



## SBR Events SKEGNESS TRIATHLON with AQUATHLON & AQUABIKE



### FINAL RACE INFORMATION RICHMOND HOLIDAY CENTRE, RICHMOND DRIVE, SKEGNESS, LINCOLNSHIRE PE25 3TQ SUNDAY 12<sup>th</sup> May 2019

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

#### **Welcome to the 5<sup>th</sup> Skegness Triathlon organised by SBR Events**

We would like to welcome everyone to Skegness Triathlon organised by SBR Events Limited, with the assistance of the Fresh Fitness, Richmond Holiday Centre and East Lindsey District Council.

#### **Confirmation of Entry**

Competitors are requested to check the online participant list here [Skegness Triathlon 2019 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 a map. 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 RICHMOND HOLIDAY CENTRE, SKEGNESS.**

Fresh Fitness (Sports Centre) is found at Richmond Holiday Centre off Richmond Drive in Skegness. PE25 3TQ  
Skegness is located approximately:

Lincoln 42 miles- 1 hour 10 mins

Sleaford 40 miles- 1 hour

Louth 23 miles- 36 minutes

Grimsby 39 miles- 1 hour

Nottingham 79 miles – 2 hours 10 mins

#### **Accommodation**

For local information including accommodation please look here:

Please use the link to Richmond Holiday Centre <http://richmondholidays.com/> or call them on [01754 762097](tel:01754762097) for 30% discount on accommodation depending on availability.

### Car Parking

**Please Note:** There is parking for athletes at the venue **but spectators will need to park on William Way PE25 3PL (a 5 min walk). The parking is free. Once the race is underway cyclists will be coming out of the main entrance to Richmond Holiday Park so to avoid congestion please try to arrive at the venue before 9am – even if you have a later swim time.**

### Race Registration

**Saturday 5-6pm & Sunday 07:15 – 9.15am**

The registration area will be in the Registration Gazebo at the SBR Events Race Village at Richmond Holiday Park; 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.

### Race Briefings – 08:00 & 9:05 (next to transition)

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.

### Transition Area

The Transition Area is situated on the grassed area next to the children's play area. 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 Event

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 08:30**

The first wave of competitors will start at 08:30, the timekeeper will start 5 swimmers at 4-minute intervals. It is expected that the last competitor will start at approx. 10:40. Please ensure that you arrive at the pool area 5-10 minutes before your wave start time.

## **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...

[Skegness Triathlon 2019 Participant List](#) & [Skegness Triathlon 2019 Preliminary 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) --- No tumble turns**

The swim will take place in the 25-metre indoor heated pool at Fresh Fitness, Richmond Holiday Centre where toilets & changing rooms are situated.

Swim 16 lengths or 8 lengths. It is your responsibility to count your own lengths. You cannot walk along the bottom of the pool or swim backstroke.

Please arrive on poolside approx. 10 minutes before your start time. The timekeeper will start waves of 5 swimmers every 5min/ 4min/ 3min/ 2min between 08:30 and 10:40. 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 small separate viewing area for non-competitors via access through Fresh Fitness main entrance.

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).

**There are NO TUMBLE TURNS allowed on this race.** There are steps in one lane which makes it dangerous to tumble turn in the shallow end & we cannot allow unfair advantage to other swimmers. Safety comes first.

## **The Bike – Sprint- 19KM (2 LAPS) Super Sprint 10KM (1 LAP)**

From the swim, exit through the side door at the top end of the pool, you will then run straight into the transition area via the run funnel. The surface is all grass. You must run or walk with your bike out of transition & turn **LEFT** onto the private road, walking or running until you cross the mount line. This road does have potholes & uneven surfaces. 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 10 metres to another rider (measured from the leading edge of the front wheel) unless overtaking. You only have 20 seconds to overtake another competitor. After returning from Gibraltar Point into Seacroft Square you circle around the square **& return to Gibraltar point for lap 2 (FOR SPRINT RACES ONLY)**, then cycle back to Seacroft Square & turn left to Seacroft Drive towards Richmond Holiday Park. PLEASE CHECK COURSE MAP.

