

SBR Events – TALLINGTON LAKES TRIATHLON 2016
FINAL RACE INFORMATION
TALLINGTON LAKES, BARHOLM ROAD, TALLINGTON, LINCS, PE9 4RJ
SUNDAY 26th JUNE 2016

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

Welcome to the 2nd Tallington Lakes Triathlon

We would like to welcome everyone to the 2nd Tallington Lakes Triathlon organised by SBR Events Limited, with the assistance of Tallington Lakes Leisure Park.

Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site to confirm that they are on the participants list. (They will be posted Weds 22nd June 2016 after entries close on 21st June).

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 race 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 Competition Rules 2016](#) or go to www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

A condensed list of the updated 2016 rules is [here](#)

Illegal & Banned Equipment:

We refer you to [BTF Competition Rules 2016](#) for detailed information. We want to highlight that BTF Rules 3 Penalties & 4.1 listing illegal & banned equipment. You cannot wear tempo timers, metronomes or anything that assists your pace. You can wear a watch to track your time but not anything that beeps to assist your pace.

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.

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. Some people wear tri suits & regular running clothes. 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 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 are 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.

Wetsuits are not mandatory as the current water temperature is around 20 degrees Celsius

Tri-suits or a swimming costume /trunks are absolutely fine for this swim but it is recommended that you have a wetsuit for future open water swims depending on water temperature.

Directions to the TALLINGTON LAKES, BARHOLME ROAD, TALLINGTON, LINCS, PE9 4RJ

Tallington Lakes is located approximately:

Peterborough 12 miles – 25 minutes

Sleaford 27 miles - 45 minutes

King's Lynn 41 – 1 hour

Lincoln 43 miles - 1 hour 5 minutes

Louth 63 miles - 1 hour 30 minutes

Grimsby 77 miles- 1 hour 50 minutes



Accommodation

For accommodation onsite please call Tallington Lakes direct on 01778 347000. They are kindly offering athletes, friends & family on the event discounted camping pitches for caravan or tent at a price of £5PPPN. Limited spaces available! Food is available onsite at the wonderful lakeside / pool side bar & restaurant.

Car Parking

There is parking for athletes at the venue. The parking is free. Please head to The Pro Shop Car Park open from 6am (turn right at the T-junction after you enter Tallington Lakes Leisure Park & right again at the next T-junction after you have passed transition area).

Race Registration

Saturday 17:00-18:00 & Sunday 06:15 – 7.00

The registration area will be in the Registration Gazebo at the SBR Events Race Village at Tallington Lakes Park. Drive into the park, past the information hut turn right at the T-junction & drive past SBR Events race village & transition area (on right), turn right at T-junction & park in Pro Shop car park. Walk back 2 mins to race village.

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.

If you have applied for a BTF Day Licence when entering, the day licence will be issued to you at this point if you have not received one by email. If you did not apply for a BTF Day Licence, since you are a BTF member then you will be required to show your 2016 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 2016 British Triathlon Federation 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 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 presented with an A4 envelope showing your race number. Contained within will be 2 Tyvek race numbers and 1 frame 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 stapled together 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 is attached to your left ankle with the chip facing outwards. Do not lose your Timing Chip as you will need it to race.

Team Members only need 1 timing chip between them - this should be given to the swimmer.

You will be marked with a pen on your arm with your race number to adhere to water safety recommendations.

We are happy to answer any questions at Registration Saturday 17:00-18:00

Race Briefing – 07:15

This will take place next to 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 immediately after Race Briefing.

Transition Area

Transition opens at 6:15 & closes at 07:15 so you can be in place ready for the swim.

The Transition Area is situated on the grassed area next to race village between the bar /restaurant & Pro Shop Car Park where you will park. 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 - 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 or stem close to your handlebars, before you enter transition.

To get into the Transition Area you must use the separate entry/exit area for you to take your bike in & set up what you need to race. You will need to show your race number at ALL times, apart from when you exit the swim going into the bike. On entering transition your bike brakes will be checked. You will also be asked to show both your race number & bike frame number when taking your bike out at the end of the race. This is for your security. Please understand this may cause queues during peak times, but it is for your benefit. The Transition Area will be closed



from 7.15am – 8.30am during the event, to ensure free movement for athletes. Please understand that once you enter transition to collect your belongings 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. An important rule that must be adhered to: **'competitors are required to fasten their helmet before touching their cycle in the transition area.'**

Please ensure you park your bike at the position numbered which matches your race number.

