



## **SBR Events GRANTHAM SPRING TRIATHLON with AQUATHLON & AQUABIKE**

**FINAL RACE INFORMATION**  
**MERES LEISURE CENTRE, Trent Rd, Grantham NG31 7XQ**  
**SUNDAY 7<sup>th</sup> APRIL 2019**

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

### **Welcome to the 1<sup>st</sup> Grantham Sprint Triathlon organised by SBR Events**

We would like to welcome everyone to the 1st Grantham Sprint Triathlon organised by SBR Events Limited, with the assistance of the Meres Leisure Centre (MLC). The race has been running successfully for a number of years. We have reviewed this event with experienced triathletes & we have not made any changes to the course or transition & so everyone who has enjoyed this event in previous years can rest assured it will still be familiar to you.

### **Confirmation of Entry**

Competitors are requested to check the online participant list here [Grantham Triathlon Participant List](#) to confirm that they are on the participants list.

### **BTF Race Rules**

You are recommended to familiarise yourself with the British Triathlon rules and regulations. Under these rules it is mandatory that all competitors must wear an approved cycle helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – British Triathlon Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence-this is supplied as part of your entry fee. Please note that there are rules that may lead to disqualification (DQ). The full list of British Triathlon Federation rules - please click this link to read them [BTF Rules - Updated 2019](#)

Or go to [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

A condensed list of the 2019 rule changes is [BTF 2019 Rule Changes Summary](#)

### **Illegal & Banned Equipment:**

We refer you to [BTF Rules - Updated 2019](#) for detailed information. Calf guards are not allowed to be worn in a non-wetsuit swim. Please do not wear training aids such as buoyancy shorts. You will be asked to remove them/ change prior to the swim if you are wearing any; if you refuse, we advise that you will be disqualified. You cannot wear tempo timers, metronomes or anything similar that beeps to assist your pace. You can wear a watch to track your time but not anything that assists your pace or gives you GPS. Please note the use of technology for calls/texts/ taking photographs/ social media/ playing music during the race is banned. Using any communication device in this distractive manner during the race will result in disqualification.

### **BTF Licences**

All athletes **MUST** produce their race licences at registration if you are a member & paid the BTF member entry fee. If you forget your licence, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day licence at registration. **TEAMS – please note that you will need to pay £5 per person or produce a BTF card.**

### **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 £50 to £5000. There are certain items which you will need: a tri suit or swimming costume or swimming trunks, (swimming goggles are also highly recommended but not compulsory), a road worthy bike which must include working brakes, a quality cycling helmet; these are available from a variety of sports retailers prices start from around £30. All other items such as elastic laces & specific triathlon clothing is not a necessity but will help you on the day. Any handle bars ends should be sealed or covered with tape so the hole is plugged.

### **Directions to the Meres Leisure Centre, Grantham.**

The Meres Leisure Centre is to be found on Trent Rd in Grantham next to the football stadium. Please note car parking information below.

Grantham is located approximately:

Lincoln 33 miles-45 minutes

Sleaford 16 miles-30 minutes

Skegness 52 miles-1hr 19 minutes

Nottingham 25 miles-40 minutes

## Accommodation

For local information including accommodation please look here:

<http://www.visitoruk.com/Grantham/>

## Car Parking

**Please Note: There is FREE car parking for athletes at the Meres Leisure Centre**

The parking is free, onsite at the MLC but the leisure centre is open for other sports events so please arrive early to ensure a space. Park on your left as soon as you turn off the mini-roundabout towards the leisure centre.

## Race Registration

**Saturday 17:00-18:15 & Sunday 07:15 – 9:30**

The registration area will be in race village sited next to transition on the grass field located at the back of the leisure centre. If you park in the leisure centre car park head towards the leisure centre entrance but turn right before the doors & at the mini-roundabout you will see signage & you will see us ahead of you to the right.

