

**SBR Events**  
**TALLINGTON LAKES TRIATHLON & AQUATHLON 2018**  
**FINAL RACE INFORMATION**  
**TALLINGTON LAKES, BARHOLM ROAD, TALLINGTON, LINCS, PE9 4RJ**  
**SUNDAY 3<sup>rd</sup> JUNE 2018**

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

**Welcome to the 4<sup>th</sup> Tallington Lakes Triathlon & Aquathlon**

We would like to welcome everyone to the 4<sup>th</sup> Tallington Lakes Triathlon organised by SBR Events Limited, with the assistance of Tallington Lakes Leisure Park.

**Confirmation of Entry**

Competitors are requested to check the online participant list here [Tallington Lakes Tri 2018 Participants List](#) – it will be updated by Tuesday 10pm. There is a PDF document document already visible on the web site but please check the online list when it becomes ready.

**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 [British Triathlon Rules - updated 2018](#) or go to [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161. A condensed list of the 2018 rule changes is [here](#)

**Illegal & Banned Equipment:**

We refer you to [British Triathlon Rules - updated 2018](#) for detailed information. 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. Team members will need to produce their BTF licence or pay £5 per person for a day licence.

**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 £75 to £5000. Some people wear tri suits & regular running clothes. 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.

Wetsuits are not mandatory as the current water temperature is around 18-20 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 – we have increased the amount of car parking.

We have secured additional car parking on hard standing land next door to the venue. The parking is free. When you reach the venue entrance to the water park marshals will guide you to the Events Parking area next door. There is a 5min walk to Race Village.

## Race Registration

### Saturday 17:00-18:30 & Sunday 06:15 – 7.00

The registration area will be in the Registration Gazebo at the SBR Events Race Village at Tallington Lakes Park. On Saturday evening, you can 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 follow the signs.

On Sunday morning please follow our signs from Events Parking. Please ensure that before registering you know your race number. This can be found either from the competitors entries list online, on our race website or on the tables at 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 2018 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 2018 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 2018 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 frame 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. We can help with this! You will also be given a Tyvek wristband; you need this to enter the water 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. Do not lose your Timing Chip as you will need it to race.

You will be marked with a pen on your arm/leg with your race number to adhere to water safety recommendations. We are happy to answer any questions at Registration Saturday 17:00-18:00

**Team Members** only need 1 timing chip between them - this should be given to the swimmer & passed along in transition.

## Race Briefing – 07:15

This will take place next to the transition area. It is obligatory that you attend. The Race Briefing will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them immediately at registration or 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. 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 at the location matching your race number – you'll need to put all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition with working brakes, 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 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 & bike frame 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 may close during the event to ease congestion, & 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.'**

Do not walk close to the timing mats at transition before you start the race - there will be a separate entry/exit area for you to take your bike in & set up what you need to race.

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 bag next to your bike. BTF race officials may ask you to remove anything that they believe marks your spot & gives you an unfair advantage.

### **The Team Event**

Only one person is required to register for the whole team, but will be required to show ALL of the 2018 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 07:40 for Sprint 07:45 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.

Participant List & Online Results will be available here [Tallington Lakes Tri 2018 Participants List](#) & [Tallington Lakes Tri 2018 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.
- 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 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 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. SuperSprint turn at RED buoys. The Sprint will turn right at the second (YELLOW) buoy and follow a square pattern exiting the water via the ramp. The Olympic will turn right at the 3<sup>rd</sup> (ORANGE) buoy following the rectangle course also exiting the water via the ramp. Your SWIM HAT colours match the buoys you turn at. 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 at park entrance- 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.

Water temperature has been 18-19 degrees this week & all water tests have been completed this month within safety standards as usual.

### **The Bike – SuperSprint - 12k**

### **Sprint – 27.5k**

### **Standard - 47k**

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.

