



## PROVISIONAL RACE INFORMATION

JUBILEE PARK, WOODHALL SPA, LINCOLN

SUNDAY 26<sup>TH</sup> JUNE 2016

### OSB MIDLANDS SPRINT TRIATHLON SERIES – RACE 3

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

#### Welcome to The Woodhall Spa Sprint Triathlon

We would like to welcome everyone to the 11<sup>th</sup> Woodhall Spa Sprint Triathlon organised by One Step Beyond Promotions, with the assistance of Lincoln Triathlon Club. Firstly we would like to thank Lincoln Tri for their support and also all of the volunteers that will be giving up their time, to ensure that everyone has a fun & safe day.

#### Midlands Sprint Triathlon Series

Woodhall Spa Sprint Triathlon will be the last event in The Midlands Sprint Triathlon Series.

#### 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.

#### BTF Rules

You are recommended to familiarise yourself with the BTF rules and regulations. 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/Home Nations Members are insured as part of their membership package, and all other competitors will be required to purchase a Triathlon England Day Licence. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the BTF on 01509 226161.

#### Calf Guards

We have been asked to highlight that BTF Rule 9.1 states “competitors shall use no aids other than caps, goggles, nose clip and costume.” It has been deemed that Calf guards are not allowed to be worn in a non wetsuit swim. You will be asked to remove them prior to the swim if you are wearing any, if you refuse we have been advised that you will be disqualified.

#### Littering the Course – is not acceptable.

If you can carry it full, you can carry it empty. We are lucky enough to organise events that take in some stunning scenery on the courses for you to enjoy. Let's leave them as we find them!! If you use gels or other nutrition supplements during your race please either bring it back to transition with you or make use of the bins at a drinks stations.

If you can take it out on the course with you full, you can bring it back empty. It is also an offence under BTF rules to litter so you will be penalised!

#### Triathlon England Licences

All Triathlon England/Home Nations Members must produce their 2016 Triathlon England/Home Nations Race Licence at registration. If you forget your licence, or you have not paid the Triathlon England levy due with your application, you will have to pay £5 for a Triathlon England Day Licence at registration.

#### 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 31<sup>st</sup> December 2016. In addition anyone under 18 years old must have parental permission to take part in the event.

#### What Will You Need?

As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £5000. There are certain items which you will need: a swimming costume or swimming

trunks, 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 tribars are not a necessity but will help you on the day. For further advice please contact Total Fitness on 0115 9222226.

#### Directions to Jubilee Park, Woodhall Spa

Woodhall Spa is approximately 10 miles to the east of Lincoln City Centre. It is best approached either using the A158 or A153. Woodhall Spa is a delightful inland resort and has become a haven for visitors craving relaxation & tranquillity. Jubilee Park is an ideal base for walking, cycling or touring and it also offers tennis, bowling, a heated outdoor swimming pool, children's play area, putting and cricket.

#### Accommodation

In 2016 Jubilee Park will have camping facilities available. Contact the site on 01526 352448. For all other accommodation please contact Woodhall Spa Tourist Information Centre on 01526 353775.

#### Car Parking

**Please Note: there will be a £1.00 parking charge, please have this ready when you arrive.**

All parking for the event will be based at Jubilee Park or on the adjacent field. Please follow the Car Park signs and the Car Parking teams instructions when entering Jubilee Park. Please consider the other competitors & residents of Jubilee Park when parking at the event.

Please DO NOT park along Stixwold Road where you will hinder the flow of traffic close to the entrance of Jubilee Park.

#### Race Registration

**Sat: 15:00 – 17:00 / Sun: 06:45 – 11:00 - TBC**

The registration area will be in the OSB gazebo's adjacent to the playground. As last year you will have two options for registering at the event, see times above. If you are able to register on the Saturday please do so as this will ease queues in the morning and will allow you to have a more enjoyable day!

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 'Triathlon England Check Desk'. If you have applied for a Triathlon England Day Licence when entering, this will be issued to you at this point. If you did not apply for a Triathlon England Day Licence, then you will be required to show your 2016 Triathlon England/Home Nations 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 2016 Triathlon England/Home Nations Race Licence, please bring it with you. **Please note that all athletes will be required to show some form of photographic identification if you do not have a 2016 Triathlon England/Home Nations 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 & security wristband. 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 please double check the number on the chip matches your race number.





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#### Transition Area

If your race number is 625 or above you will not be able to rack until after 10:40am - TBC

The transition area will be situated next to the children's playing area. This is a fully secured area for competitors only, it 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 & security wristband at ALL times. You will also be asked to show both your race number & bike frame 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.

2015 Southwell Tri

1



Mark Redwood

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

When racking your bike you will see an arrow on your racking sticker (as shown on the left). Please ensure, whether you rack by your saddle or handlebars, that your bike sticks out on every side of the racking. By racking this way everybody will have more space in transition.