Please ensure that before registering you know your race number / wave start time & you have checked all details are correct such as age & race distance. This can be found either from the competitors entries list on our race website or on the board by the registration area.

If you have applied for a BTF Day Licence when entering (by entering a non BTF entry), this will be emailed to you before race day. If you did not apply for a BTF Day Licence, then you will be required to show your 2019 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. **Please note that all athletes will be required to show some form of photographic identification if you do not have a 2019 British Triathlon Federation Race Licence.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

You will be given 2 Tyvek race numbers and 1 bike seat post sticker & 1 helmet sticker. You are given 2 Tyvek race numbers as you need to wear 1 on your front for the run, and 1 on the reverse for the bike- if you use a race belt attach them with the inside one upside down so that if it flaps up your number can be seen. You will also be given a Tyvek wristband; you need this and a race number to put your bike into transition. Please keep these safe, without them you will be refused entry into the transition area. Next collect your Timing Chip; this should be attached to your ankle with the chip facing outwards away from your bike gears (usually on LEFT leg). Do not lose your Timing Chip as you will need it to race. Local members of Belvoir Tri Club & marshals will be on hand to assist you with these if you are new to triathlon so please do not worry.

## Race Briefings – 08:10 (next to transition) & 9:30 (opposite transition on grass)

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.

We have a blind athlete with guides competing in the triathlon using a tandem bike. Please take extra care if overtaking him on the bike (longer bike to overtake) or run (running with a tethered guide). Thank you.

## Transition Area

The Transition Area is situated in the tennis courts. This is a fully secured area for competitors only, it is where you will keep your bike during the swim and run sections. Before you start, you will need to set up your transition at the location matching your race number - 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 on the seat post under your seat before you enter transition. To get into the Transition Area you must show your race number at ALL times, apart from when you exit the swim going into the bike. You will also be asked to show both your race number & helmet & bike number when taking your bike out at the end of the race. 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 unless it becomes very busy, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

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.'**

You have limited space to leave your shoes & clothing. There will be a secure area within transition for oversized boxes & bags. You may be allowed a small towel (handsize) next to your bike. BTF race officials may ask you to remove anything that they believe marks your spot & gives you an unfair advantage. Use a carrier bag to cover shoes if it looks like rain.

## The Team Events

Only one person is required to register for the whole team, but will be required to show ALL of the 2019 BTF Race Licences or they will need to pay £5 per person if they are not registered with the BTF. All relay team tags will take place by the team's bike racking position (or next to running shoes rack position for AQUATHLON TEAMS), inside the transition area. The swimmer will finish their swim, exit through the side doors and then run to tag their team member 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 Start (earlier time of 08:45)**

The first wave of competitors will start at 08:45; the timekeeper will start 8 swimmers at 5-minute, 4-minute, 3-minute & 2-minute intervals. It is expected that the last competitor will start at approx. 10.55am. Please ensure that you arrive at the pool area 5-10 minutes before your wave start time through the main entrance at Grantham Meres Leisure Centre. You can use their toilets & changing room facilities.

### **Race Timing by JC Race Solutions**

Providing fast and accurate results is the most critical part of any race. 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 (i.e. on the opposite side to the chain wheel) with the chip pointing away from your leg. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.

\*If you have worn your chip correctly we will have a time for you. On most occasions we will have full provisional results immediately after the event:

Participant List & Online Results will be available here... [Grantham Triathlon Participant List](#)  
& [Grantham Triathlon Results](#)

A **print-out of your Result** will be available at the Timing tent as soon as you finish - just come over and enter your Runner's number.

- A Finisher's certificate will be emailed out to you when the Results have been verified a few days after the event.

\*\*\*\*Please return your chip back\*\*\*\* at the finish line especially if you have to retire early. Unfortunately due to the high cost of the chip we need to charge you £10 if you fail to hand it in.