#### **NEUTRAL ZONES – this means no overtaking**

##### **1. Between the MOUNT LINE & the first bend to the right- there are a number of small ramps.**

After the right bend there is a long straight stretch suitable for overtaking if there is no oncoming traffic including bikes. Please take care.

##### **2. At the residential dwellings before the sharp left bend & continuing around, the road narrows. The neutral zone continues until you egress onto the main tarmac road out of the venue.**

Do not go too fast – especially over the ramps!

Follow signs out of the park & take care turning left onto the road. Once you have left the venue, follow the signs to the crossroads, & turn left. 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)

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 ZONES 1 & 2**. 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**

With the new changes we are introducing one FOOT DOWN POINT on this course. This is for your own safety.

Therefore at the crossroads, marked by the orange triangle on the maps below, on the return journey, EVERYONE MUST STOP & PLACE A FOOT DOWN ON THE FLOOR AND OBSERVE THE HIGHWAY RULES ON EMERGING FROM THE JUNCTION. You have clear vision in both directions at this point but the oncoming traffic can be moving very quickly.

Failure to adhere to this request by travelling through **THIS** junction without stopping and placing a foot down, **you will be disqualified**. (Full weight must be placed on the floor & the bike should STOP). Proceed to turn right when you have checked it is safe to do so. Our volunteer marshals are NOT trained HIGHWAYS MANAGEMENT staff. They cannot tell you when it is safe to pull out of ANY junction or not.

EVERYONE MUST OBSERVE THE HIGHWAY RULES ON EMERGING FROM ALL THE JUNCTIONS. Failure to adhere to this request by travelling through **ANY** junction without regard for other oncoming road users & cycling dangerously, **you will be disqualified**. Marshals are present at these junctions to monitor your cycling. RACE SAFE! - for your safety and the protection of motorists already using the highway. BTF officials will be inspecting the course & observing participants traverse the course on Sunday.

#### **AQUATHLON & AQUABIKE COMPETITORS**



**Aquathlon:** Please enter transition area via the SWIM IN- the same way as triathlon competitors, put on shoes & any clothing & please ensure you run **around the cone** following our signage before exiting transition through the RUN OUT exit to ensure no unfair advantage.

**Aquabike:** 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 into the finish funnel to cross the finish line & grab your medal. You can do this at your leisure or a fast sprint! The finish line time will not count.

**The Run – SuperSprint 2.5k (1 lap) Sprint - 5k (1 lap) Olympic - 10k (2 laps)**

On leaving the transition area, follow the run course & head towards the main entrance & restaurant areas. You will follow the road through the Tallington Lakes complex running on THE RIGHT. The course has signage, is marshalled and has water stations at approx. 1.25k & 2.5k marked on the map by the blue circle. There will be also be a water station after the finish line.

Please note that Super Sprint & Sprint have a different turn point. The course is 2.5k there & 2.5k back, for those running 10k you will turn near transition- clearly marked with cones & with a marshal in place & repeat a 2<sup>nd</sup> lap to complete the distance. It's a lovely lakeside run with beautiful views – enjoy it. Please note you are responsible for counting your own laps. The finish line is clearly marked & you will run past transition on the field for a sharp right turn into the finish chute.