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 each of these junctions to monitor your cycling. RACE SAFE! - for your safety and the protection of motorists already 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 run around the cone & head towards the gazebos following our signage before exiting transition through the RUN OUT exit which is opposite the BIKE 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. Your race will finish when you cross the BIKE IN mat at transition. You can then use the RUN OUT exit to leave transition & cross the finish line at your leisure or a fast sprint! The finish line time will not count. You should not leave the event without crossing the finish line please & there you can grab your medal & a drink.

## **The Run – 5KM (SPRINT - 2 LAPS) (SUPER SPRINT - 1 LAP)**

Exit the transition area towards the gazebos, (note the RUN OUT exit is OPPOSITE the BIKE OUT exit) but on leaving the grass turn **right** onto the private road. The run course is fully marked with signage, we have also placed marshals at a water station at the entrance to the Coastal Eco Centre. The route uses a mixture of tarmac, trail, track & grass. Please be aware that there might be occasional vehicles on the road as there is residential house on here & access to the Eco Centre. You need to run up the private road to the Eco Centre, around a fully signed trail run, back to the Holiday Park to run around a cone named NEXT LAP & then repeat for second loop. You will pass a water station 4 times on the run (it is based at the entrance to the Eco Centre)

## **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. Richmond Holiday Park is a clean, modern park, & Gibraltar Point is an environmentally friendly Wildlife Trust & the Coastal Eco Centre recycles & protects all forms of plants & wildlife so this is important. Thank you.

## **Course Reconnaissance**

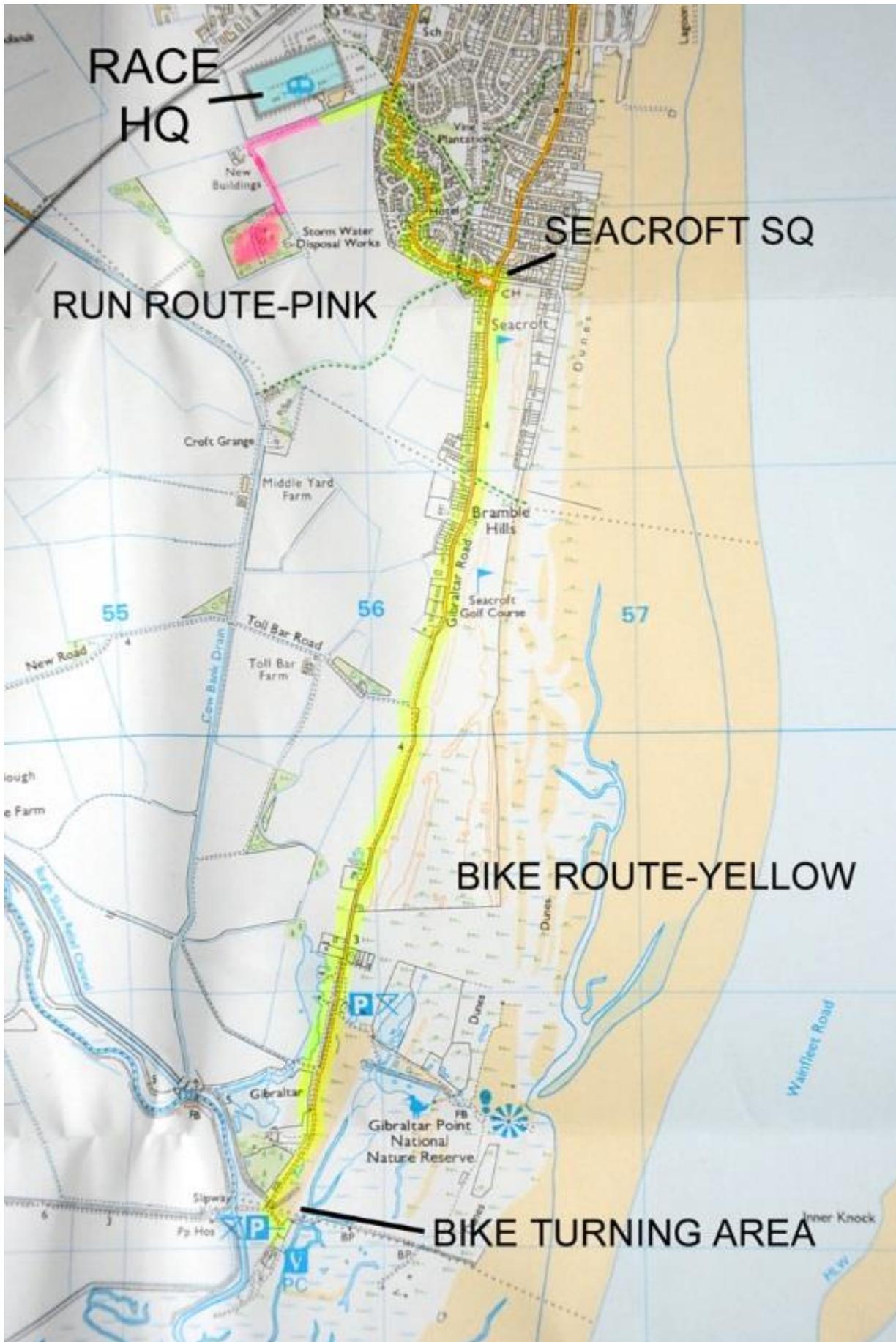
The bike and run course will be set up from Saturday.