#### The Team Event

The Whole Team is required to register for the event. You will all be required to show your 2016 Triathlon England/Home Nations Race Licences, for those teams that have not paid for their Day Licence(s) when entering you will be required to purchase a Day License at a cost of £5 per person. All relay team tags will take place by the team's bike racking position, inside the transition area. The swimmer (must be at least 9 by the 31<sup>st</sup> December 2016) will finish their swim, exit through the fire doors and then run to tag their team cyclist (who must be at least 15 by the 31<sup>st</sup> December 2016) 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 (who must be at least 13 by the 31<sup>st</sup> December 2016). All tagging will take place by passing the Timing Chip to the next team member, which needs to be attached around the left ankle.

#### Race Briefings – 07:30 & 10:30 - TBC

These will take place at the transition area. If you are unsure about anything please attend. The Race Briefings 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 Race Briefing.

#### Race Start

The first wave of competitors will start at 07:45, the timekeeper will start 6 swimmers at 2-minute intervals.

#### 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 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 could 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 timing tent next to the finish.

#### Race Numbers

Race numbers must be worn on the back during the bike & the front during the run. 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 Swim – 400 Metres (12 Lengths)

The swim will take place in the 33 metre outdoor heated pool at Jubilee Park. Swim 12 lengths – 400 meters, you cannot walk along the bottom of the pool. Please arrive on poolside approx. 10 minutes before your start time. The timekeeper will start waves of 6 swimmers every 2 minutes. Your start time will be worked out from your estimated swim time that you filled in on your entry form. By doing this it is hoped that you will be with competitors of a similar standard during the swim section. There will be other competitors in the same lane during the race, it is the responsibility of the faster swimmer to overtake, but also remember that it is much easier to swim behind someone. It is your responsibility to count your own 12 lengths. There will be a marshal on poolside to randomly check that competitors are swimming 12 lengths. You will be supplied with a swim hat, please wear this to help the marshal count your lengths. If you wish to get changed for the bike and run section after the swim, you may either use the swimming pool changing rooms or change inside the transition area - nudity is not allowed.

#### The Bike – 24KM

From the swim, exit through the wooden gates at the bottom end of the pool, you will then turn left to the transition area. The surface is a mixture of stone & grass; we recommend that people wear shoes for this section to protect their feet. Before you start, you will need to set up your transition - all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition, shoes for cycling and running, your race numbers plus any clothes you wish to put on after the swim. Your bike frame sticker should be applied to your bike along the top tube close to your handlebars.

It is important that you understand all of the entrance and exit points of the transition before you start. There are also specific points where you must mount and dismount your bike. An important rule that must be adhered to: **'competitors are required to fasten their helmet before touching their cycle in the transition area.'**

The cycle route is very easy to follow. From transition, cycle for approximately 100m until you reach the park exit where you will turn left onto the main road, cycle for a further 150m then take a right hand turn which will be signposted and managed by traffic management to give you priority to make the turn. You will then stay on this road for approximately 1 mile where you will take another right turn, again this will be signposted and marshalled. Continue straight for just over a 1 mile where you take a left hand turn at the Junction of the B1191 Horncastle Road. After about 6 miles of the course in the village of Thornton you will turn left onto an unclassified road. After half a mile you will reach a T-junction, turn right, then almost immediately left again and through Thimbleby village. Turn left at the next junction, onto the B1190. Follow this road for approximately 4 miles to Horsington. Just before the end of this village, there is a left turn, which takes you via an unclassified road for 3 miles to Stixwoud. Where you will turn left and cycle for the remaining 2 miles back to Jubilee Park.

All of the roads that we use for the cycle section are open to the public; please adhere to all rules of the Highway Code, including 30 MPH speed limits. Please note that you are not allowed to take pace from other competitors during the cycle section, this means that you are not allowed to ride closer than 7 metres to another unless overtaking. You only have 15 seconds to overtake another





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competitor. When you reach the end of the bike section, dismount your bike at the appropriate point, re-rack your bike back into your original racking position and then take your helmet off.

#### The Run – 5KM

On leaving the transition area, follow the race marshal's directions onto the run course. Turn left out of the park, after a further 200 metres take the first left and follow an unclassified road for 1.5 miles. At the end of this road, turn left again and follow the road back to the mini-roundabout. Another left, and after 400 metres the finish line will be in sight. The run course uses a mixture of pavements and unclassified roads. Please be aware that there might be other uses on the roads and pavements.

#### 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 Cascare, 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, including a Paramedic, EMT's and Advanced EMT's plus Accident and Emergency response vehicles equipped with manual defibrillator / cardiac monitors, ventilators, pulse oximetry and medical gases. There will also be British Triathlon motorbike marshals on the cycle section. 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.

#### Prizes

There will be prizes in the following age categories: **TBC**

The Presentation will take place 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.

#### Series Winners

After the event winner prize presentation we will also be holding a prize presentation for the Series Winners.

#### Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the Timing Tent. 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](http://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](http://www.tfn.uk.com)

#### 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 13<sup>th</sup> June. 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. All competitors will be asked to show some form of photographic identification before they are allowed to register.

#### Race Office Closure

The One Step Beyond race office will be closed from Thursday 23<sup>rd</sup> June at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event.

#### 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 email [info@onestepbeyond.org.uk](mailto:info@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 2016. 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](http://www.onestepbeyond.org.uk).

#### Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events. Jubilee Park staff & Lincoln Tri Club for their support and energy. East Lindsey Council 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 [info@onestepbeyond.org.uk](mailto:info@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.*