### **Race Numbers**

Race Numbers must be worn on the back during the bike & the front during the run. Numbers must be pinned at all four corners; failure to display your number correctly could result in a time penalty. Triathlon belts are allowed but it is recommended that two be worn. One belt for the top of the number & one belt for the bottom to stop your number creasing up and becoming unreadable. If you wear one belt pin it on the reverse upside down so that if it flaps up it is still readable!

NB. We will have safety pins at registration.

### **The Swim – Sprint 400 Metres (16 Lengths) & Super Sprint 200m (8 Lengths)**

The swim will take place in the 25 metre indoor heated pool at Meres Leisure Centre where toilets & changing rooms are situated.

Swim 16 lengths or 8 lengths. It is your responsibility to count your own 16 lengths. 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 8 swimmers every 5min/ 4min/ 3min/ 2min between 08:45 and 10:55. Your start time will be worked out from your estimated swim time that you fill in on your entry form. By doing this it is hoped that you will be with competitors of a similar pace 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 can be easier to swim behind someone (drafting). You will be loaned either a latex or silicon swim hat, which is optional – or you can bring your own hat. If you wish to get changed for the bike and run section after the swim, you may use the swimming pool changing rooms but please note nudity is not allowed in transition area. Most athletes will wear a tri-suit & add layers of clothing over the top (weather dependent).

Please Note: Competitors only are allowed on the poolside. There is a separate viewing area for non-competitors via access through MLC main entrance (head upstairs, turn right & follow corridor to end).

A table will be provided inside the swimming pool for glasses, a t-shirt or item of clothing if you prefer to cover up before you run to transition & please leave any flip flops or shoes outside the pool doors (although most athletes will run bare foot to transition).

### **The Bike – Sprint-16.5KM (2 LAPS)**

### **Super Sprint 8.5KM (1 LAP)**

From the swim, exit through the side door, you will then run along the grass straight into the transition area. The surface through the Race Village is a mixture of tarmac path & grass. The route is fully signposted:

Exit the transition area, turn right before you mount your bike. You will see the mount / dismount line ahead. Cross the line BEFORE you mount your bike. Follow the road to the mini roundabout & head straight out of the Meres Leisure Centre. At the mini-roundabout turn right onto Trent Road. At the T-junction turn left into Dysart Road. After approx. 1.3km turn left onto The Drift.

**Here there is a nice stretch of straight undulating road ahead but PLEASE TAKE CARE. After a fast down-hill section there is a VERY SHARP BEND to the left. DO NOT GO WIDE.**

Marshals will be clearly visible with red flags & whistles. Signage will remind you to SLOW DOWN for this bend.

After 300m, there immediately follows a sharp bend to the right which takes you over a narrow bridge over Grantham Canal. The bridge is suitable for single cars only. **PLEASE do NOT cut this corner.** Marshals will be present with flags to remind you to take care & proceed with caution.

After the bridge is an uphill climb to the top of The Drift & a left turn at The Gregory Arms onto the A607. This road can be busy with lorries mid-week but it is relatively quiet on a Sunday morning. Enjoy a 2km ride downhill all the way until you approach a roundabout. Take the 1<sup>st</sup> exit to continue straight along Harlaxton Road & after 350m turn left into Swingbridge Road. Take the 2<sup>nd</sup> exit at the roundabout to continue uphill on Swingbridge Road until you come to a mini roundabout. Take a left here on Trent Road & continue until you see the Meres Leisure Centre Entrance ahead.

If you are cycling Sprint distance continue straight on at the roundabout to complete a 2<sup>nd</sup> lap. If you are cycling Super Sprint distance turn right at the Meres entrance roundabout & return towards transition.

When you reach the end of the bike section, dismount your bike BEFORE the dismount line, re-rack your bike back into your original racking position AT YOUR RACE NUMBER and then take your helmet off. The bike route can be viewed below.

- 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.
- This is a non-drafting race. This means that you are not allowed to ride closer than 10 metres to another rider (from your front wheel to their front wheel) unless overtaking. You only have 20 seconds to overtake another competitor. Once overtaken the back cyclist must drop back to create the 10m space.