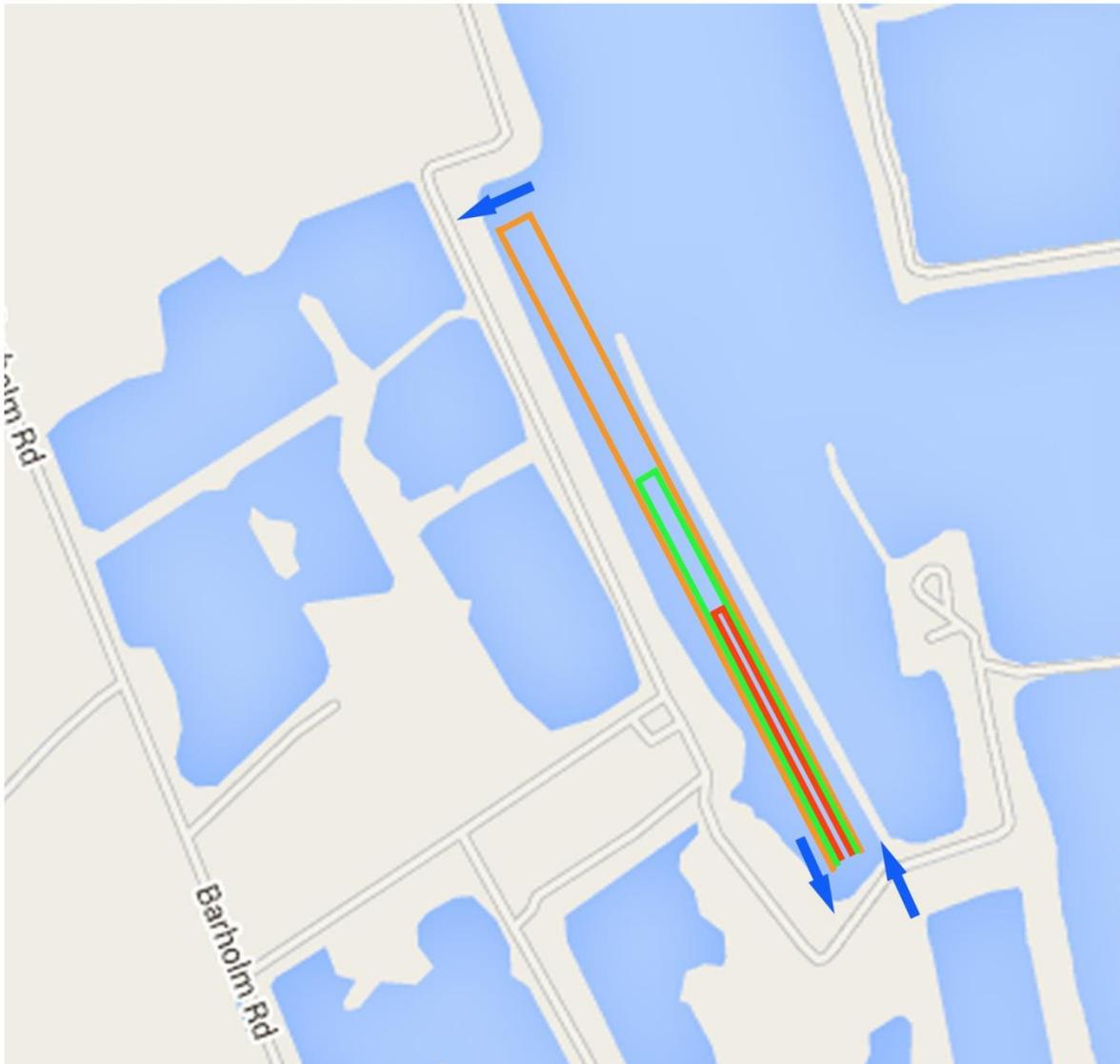
**You can then enjoy your lovely Finishers Medal & go to collect your FREE POST RACE HOT FOOD.**