Do not walk close to the timing mats at transition before you start the race. Due to new BTF race rules you will have limited space to leave your shoes & clothing. There will be a secure area within transition for oversized boxes & bags. If it is a dry day take a towel & lay out what you need on that. If it might rain, pop them inside a bin bag or carrier bag.

The Team Event

Only one person is required to register for the whole team, but will be required to show ALL of the 2016 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, inside the transition area. The swimmer will finish their swim 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 Start 07:30 for Olympic 07:35 for Sprint 07:40 for Super Sprint

All competitors will start in the water. You will be asked to enter the water via the ramp approx. 5 mins before race start to await the countdown and the airhorn to start the race. For anyone with hearing difficulties there will be a visual reference as the airhorn is sounded. (Arm lowered)

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 is here [Start list](#) & Online Results will be available here [Results page](#)
- 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.
- Providing there is a reasonable GPRS signal then your *provisional* result will be texted to you shortly after you finish if you provided a mobile telephone number.

****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 staple or pin the spare race number, 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 SuperSprint – 400m Sprint-750m Standard - 1500m

The swim will take place in Lake 1 around a pre-marked course. The course is made up of 6 buoys marking out a rectangle. The sprint will turn right at the second buoy and follow a square pattern exiting the water via the ramp.



The Standard will turn right at the 3rd buoy following the rectangle course also exiting the water via the ramp. There will be 1 wave for each distance containing around 100 athletes in each wave. When swimming 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 turn at the correct buoys, we have a water safety team to help guide you around the course or aid anyone in difficulty. If you do get into any difficulty stay calm, roll onto your back and raise your arm into the air, a member of the water safety team will help you move to the safety boat who will assist you from the water. You will be supplied with either a latex or silicon swim hat, these are not optional and help us spot swimmers in the water and also assess which race you are in. If you wish to get changed for the bike and run section after the swim, you may either use the swimming pool changing rooms (these are a short distance from the swim and transition) or change inside the transition area - nudity is not allowed.

Please Note: Competitors MUST enter the water over the chip timing mat on the designated ramp & MUST exit the water & ENTER the transition area over the timing mat. This ensures that we know all athletes that enter the water also exit the water. This is for your safety.

The Bike – SuperSprint - 9k Sprint - 24k Standard - 44k

From the swim, exit via the ramp and run into transition. 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.

Put your helmet on FIRST, collect your bike & walk/run with it until you AFTER you cross over the MOUNT LINE where you may get on your bike to ride it. This area has been declared a NEUTRAL ZONE between the MOUNT LINE & the RECEPTION HUT. No overtaking is permitted in this area for your safety & that of local residents.

Please take care traversing over the ramps on the exit road from the park – these will have a cover over them on race day to make them easier to ride over. Do not go too fast!

Follow signs out of the park & take care turning right onto the road. Once you have left the venue, follow the road to the T-junction, this is the start of the bike section and the laps:

SuperSprint – 1 small lap

Sprint – 1 large lap

Olympic – 2 large laps (see maps below – the laps start and end with the red square for the Sprint and Olympic. The SuperSprint follows 1 course of the smaller loop)

This race is a non-drafting race. Non drafting rules will be displayed in race registration for you to read. 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 unless overtaking. You only have 20 seconds to overtake another competitor.

When you reach the end of the bike section, please respect the NEUTRAL ZONE between RECEPTION HUT & DISMOUNT LINE. Remember to slow down & get off your bike BEFORE the DISMOUNT LINE; re-rack your bike back into your original racking position BEFORE you take your helmet off.

Foot Down Policy

We have removed the foot down points on this course.

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. We are working with Highways Personnel & they will be inspecting the course on Sunday.