EVERYONE MUST OBSERVE THE HIGHWAY RULES ON EMERGING FROM THE JUNCTIONS. Failure to adhere to this request by travelling through **ANY** of these junctions without taking care of other oncoming road users & cycling dangerously, **you will be disqualified**. Marshals are present at junctions to monitor your cycling. RACE SAFE! - for your safety and the protection of motorists using the highway.

### **AQUATHLON COMPETITORS**

Please enter transition area via the SWIM IN- the same way as triathlon competitors, put on shoes & any clothing & head out straight onto the run. Please ensure you follow directional signage before exiting transition through the RUN OUT exit.

### **AQUABIKE COMPETITORS**

Please enter transition area via the SWIM IN- the same way as triathlon competitors, put on shoes & any clothing & head out on your bike following BIKE OUT signs. Your race will finish when you cross the BIKE IN mat at transition. You MUST then use the RUN OUT exit to leave transition & turn RIGHT towards the mount / dismount line into the finish funnel to cross the finish line & grab your medal. You can do this at your leisurely walk or a fast sprint! The finish line time will not count. You should not leave the event without crossing the finish line.

### **The Run – Sprint 5KM (2.5 LAPS)**

### **Super Sprint 2Km (1.5 LAPS)**

On leaving the transition area, follow the race marshal's directions onto the run course through the gap in the high metal fence onto a pathway. You will immediately pass a water station which you will pass again at least once more (Super Sprint) or twice (Sprint). The run course is fully marked with small signage cards, we have also placed marshals at certain junctions. Enjoy the slight down-hill section to the end of the pathway turning right to join Trent Road. Here you will collect a band. Proceed along Trent Road towards the Leisure Centre, continue across the Leisure Centre entrance taking care of traffic & other competitors (you have completed half a lap).

At the end of Trent Road turn right onto Dysart Road (staying on the pavement) then take your next right pointing towards Ambergate Sports College. At the end of the cul-de-sac take the pathway behind the leisure centre to re-join the run route & pass the water station. You will collect your second band as you re-join Trent Road.

As you approach the MERES Leisure Centre entrance for your second time, if you are Super Sprint, take a right turn into the Leisure Centre towards transition & the finish line staying on the pavement. If you are Sprint take care of traffic & other competitors - cross the road and continue another lap.

When you rejoin Trent Road at the end of the pathway you will collect your 3rd and final band. When you approach the Leisure Centre entrance this time, turn right following the pavement to the finish line near transition (red square).

Please be aware that there might be occasional vehicles crossing roads or pulling out of driveways. Please be aware that there might be other users on the roads and pavements including cyclists, pedestrians, dogs & children.

### **Course Reconnaissance**

The bike and run course will be set up from Saturday.

### **Littering**

Please do not drop litter including gel wrappers on the bike or the run route. There will be bins at the water station, near transition & at race village. If you took it out with you, please bring the wrapper back & dispose of it responsibly. Our venues are very generous in letting us use their facilities. BTF do not tolerate littering on the course. This could result in **DISQUALIFICATION**. Thank you.

### **Medical Cover**

The safety of our competitors is paramount. Onsite during the event will be Singleton Medical, on the day there will be a team of medics and paramedics plus an ambulance 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.

