



PROVISIONAL RACE INFORMATION
ROTHER VALLEY SPRINT TRIATHLON 2012
2013 EUROPEAN CHAMPIONSHIPS – SPRINT QUALIFYING EVENT
ROTHER VALLEY COUNTRY PARK / SUNDAY 16TH SEPTEMBER 2012

Please note that all athletes will be required to show their 2012 BTF Race Licence or an alternative form of photographic identification.

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to the 5th Rother Valley Triathlon Festival brought to you by One Step Beyond Promotions, in association with The British Triathlon Federation, The Rotherham Advertiser and Rother Valley Country Park. There will be 4 individual events across the weekend with the Sprint Triathlon being the final event of the festival.

Please read ALL of this race information very carefully. We have done all that we possibly can to ensure that everyone has an enjoyable and safe event. Your help in following these guidelines would be greatly appreciated.
Enjoy your day!

Novice Training Day's

There will be some ****FREE**** training session for novices taken by Qualified Triathlon Coaches at Rother Valley Country Park, if you would like more info don't forget to tick the box when you enter.

Confirmation of Entry

Competitors are requested to check on the event start list posted on the website 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.

British Triathlon Guidelines for Qualification

This event is an age group qualifier for the 2013 ETU Sprint Triathlon Championships. In order to qualify to represent Great Britain at the European Championships you must be a member of a Home Nations Association (Triathlon England, Welsh Triathlon, Triathlon Scotland) and hold a valid race licence. To find out the qualification criteria for any specific event please visit www.britishtriathlon.org/age. The team manager is dawnvaughn@britishtriathlon.org

You must have registered to qualify by 5pm on the Friday prior to the qualification event you are taking part in.

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

BTF Licences

All athletes will be required to show their 2012 British Triathlon Federation Race Licence or an alternative form of photographic identification.

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.

What Will You Need?

For many people this will also be their first triathlon and you do not need all of the kit. There are certain items that you will need; a swimming costume, a road worthy bike, an approved cycling helmet and a pair of shoes for the cycling and running sections. It is likely that wetsuits will be compulsory, **Rother Valley Country Park has approximately 100 wetsuits of various sizes available for hire by telephoning 0114 2471452.** All other extras such as elastic laces, specific triathlon clothing and tri-bars are not a necessity but will help you on the day. For further advice please contact Total Fitness Nottingham (TFN) on 0115 9222226.

Camping & Caravanning Facilities

Camping and caravanning facilities are available on site, these must be booked in advance by telephoning Richard Baker / Countryside Ranger on 0114 2471452 or by emailing jorvcp@gmail.com. Please note that there is no electrical hook up available in the camping area.

Hotel Accommodation

Hotel accommodation can be coordinated by the venue through Jo Edley - jorvcp@gmail.com.

Directions to Rother Valley Country Park

Rother Valley Country Park is located on Mansfield Road, Wales Bar, Sheffield S26 5PQ.

Travelling from the North – Take the A1 / A1(M) South until you reach junction 35 exiting onto the M18 (signposted Sheffield / Scunthorpe). Stay on the M18 (signposted Scunthorpe / Rotherham / Sheffield). Take the exit onto the M1, leaving the M1 at junction 31 onto the A57 (signposted Worksop). At the roundabout, take the 3rd exit onto A57/Aston Way heading to Sheffield, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

Travelling from the South – Take the M1 until you reach junction 31 exiting onto the A57 (signposted Sheffield SE). At the roundabout, take the 1st exit onto A57/Aston Way heading to Sheffield / Handsworth, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

In the lead up to the event there will be ADVANCE WARNING signs informing the general public that the event is taking place.

Car Parking - £3.50 (PLEASE ARRIVE WITH CORRECT CHANGE)

There will be an event car parking available within the grounds of the Country Park, please follow the instructions of the park stewards. To assist with reducing queues please bring the correct entrance fee of £3.50. Please arrive on time as the start times cannot be changed due to people parking late.

Those registering on the Saturday will not be charged again on the Sunday, you simply need to ask for your receipt to be stamped so it is valid for 2 days.

Race Registration Saturday 10:30 – 13:30 / Sunday 06:30 – 08:00

Having pre entered for the event either online or by post, all competitors will need to register between the times stated above. Race Registration will take place in the Courtyard area – follow the signs.

