please do not lose your teams' rubber band as this is the only proof that you have completed each tag correctly without cheating.

### Medical Cover

The safety of our competitors is paramount. 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. The main medical area will be based close the trade village.

### 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.

### Race Numbers & Tattoos

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. In your registration envelope there will also be 4 numbered bike frame stickers, which all team members should affix to their bikes so that it is clearly visible to the security teams.

Race numbers must be worn on both the front for the run & back during the bike 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.

Please wear your race tattoos on your upper arm & lower legs - ensuring that they are visible to officials & photographers.

### Team Order

Each team will be allocated a race number, which can be found on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk) closer to the event.

At registration, your team will be issued with four colour coded race numbers which relate to the sequence of your team members in the race which should correspond to the order of competitors as



submitted on your entry form or Team Registration Form.

**Race number colour band sequence is:**

Red [1] - white [2] - blue [3] - yellow [4]

**Swim hat colour sequence is:**

Red [1] - white [2] - blue [3] - yellow [4]

**Swim - 500 metres**

On exiting the swim after 1 x 500 metre lap all swimmers are requested to leave their swim hats on until they have tagged their next team mate. Individual competitor timing splits will not be issued, but the whole team swim split will be given in the results based on the first cyclist leaving the transition area. The regatta lake may be cold and triathlon wetsuits may be compulsory subject to the water temperature as determined by the referee on the day in line with Triathlon England rules.

**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, raise one arm & make as much noise as possible; a canoe will then escort you to the bank. Remember keep the buoys to your right.

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 Course**

This is a 5 km lap course and competitors are required to complete the laps in an anticlockwise circuits. The bike course is flat and fast but has some extremely tight right angle corners. Please note that the first team member (the red team member) starts from a



different transition area at the bottom of the lake in front of the boat houses. See attached transition map for details.

**BIKE ON THE LEFT AT ALL TIMES! RUNNERS WILL ALSO BE USING THE SAME COURSE.**

Approved hard shell helmets will be compulsory & must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and not undone nor removed until you have dismounted. This race is a non-drafting race for all categories out on the bike course and the 'two minute time penalty rule' will be in force. Please ride on the left and overtake quickly on the right before returning to ride on the left. Please note that the venue is a country park and that from time to time ducks & geese will be on the pathway. Ride with caution, as sometimes they do not move!

**Aero Helmets - Important Notice**

Athletes must leave their helmets on their bikes and until after they have tagged their team mate. This is to avoid any aero helmet injuries which have occurred in previous years. Aero helmets are not banned.

**Run - 5km**

This is a one-lap circuit that runs clockwise around the perimeter of the regatta lake and encompasses some grassed sections. Runners where possible should run on the grass verge to avoid conflict with oncoming cyclists. Please note once again that the first team member (the red team member) starts from a different transition area. See enclosed transition map for details.

**PLEASE RUN ON THE LEFT AT ALL TIMES! CYCLISTS WILL ALSO BE USING THE SAME COURSE.**

All competitors will have to run one loop before tagging the next team mate in the appropriate transition area. When your final runner has completed their lap they should continue through the finish straight and under the finish gantry.





### **Cut Off Times - Saturday Only**

In order to facilitate the smooth running of the event in terms of timings we are forced to place restrictions of times to 4 hours and 30 minutes. Taken on historical data this establishes that over 95 % of all teams racing in previous years have come inside that cut of time. We hope that this will not inconvenience any teams on the day. Should your team be outside of that time the last two runners in a team will be permitted to run together. Officials will advise teams in T2 when this ruling applies.

### **Transition**

For teams competing on Saturday morning, transition area will be opened from 8am on Saturday. We recommend that the first two team members rack their bikes immediately. Transition will close at 8.30am.

For teams competing on Saturday afternoon transition area will be opened from 1.15pm on Saturday afternoon. This will be confirmed by PA announcements. We recommend that you arrive at transition immediately it is opened so as not to delay the race start. Transition for the first two team members will close 15 minutes before the race starts.

For teams competing on Sunday morning, transition area (opposite the grandstand) will be opened from 8.15am on Sunday. We recommend that the first two team members rack their bikes immediately. Transition will close at 8.45am.

### **Transition Area Rules**

This is a high security area. Only competitors wearing their security wrist bands & race number will be allowed in any of the transition areas. No bags or race kit (other than your cycle helmet & shoes) can be taken into transition. No spectators will be allowed in.

You must rack your bike with your cycle helmet in the allocated numbered space if there is a problem, please approach an official.

No riding is allowed in the transition area at any time. You will mount your bike at the designated line outside of the transition area on your way out and dismount on the road just outside the transition area when you return.

### **Race Briefings**

There will be a compulsory race briefing for all competitors at 8.30am for the Saturday morning wave, 1.30pm for the Saturday afternoon wave and 9.30am for the Sunday morning wave in the swim transition area. This will be heard over the PA system & will take place in the start area of the course immediately outside the boat houses at the top of the lake.

### **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 8.15am Saturday morning & Sunday morning after which the course will be cleared of all competitors.

### **Race Office Closure**

The One Step Beyond race office will be closed from Tuesday 18<sup>th</sup> August at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Wednesday 19<sup>th</sup> setting up.

### **Nutrition**

There will be a drinks station on the run loop on either side of the regatta lake and on the finish line which will be serviced by High 5 Sports Nutrition.

### **Food (On Race Day)**

Food will be available from various food vendors on race day. Please keep the area tidy and put all litter in the rubbish bins provided. Please note bar-b-q's are not permitted in the race village. This is a requirement of the venue under the health and safety rules.

### **Prize Giving**

Prize giving for all Saturday morning categories will take place in the race village immediately adjacent to







the finish line, immediately after the completion of the morning race at approximately 1.00pm or whenever the last team crosses the line. Presentation for the Saturday afternoon waves after the completion of the afternoon wave as soon as the last competitor crosses the line which is anticipated to be 6.30pm.

Prize giving for the Sunday morning categories will take place in the race village immediately adjacent to the finish line, immediately after the completion of the morning race at approximately 2.30pm or whenever the last team crosses the line.

### Results

Results will be updated constantly in the main reception area. A provisional set of results will be available shortly after each race outside of the registration room. A full set of results will be available on the web from midday Monday 24<sup>th</sup> August on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

### Race Rules

The event will be held under the rules of the Triathlon England. 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 Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the Triathlon England. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the Triathlon England on 01509 226161.

### Time Penalties & Appeals

ALL penalties issued by the Triathlon England 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.

### Course Etiquette

Please note that under no circumstances are any team officials or spectators allowed on the race circuit. For the purpose of both insurance and safety of competitors' only officials with appropriate security wrist bands are permitted on the race circuit. If you are not acting in an official capacity on behalf of the race organisers, then you should neither walk on the inside of the course nor attempt to cross the circuit at any point on the course. Any team members or officials who do not comply with this ruling risk the possibility of time penalties being added to their team results.

### 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 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.

### Photography

Marathon Photos will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to [www.marathonphotos.com](http://www.marathonphotos.com)

### Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. 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 2<sup>nd</sup> August. All competitors will be asked to show some form of photographic identification before they are allowed to register.

#### **And Finally**

On behalf of One Step Beyond all the team would like to wish you well with your race and hope you have a safe and enjoyable event. Whatever your reason for racing we hope you Race Hard & Race Well as well as Race Safe & Race Fair.



Yours in sport

IAIN HAMILTON

Race Director

#### **For Further information**

One Step Beyond

Website [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

E-mail [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk)

Tel 01427 718888

NB. These details are true and correct at date of publication but are subject to change without notice.