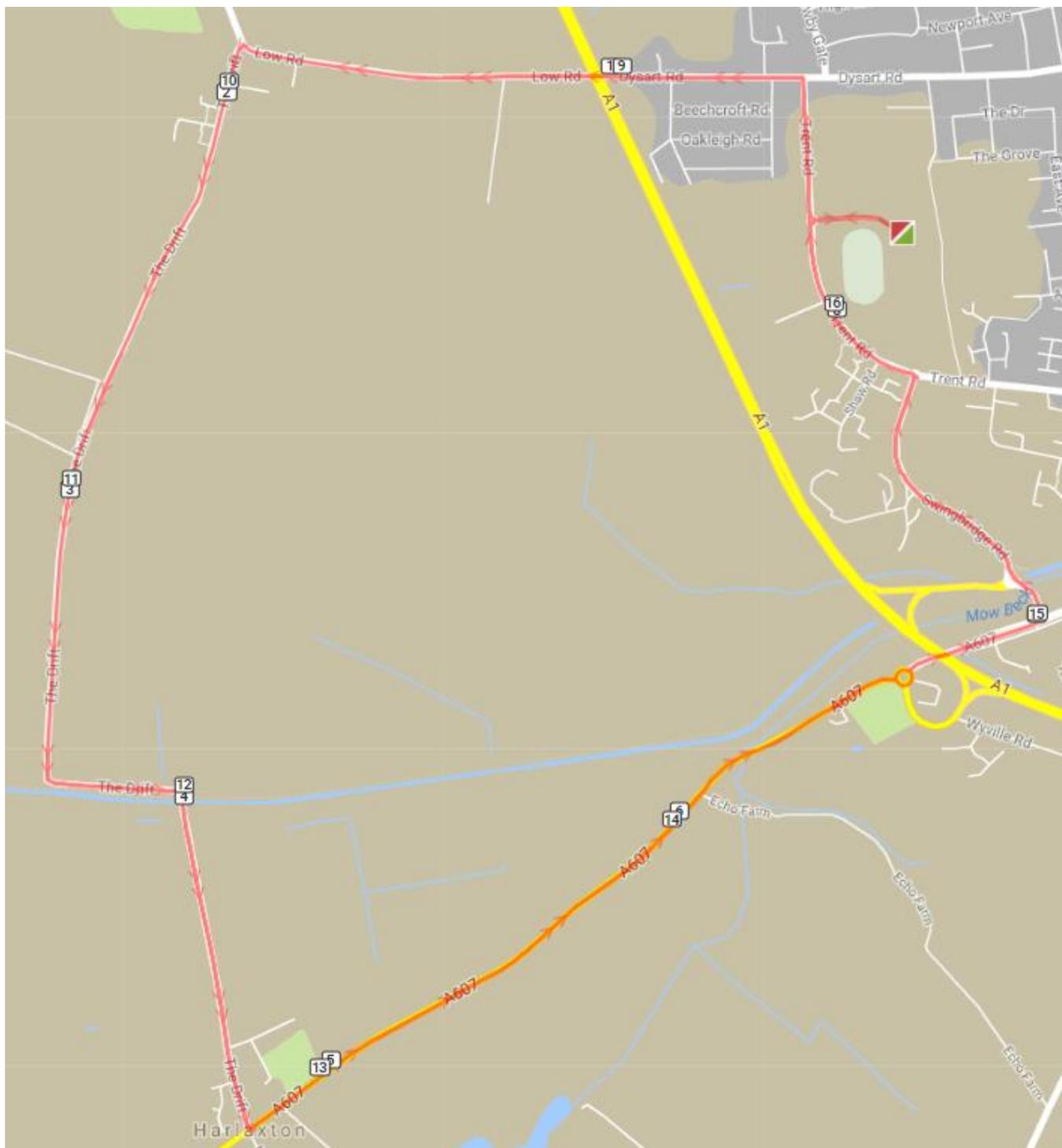
If you need assistance (pick up) on the bike course due to accident, illness or flat tyre please telephone 07738007515 OR 07850572838

**COURSE MAP – SEE BELOW**

### Cycle: Super Sprint - 1 lap / Sprint – 2 laps

**In transition ensure that you put your helmet on and fasten the strap before touching your cycle.** Collect your bike and leave the transition area via the OUT gate pushing your bike until you reach the MOUNT LINE 7 get on your bike after you have crossed the line. Follow the road to the leisure centre exit where it meets the main road taking care of any traffic. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM YOUR LEFT & RIGHT** before joining the main road at the roundabout and turning right to join the bike course.