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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 the board by the registration area. First you must visit the 'BTF Day Licence Desk'. If you have applied for a BTF Day Licence when entering, this will be issued to you at this point. If you did not apply for a BTF Day Licence, then you will be required to show your 2012 British Triathlon Federation 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 2012 British Triathlon Federation Race Licence, please bring it with you. 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 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. 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 Water Sports Complex Car Park and is a fully secured area for competitors only. This is 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 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.

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 race briefing taking place inside the transition area at 08:15. 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 the Race Briefing.

Race/Wave Start Times / Categories / Swim Cap Colours

There will be 4 waves starting as follows: TBC

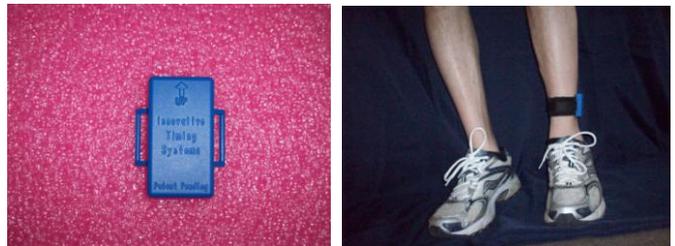
Electronic Timing

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:

- a) Wear the chip!
- b) 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.

You will incur a charge of £10 if you fail to hand it in.

Race Numbers

Race Numbers must be worn on back during the bike & the front during the run sections at all times. Numbers must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

The Course – 750 METRE SWIM – 25.4KM BIKE – 5KM RUN

Swim

The swim will take place in the main lake of Rother Valley Country Park. The route for the 750 metre swim will be a single triangular lap, with 2 left hand turns. The swim course will be marked with large yellow buoys at each turn and the swim exit. The route will be marked from Saturday evening.

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. 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



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to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. You are advised not to drink the lake water. If you are unwell, please do not take part in the event.

Bike

From transition, you will follow the internal road to the main entrance to the park. At the main entrance you will turn right, at this point you are about to start a steady but consistent 3 kilometres of climbing. Gear selection for the first section will be important. After this right turn, you will go through a small residential area before turning left and the steepest section of the 3km. Follow this road (A618), after approx. 4km, you will pass a left hand turn, go straight on here, but this will be the start of the loops section. You will complete 2 loops before turning right at the end of the loop and return to Rother Valley Country Park.

The Loop

Each loop is approx. 8.8 kilometres or 5.3 miles & consists of 3 roads only. Continuing on the A618, once you have started the loop the road continues slightly uphill before flattening out and starting a downhill technical section including a number of tight 'ish turns. This is followed by a shorter but steeper climb before turning a hard left towards Harthill. Once on the Harthill road, you will descend for 500 metres, followed by an immediate uphill. Again, gear selection will be very important to try to keep your speed up from the downhill section. After this uphill, you will then descend again into Harthill. Harthill is a residential area with speed humps & there may be some cars parked on the road, please proceed with extra care at Harthill. In Harthill, you will turn left at a mini island. This road is mainly flat for the first 2 km, there are some sections of poor road surface, so please be aware of these. After this flat section, you will drop downhill for a short distance, before then starting the final climb of each loop to the end of the loop.

If you are continuing, then turn left at the top of the hill. If you have finished the required amount of loops, please turn right. There will be Police at all of the main junctions to support riders during the event.

Run

On leaving the transition area, follow the race marshal's directions guiding you onto the internal pathway which surrounds the 2 main lakes, where you will complete 1 x 5KM lap in an anti-clockwise direction. The surface is a mixture of tarmac and sandstone.

When you have finished, please remember to return your Timing Chip to our officials.

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 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 medics and 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 the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

Prize Cats

There will be 1st place prizes in the following age categories:
TBC

Presentation will take place in the Race Village within 30 minutes of the last competitor finishing. 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 entrance to the Registration Room. 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.

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.

Refreshments

Refreshment units will be available on site throughout the festival weekend.

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 7th September. 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 Event Office will be closed from Thursday 13th September at 5pm. Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages.



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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 are interested please email tasha@onestepbeyond.org.uk.

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.

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to the event organising committee, our team of Officials that help to organise all of our events, the staff at Rother Valley Country Park, the local police forces 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 emailing rothervalley@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.