There will be 2 water stations at the course. 1 is at Coastal Eco Centre & 1 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.

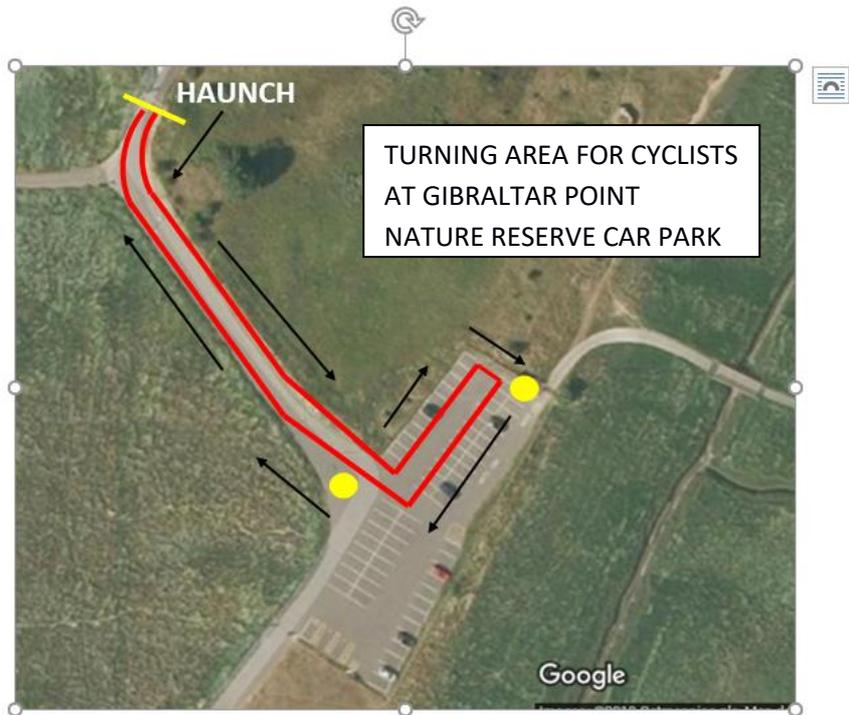
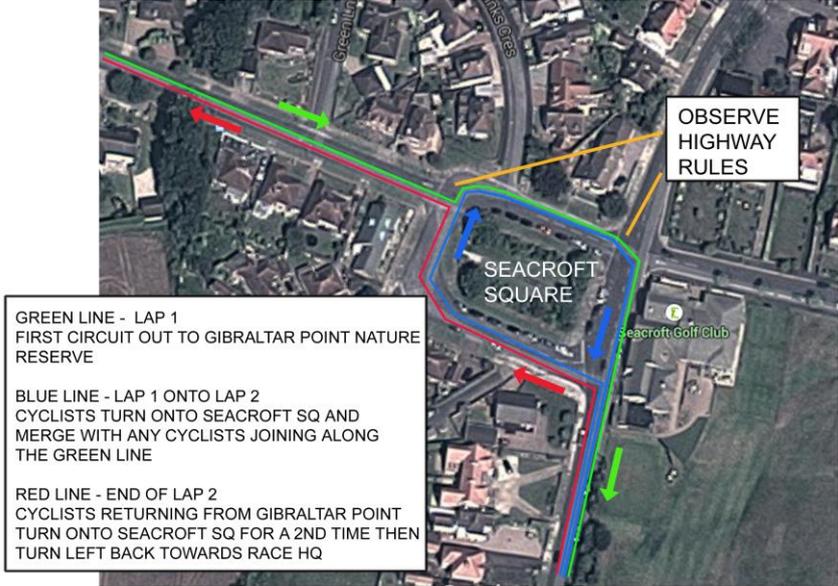
## **Medical Cover**