Continue to the end of Trent Road, then turn left (taking care of traffic approaching from the right) onto Dysart Road. The route turns left on The Drift towards Harlaxton including 2 tight turns to left then right. Turn left onto the A607 Grantham Road, follow the route signs turn left to Swingbridge Road, left onto Trent Road, where you will pass the leisure centre and repeat the loop a second time if you are completing the Sprint distance. After 1 lap (Super Sprint) and 2 laps (Sprint) turn right into the Leisure Centre carefully watching for traffic and other competitors, and follow the road back towards transition, dismount where indicated and enter transition through the swim/ bike IN gate.

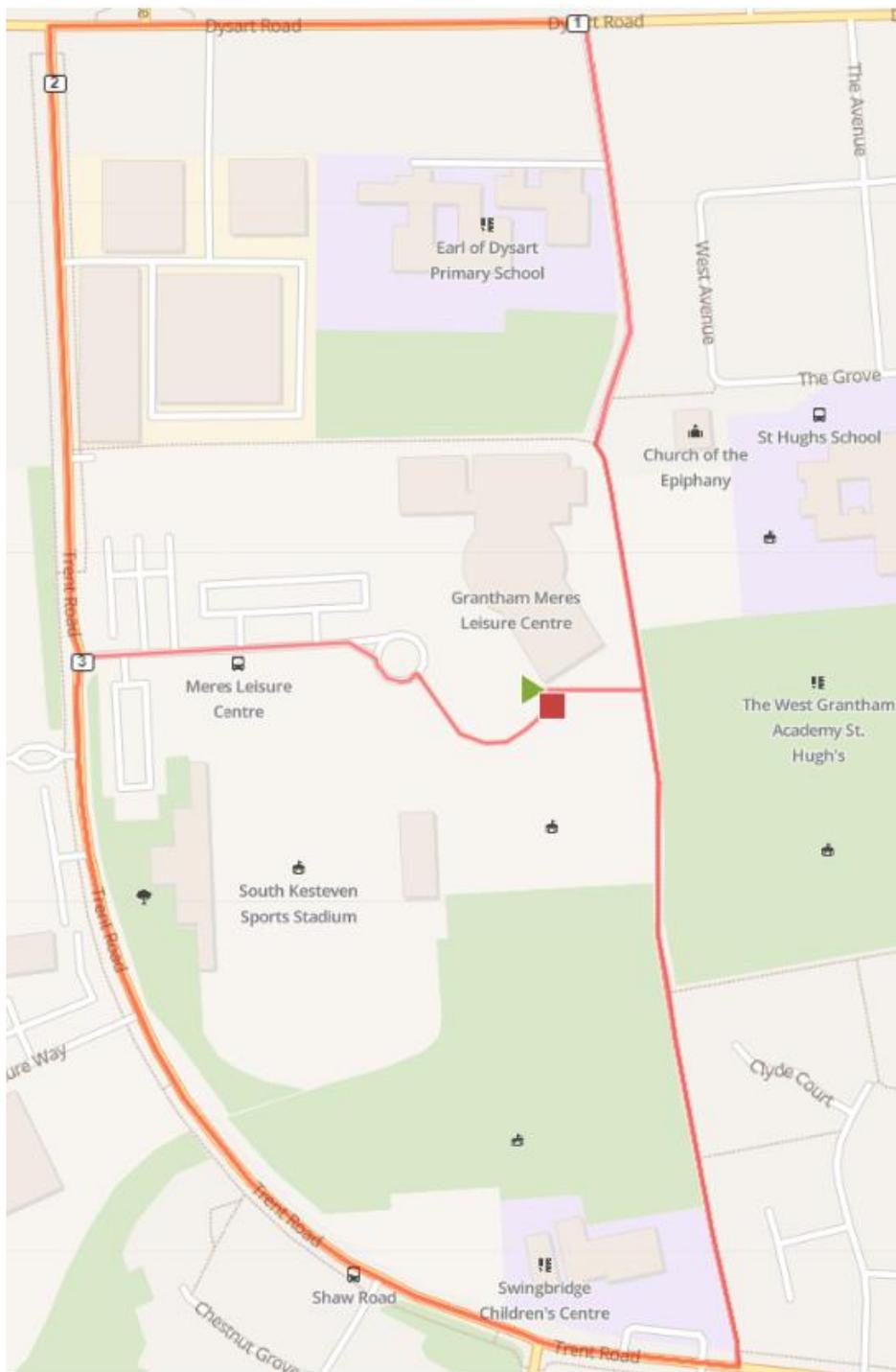


**Run: Super Sprint 2k (1.5 laps)      Sprint 5k (2.5 laps)**

Exit the transition area through the OUT gate (green triangle), and through the opened fence, turning right onto the pathway.

Proceed to the end of the pathway turning right and join Trent Road, here you will collect a band. Proceed along Trent Road towards the Leisure Centre, continue across the Leisure Centre entrance taking care of traffic & other competitors (you have completed half a lap). At the end of Trent Road turn right onto Dysart Road (staying on the pavement) then take your next right. At the end of the cul-de-sac take the pathway behind the leisure centre to re-join the run route. You will collect your second band as you re-join Trent Road.

As you approach the Leisure Centre entrance for your second time, if you are Super Sprint, take a right turn back into the Leisure Centre towards transition & finish line. If you are Sprint complete another lap. When you re-join Trent Road you will collect your 3rd and final band. When you approach the Leisure Centre entrance this time, turn right following the pathway to the finish line near transition (red square).



## **Trophies & Prizes**

- \*Trophies for 1st, 2nd, 3rd man & woman & teams on Grantham Triathlon
- \*Trophies for 1st, 2nd, 3rd man & woman in Lincolnshire Triathlon Series
- \*Trophies for Male & Female winner on Grantham Aquabike