**Course Reconnaissance**

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

**PLEASE SEE MAPS BELOW & KEEP READING - THERE IS FURTHER INFORMATION**





## Tallington Lakes Triathlon - SWIM

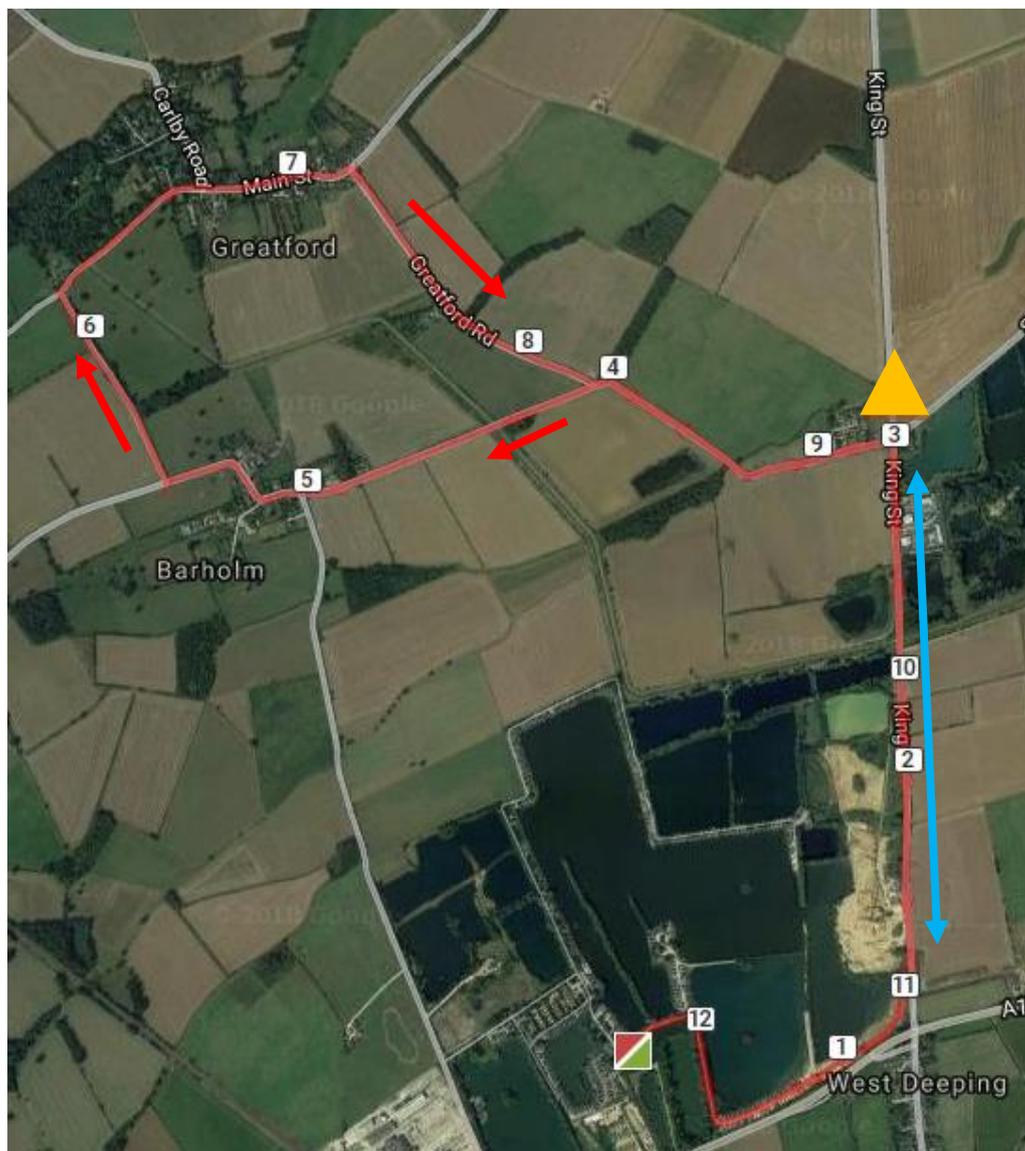
Olympic - 1500m  
Follows orange line

Sprint - 750m  
Follows green line

SuperSprint - 400m  
Follows red line



## SUPERSPRINT BIKE ROUTE 2018



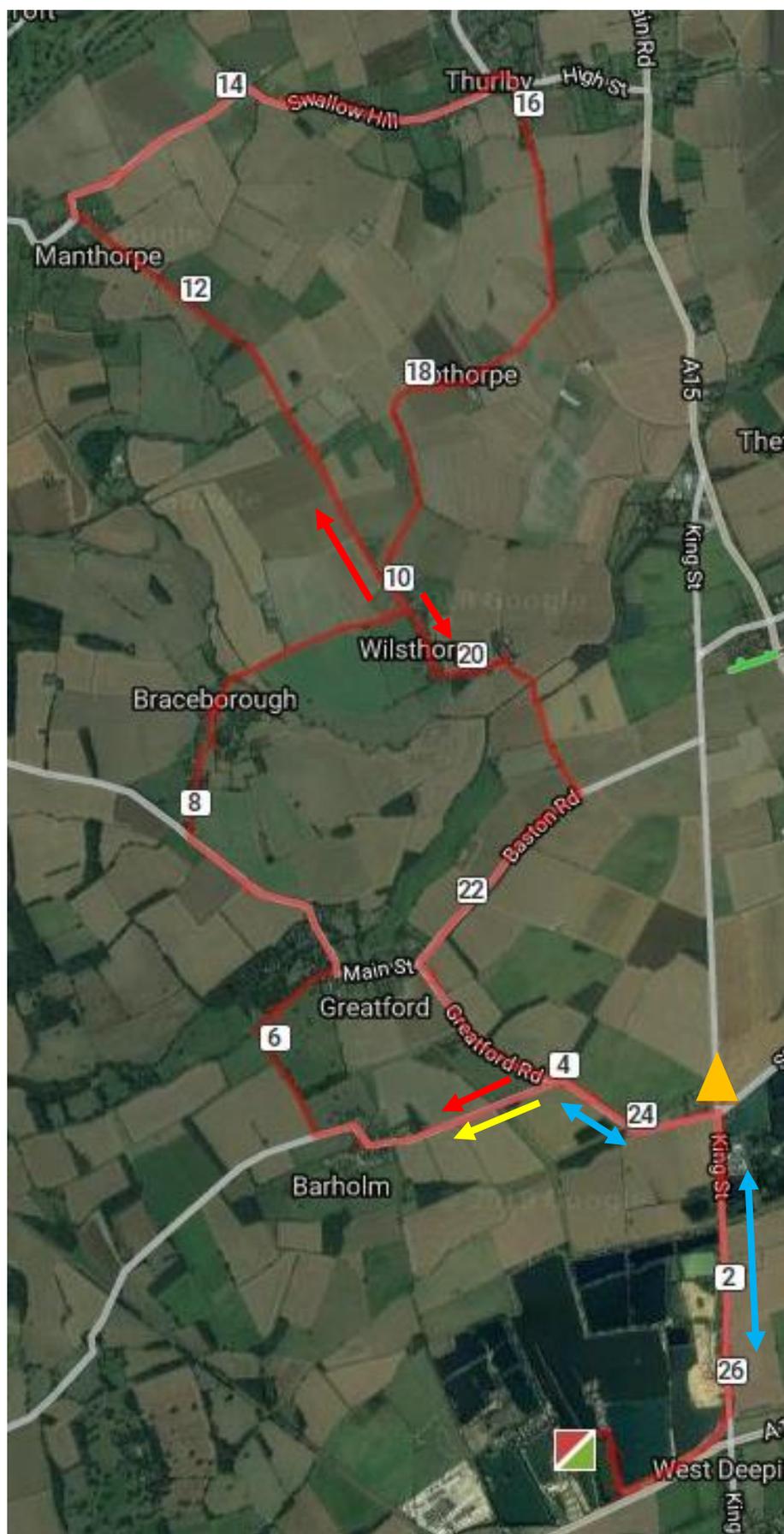
Super Sprint – 12k over 1 lap with the green/red triangle being start/finish.

Red arrows = direction of travel      Blue arrow - out & back from venue

Orange triangle – FOOT DOWN on return journey (right turn)



## SPRINT & OLYMPIC BIKE ROUTE 2018



Sprint – 27.5k over 1 lap of the course with the green/red triangle being start/finish.

Olympic – 46k over 2 laps of the course. Lap 2 starts at yellow arrow and race ends at the green/red square.