The Run – SuperSprint 2.5k Sprint - 5k Olympic - 10k

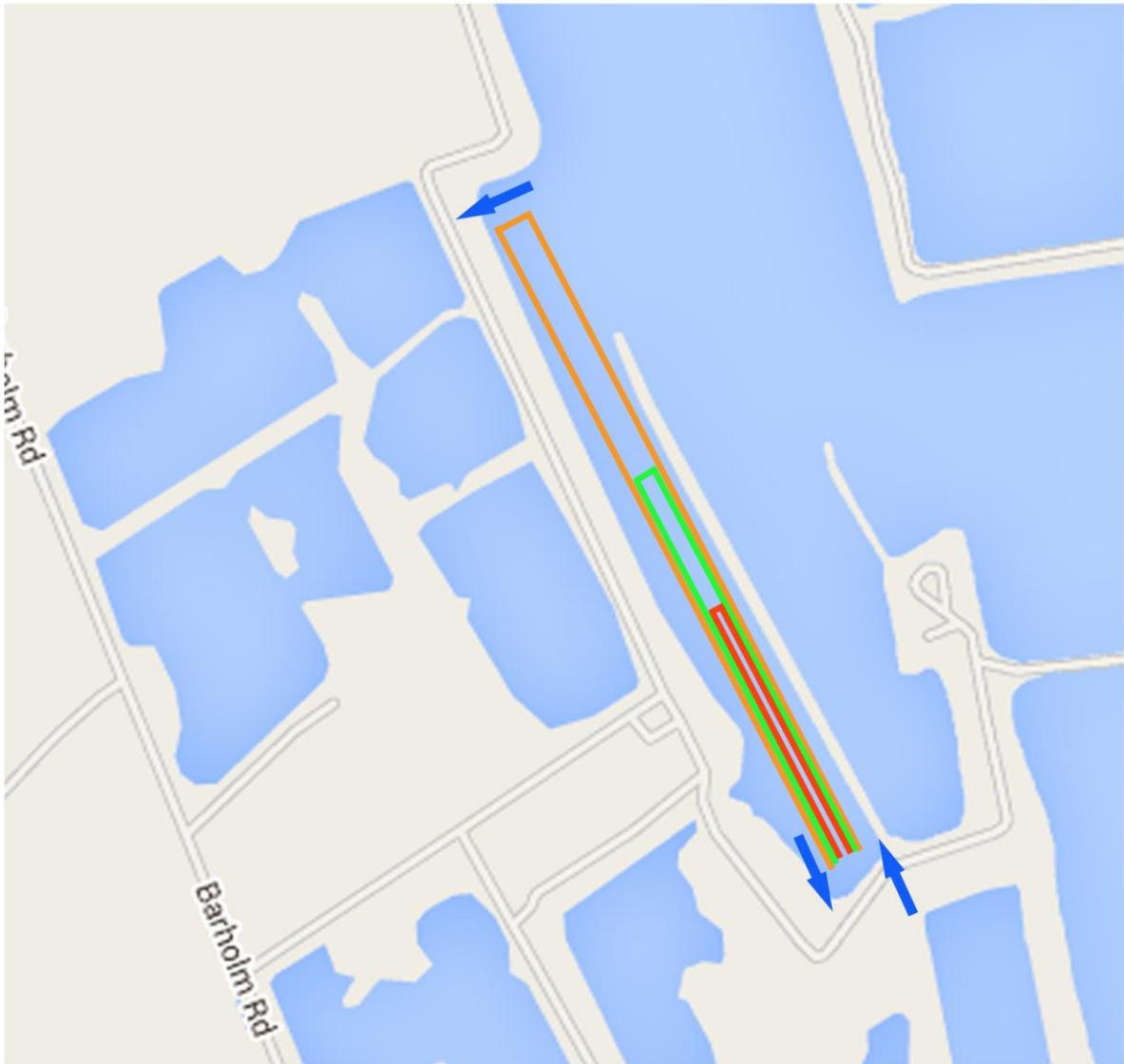
On leaving the transition area, follow the run course in the same direction you came in from the swim. You will follow the road through the Tallington Lakes complex. The course has signage, is marshalled and has a water station at approx. 1k (the furthest run turn point) marked on the map by the blue square. There will be also be a water station after the finish line. The course is 2.5k in length, for those running 5k & 10k you will turn near transition- clearly marked with cones & with a marshal in place (& bands for Olympic athletes to collect should they choose) & repeat a 2nd lap for 5k. For those running the 10k you will cover the course four times. Please note you are responsible for counting your own laps. The finish line is clearly marked & you will run past transition on the field into a long finish chute.