- \*Trophies for Male & Female winner on Grantham Aquathlon
- \*Age group trophies for 40-49, 50-59, 60+ in male and female on Grantham Triathlon

Thanks to Belvoir Fruit Farms, Big Bobble Hats who are providing prizes for this event.

The Presentation will take place at approximately 12.30pm or within 30 minutes of the last competitor finishing. Please be in attendance to collect your prize.

## **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 £30.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

The full list of British Triathlon Federation rules can be found on the link at BTF Race Rules section on this document

## **Results**

Times will be displayed in the timing tent next to the finish with a print-out available & provisional results will be available online immediately. FINAL results will be available to download on [www.sbrents.co.uk](http://www.sbrents.co.uk) from the Monday following the event.

Participant List & Online Results will be available here [Grantham Triathlon Results](#)

## **RACE VILLAGE**

Arrive at Race Village to collect your medal, & get a drink.

We will also be providing a grab bag for you to pop in 1 item such as;

**(Please only take just 1 of everything as we have limited supplies & other athletes will go short)**

1 Banana

1 Bottle of water

1 Packet of crisps

Race & local event leaflets

**If you are from a running club, athletics association or triathlon club please bring your team flags with you & a marshal will display it in the Race Village.**

At the Race Village on the grass area you will find gazebos for registration, secure baggage holding area, sports therapists, Belvoir Triathlon Club, Bacon butties, paninis & hot drinks from caterers, JC Race Solutions chip timing results & first aiders/ambulance from Singleton Event Services Ltd.

There will be one water station on the course. It is near the start of the run course which you pass 2-3times on the run & one will be at the finish line but please feel free to bring your own isotonic drinks, energy bars or gels if you prefer. Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course.