Red arrows = direction of travel

Blue arrow - out & back from venue

Orange triangle – FOOT DOWN on return journey (right turn)



## RUN ROUTE 2018



Square – Start/finish of run course and Olympic turn point for 2<sup>nd</sup> Lap.

Blue dot – Water stations

Purple dot – 1.25k turning point for 2.5k (Super Sprint)

Yellow dot – 2.5k turning point for 5k (Sprint & Olympic)



## Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Jola 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 07463 689339 or 07738007515.

## 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.

## Trophies & Prizes

EVERY finisher is rewarded with a bespoke finishers medal. There will be trophies in the following categories on all 3 distances:

\*Trophies for 1st, 2nd, 3rd man & woman on all triathlon races plus a bottle of Belvoir Fruits Cordial & SBR Events finisher buff

\*Trophies for Male & Female Veteran Winners (Age 35yrs female & Age 40yrs male)

\*Trophies for winning team (if more than 1 team per distance)

\*Trophy for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> TEAM members on Olympic distance only (for 2018 -there are enough teams)

SBR Events buffs will be available prizes for some categories

\***Aquathlon** –Trophies for Male & Female Winners & SBR Events Buff

\***Aquabike** – Trophies for Male & Female Winners & SBR Events Buff

Age group certificates will be emailed to everyone after race results are finalised a few days after the event

The Presentation will take place at approximately within 30 minutes of the last competitor finishing. Please be in attendance to collect your prize. (If you miss the presentation they may be posted out but a charge for admin & P&P will be politely requested).

## 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 [British Triathlon Rules - updated 2018](#)

## Results

You can take a print-out of your race results on the day, text results (depending on GPRS signal) & provisional results will be available online immediately. Participant List & Online Results will be available here immediately after the event Participant List & Online Results will be available here immediately after the event [Tallington Lakes Tri 2018 Preliminary Results](#)

## RACE VILLAGE

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

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

Paper bag for;

Banana



Bottle of water  
Race leaflets

### **FOOD AT RACE VILLAGE - POST RACE MEAL FOR ATHLETES**

We are providing a free hot meal post-race for all athletes from GOOD SPUDS. MENU is Baked potato with butter (optional) and one filling.

This will be available from 9am & can be purchased by spectators & supporters. There will also be limited hot breakfast to purchase (bacon or sausage baps £3.50 & hot drinks) at race village from 6am.

### **FOOD**

The Lakeside / poolside restaurant do wonderful evening meals if you are staying at the venue but book a table early! They offer a carvery on Sunday lunch.

### **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 Tallington Lakes Leisure Park you will find gazebos for registration, secure baggage holding area, sports therapists, plus toilets, hot breakfasts & hot drinks for sale plus free jacket potato with filling for athletes by caterers from GOOD SPUDS (food & refreshments also available from the Lakeside Bar & Restaurant at Tallington Lakes), JC Race Solutions chip timing results & first aiders/ambulance.

There will be 3 water stations at the course. 2 are at the turning points 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. Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course.

### **Marc Dewhurst Photography - Free photos at Tallington Lakes Triathlon!**

Marc & 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.facebook.com/marcdewhurstphotography/>

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!!! 😊

### **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)

We also have Glyn Davys, a sport and exercise therapist based at The Broadstreet Practice in Stamford. He will also be providing FREE pre and post race massage <http://www.thebroadstreetpractice.co.uk/>

### **CLOTHING**

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

Tech T-shirts - £15

SBR Hoodies - £25, £30 & £40

Travel Flask -£7

Water Bottle - £3

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



## **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 – 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 3rd June at 9:00. 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 / buff. 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 2018 - please visit [www.sbrevents.co.uk](http://www.sbrevents.co.uk)

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

Louth Triathlon is the last triathlon in our Lincs Race Series on Sept 2<sup>nd</sup>!

Pool based Sprint Triathlon with Aquathlon & Aquabike options

Flat, fun & friendly – set in modern facilities in rural Louth.

## **Thank you!**

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, 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.