Course Reconnaissance

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

PLEASE SEE MAPS BELOW & FURTHER INFORMATION





Tallington Lakes Triathlon - SWIM

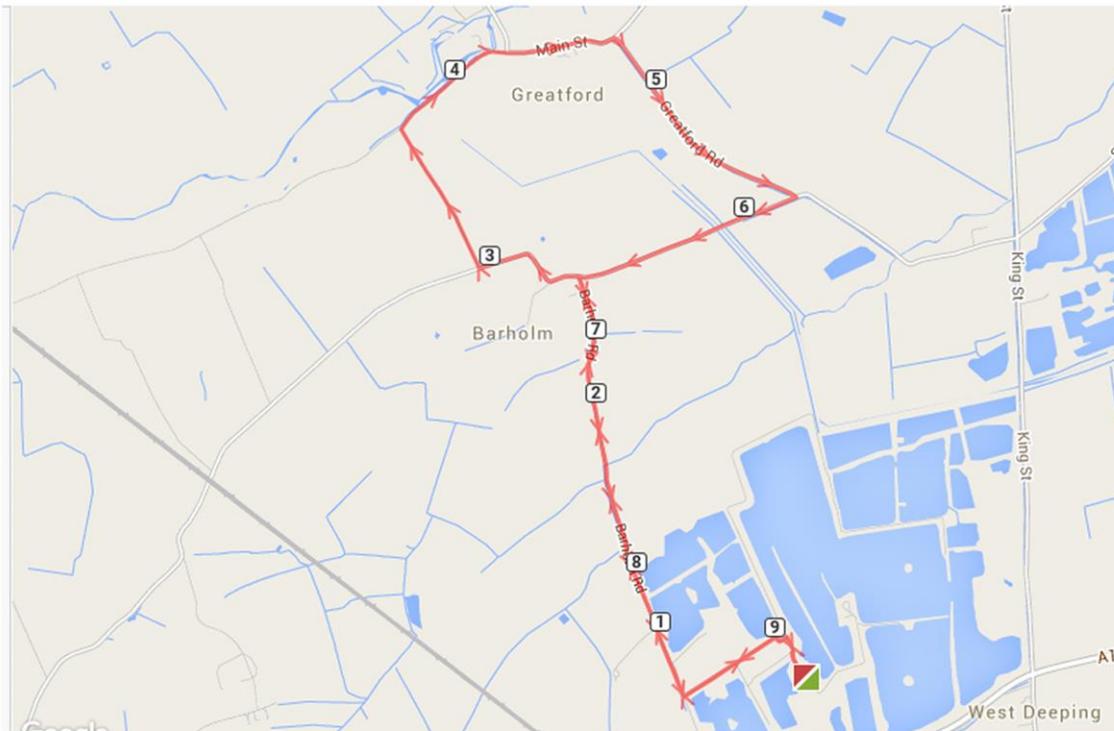
Olympic - 1500m
Follows orange line

Sprint - 750m
Follows green line

SuperSprint - 400m
Follows red line

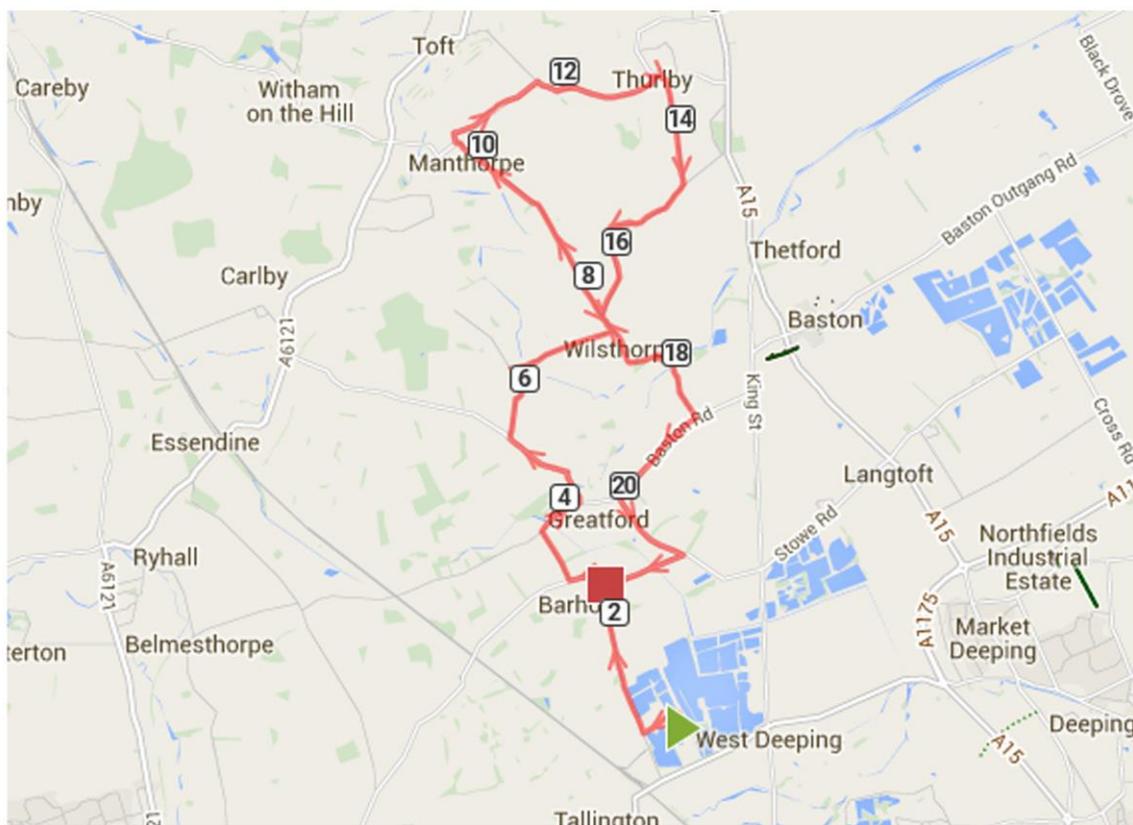


SuperSprint - 9k over 1 lap and with the start and finish at the red/green triangles



Sprint - 24k over 1 lap of the course

Olympic - 44k over 2 laps of the course. Lap 2 starts at the red square with the start and finish at the green triangle.





Tallington Lakes - Run

Starting from the top of transition, at the green triangle, following the road, turning left to the first turn area and then along the lake to the second turn area, marked by the blue square. Returning to the green triangle to finish 1 lap. 1 lap is between the green triangle and the blue square.

SuperSprint completes 1 lap

Sprint completes 2 laps

Olympic completes 4 laps

The finish line is past transition. Run past the green arrow turn point, turn right to run alongside transition and cross the line for your time/medal/food.



Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Chase Medics, on the day there will be a team of medics and paramedics plus an Accident and Emergency 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.

Trophies & Prizes

There will be trophies in the following categories on all 3 distances:

*Prizes - Running or trail shoes for Male & Female Winners!

*Trophies for 1st, 2nd, 3rd man & woman

*Trophies for Male & Female Veteran Winners! (Age 40yrs female & Age 45yrs male)

The Presentation will take place at approximately 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 [here](#)

A condensed list of the updated 2016 rules is [here](#)

Results

Times will be displayed in the timing tent next to the finish with a print-out available, text results (depending on GPRS signal) & provisional results will be available online immediately. FINAL results will be available to download same day wherever possible - or from the Monday (latest) following the event. We will also promote this on Facebook & Twitter

Participant List is here [Start list](#) & Online Results will be available here [Results page](#)

RACE VILLAGE

At the Race Village in Tallington Lakes Leisure Park you will find gazebos for registration, secure baggage holding area, sports therapist, plus toilets, food & refreshments from the café /restaurant at Tallington Lakes & first aiders/ambulance.