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.

PLEASE SEE MAPS BELOW & FURTHER INFORMATION



BIKE - SEACROFT SQUARE TURNING AREA



## 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 or are unwell.

If you need assistance (pick up) on the bike course due to accident, illness or flat tyre please telephone 07738007515 OR 07463689336 OR 07850572838

## Trophies & Prizes

- \*Trophies for 1st, 2nd, 3rd man & woman on Skegness Triathlon (Sprint & Super Sprint)
- \*Trophies for 1st, 2nd, 3rd man & woman in Lincolnshire Triathlon Series – presented at Louth Triathlon 1<sup>st</sup> Sept
- \*Trophies for winning team on Skegness Triathlon (Sprint & Super Sprint)
- \*Trophies for Male & Female winner on Skegness Aquabike
- \*Trophies for Male & Female winner on Skegness Aquathlon
- \*Age group trophies for 40-49, 50-59, 60+ in male and female on Skegness Triathlon – Sprint only

Thanks to Big Bobble Hats who are providing prizes for this event.

The Presentation will take place at approximately 12.15pm 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.sbrevents.co.uk](http://www.sbrevents.co.uk) from the Monday following the event.

Participant List & Online Results will be available here [Skegness Triathlon 2019 Preliminary 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 in Richmond Holiday Park you will find gazebos for registration, secure baggage holding area, sports therapists, toilets at Fresh Fitness, Skegness Triathlon Club, BBQ & hot drinks from caterers at Richmond Holiday Park, JC Race Solutions chip timing results & first aiders/ambulance.

## Pre or post-race recovery massage

Local 'Injury & Sports Therapy' will be on hand to provide FREE pre and post-race massage by Harry & his team. 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. Here at Injury & Sports Therapy we aim to deliver a professional service at affordable prices. Our Therapists utilise a wide range of advanced techniques to assess, find and treat the cause of your pain and employ after care advice to help prevent re-occurrences. By offering mobile treatments we quite literally go the extra mile to ensure customer satisfaction combined with a quality service. If you would like any further information feel free to visit our Facebook

page: <https://www.facebook.com/injurysportstherapy/> Website: <http://istherapy.wix.com/istherapy> or contact us on: 07903024889 or [isttherapy@outlook.com](mailto:isttherapy@outlook.com)

## **CLOTHING**

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

Tech T-shirts - £15 & hoodies - £30 / £40

Discounted clothing £10 t-shirts & £25 hoodies

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

## **FOOD**

Richmond Holiday Park are kindly providing hot drinks & BBQ including vegetarian options at amazing good value. Drinks hot food £2-4.

## **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 10th May at 13:00. 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 t-shirt. 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)

Don't forget this is part of Lincs Tri Series with Louth Triathlon on Sept 1<sup>st</sup>

**Next up is Tallington Lakes Triathlon & Aquathlon** – a superb open Water triathlon & aquathlon over 3 distances

**Next running event is Grimsthorpe 10 a beautiful trail run on private land in Lincolnshire at Grimsthorpe Castle** - chose from 5k, 10k, 10miles or half marathon!

## **Thank You!**

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: Fresh Fitness & Richmond Holiday Centre for the venue & the staff for their support and energy. The Coastal Eco Centre for use of land for the run element as well as Gibraltar Point Nature Reserve for use of their car park. East Lindsey District Council for allowing the event to take place, our race partners who make up race village 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.