## **FREE RACE PHOTOS-** Mick Hall Photos

Mick & his team will be out on the course to take photos of you which can be downloaded & shared free of charge after the event! You can find his pictures on a new album on <https://www.mickhall-photos.com/>

My tip – do a Mo pose / Usain Bolt or wave/smile / jump – do anything to look happy crazy instead of THAT face! LOL!  
Don't forget to SMILE!!! 😊

## **FREE Pre or post-race recovery massage**

Lisa Udall (Level 4) at LU Sports Massage, Great Gonerby, Grantham - Tel 07917825672

<https://www.facebook.com/LUSportsMassage.co.uk/>

I have been practicing for just over two years which means I have intensive knowledge of using a variety of techniques to restore mobility to injured muscles. I have attended other sporting events, helping prepare the athletes before their performance and after which includes taping and strapping, which I did at the Oxford School of Sports Massage.

SJ Willis (Dip. SMT Level 4) at Myo My Sports Massage Therapy

<https://myomymassage.co.uk/>

SJ is on Instagram: myom\_stt

SJ offers professional sports massage and dry cupping therapy to Grantham and surrounding area. Private clients and event work welcomed.

Our therapists will be on hand to provide FREE pre and post-race massage. No bookings are needed so why not find our tent at the start/finish line and gain the performance enhancing and recovery aiding benefits that sports massage offers. Any aches, pains or injuries? Feel free to ask us for free advice, we always like to go the extra mile in helping everyone.

**Grantham Army Reserves** – We are very grateful to Grantham Reserves who will be providing a couple of marshals this year - please see their stand at race finish for more information.

### **CLOTHING**

There will be a triathlon themed clothing range available on the day designed by SBR Events.

Tech T-shirts - £15 & £30 hoodies

Discounted clothing £10 t-shirts & £25 hoodies

You can pick up garments for cash on the day or place an order & pay by BACS.

### **FOOD**

Hot food & drinks will be available from Race Village.

### **Bike Mechanic**

Unfortunately we will no longer have a bike mechanic at the race so please bring everything you need - ie puncture repair kit etc – if you know a good one please send one our way!

### **Withdrawals**

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions' on our website here <http://www.sbrevents.co.uk/terms-conditions> . 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.

### **Race Office Closure**

The SBR Events Limited office will be closed from Friday 5<sup>th</sup> April at 16:00. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal.

### **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, please ask them if they would be willing to give up a few hours to help out. We try to buddy everyone up & make it fun. All marshals will receive a free water bottle, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events hoody. If you know someone that could help please email [calsie@sbrevents.co.uk](mailto:calsie@sbrevents.co.uk). You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

### **SBR Events**

We will be organising a number of other multi-sport and running events throughout 2019 - please visit

[www.sbrevents.co.uk](http://www.sbrevents.co.uk)

**Next up is The Longhorn in North Notts** – a beautiful autumn trail run over 5 distances – stunning medal this year! 5k, 10k, half marathon, marathon & 60k ultra. Places available on all distances but they are going fast!

### **Next multi sport event is Skegness Triathlon on May 12<sup>th</sup>**

Fun, flat & friendly. Held at a modern sports centre & the bike route takes your out to Gibraltar Point Nature Reserve & a fun trail run in the Eco Centre.

Part of the Lincs Tri Series - if you didn't enter all 3 races at first but participate at Skegness (May 12<sup>th</sup>) & Louth Triathlon (Sept 1<sup>st</sup>) you will be automatically entered & eligible for prizes in the Lincolnshire Triathlon Series.

### **Thank You!**

It takes a great amount of work to organise an event such as this. Special thanks go to; our Team of BTF Officials that help to organise all of our events, Meres Leisure Centre for use of their venue plus thanks to their staff for their support and energy. South Kesteven District Council for allowing the event to take place, Belvoir Triathlon Club for holding a transition master class to over 30 participants & their continued support in marshalling plus all of our athletes for entering.

### **Further Information**

Any questions related to the event can be answered by emailing [info@sbrevents.co.uk](mailto:info@sbrevents.co.uk)

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, and these changes will be made without notification. The organiser has the final decision.