There will be 2 water stations at the course. 1 is at the furthest turning point on the run & 1 at the finish line but please feel free to bring your own isotonic drinks, energy bars or gels if you prefer. We have TORQ gels to purchase prior to the race. Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course.

FREE Photos

Danny from Wild Coy Photography will be out on the course to take photos on the day - You can download, tag people & share free of charge after the event!

You will be able to find them at [WILD COY PHOTOGRAPHY FACEBOOK PAGE](#)

My tip – do a Mo pose / Usain Bolt or wave/smile / jump – do anything to look happy crazy runner instead of THAT face! LOL!

Don't forget to SMILE!!! ☺

Pre or post-race recovery massage

'Injury & Sports Therapy' will be on hand to provide pre and post race massage at the discounted price of just £5. 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



Alphawoolf – Our shoe partner will be in the Race Village displaying both Alphawoolf running shoes and Icebug trail shoes. These are an excellent brand of shoes to look at if you are considering investing in a new pair. Come and talk to John who will tell you all about these fantastic 2 brands.

CLOTHING

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

Tech T-shirts - £15

Discounted clothing £10 t-shirts & £15 hoodies

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

FOOD

Hot breakfasts & drinks are available from the lakeside / poolside restaurant area from 6.30am – 10am as a buffet.

Large breakfast - £8.50 including toast and tea or coffee (2 EACH OF SAUSAGE, BACON, HASH BROWNS AND TOAST WITH TOMATO, BLACK PUDDING MUSHROOMS AND BEANS, SCRAMBLED EGG)

Small breakfast - £5.50 including toast and tea or coffee. (ONE SAUSAGE, BACON, HASH BROWN AND TOAST WITH TOMATO, MUSHROOM, BLACK PUDDING, BEANS, SCRAMBLED EGG)

Bacon or sausage baps at £3.25 and tea or coffee will also be available to purchase. (Vegetarian options are available)

Apples and bananas - 50p each

FOOD AT RACE VILLAGE - POST RACE MEAL FOR ATHLETES

We are providing a free hot meal post-race for all athletes. This will be available from 9am & can be purchased by spectators & supporters at a cost of £4.95.

MENU is Baked potato with butter (optional) and one filling from the following, cheddar cheese, tuna mayonnaise, baked beans, egg mayonnaise and coleslaw (accompanied by a salad bar of mixed leaves, cucumber, tomato, peppers and red onions plus separate salad dressings).

There is also a carvery available at the lakeside / poolside restaurant for lunch.

RETAIL

The Pro-Shop from Tallington Lakes Leisure Park is huge! Please pay it a visit while you are at this wonderful venue. They will also be having a stand at Race Village with some branded goodies available for you to look / try on etc. The stock at the shop includes ski wear, waterski, wetsuits & swimming goodies plus fashion clothing too.

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

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 Friday 17th 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.

Race Office Closure

The SBR Events Limited office will be closed from Friday 24th June at 10:00am. 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 in the future. All marshals will receive hot food & drink upon arrival, a goody bag with more food and drink and a race voucher giving £20 off a future SBR Events event. If you would like further information about becoming a race marshal please email amanda@sbrevents.co.uk giving your name/email/mobile. 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 SBR Events Limited Events

SBR Events Limited will be organising a number of other multi-sport and running events throughout 2016 & 2017. Our next event is Louth Triathlon on Sept 4th part of The Lincs Tri Series.

We have new running events & triathlons planned for 2017 in Notts, Derbyshire, Lincolnshire & Northamptonshire. For more information about SBR Events Limited and our events please visit www.sbrevents.co.uk



Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Marshals & Officials that help to organise all of our events: Tallington Lakes staff for their support and energy, providing water safety teams, South Kesteven District Council & the Directors at Tallington Lakes for allowing the event to take place, the residents who live at Tallington Lakes plus all of our athletes for entering.

Further Information

Any questions related to the event can be answered by emailing jason@sbrevents.co.uk or amanda@sbrevents.co.uk up to 15:00 Thursday 23rd June. Other queries will be dealt with on race day.

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. These changes will be made without notification. The organiser has the final decision.

