

SBR Events – LOUTH TRIATHLON
FINAL RACE INFORMATION
MERIDIAN LEIDURE CENTRE, WOOD LANE, LOUTH, LINCOLNSHIRE LN11 8RS
SUNDAY 4TH SEPTEMBER 2016

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

Welcome to the 3rd Louth Sprint Triathlon

We would like to welcome everyone to the 3rd Louth Sprint Triathlon organised by SBR Events Limited, with the assistance of the Meridian Leisure Centre (MLC) and Magna Vitae.

Confirmation of Entry

Competitors are requested to check on the list of entries posted on the SBR Events web site 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 £41 entry fee. If you require further information about Race 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.

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. Calf guards are not allowed to be worn in a non-wetsuit swim. You will be asked to remove them prior to the swim if you are wearing any; if you refuse we have been advised that you will be disqualified. 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.

Directions to the Meridian Leisure Centre, Louth.

The Meridian Leisure Centre is to be found along Wood Lane in Louth. Louth is located approximately:

Lincoln 26 miles-45 minutes
Sleaford 35 miles-60 minutes
Skegness 23 miles-36 minutes
Grimsby 16 miles-26 minutes

Accommodation

For local information including accommodation please look here:

<http://www.explorelincolnshire.co.uk/louth/louth-tourist-information-centre-36837.html>

Car Parking

Please Note: there is no parking for athletes at the MLC

There are 100 parking places for the event at **The Waterloo Housing Group on Gresley Road** located at LN11 8FD. The parking is free, but you do have a short 5-8 minute walk to the MLC. There will also be 100 spaces at **Monk's Dyke Tennyson College** - which will involve a short walk along Monks Dyke Road to their playing field where transition will be based (at back of MLC) PLEASE DO NOT PARK at MLC car park, this is reserved for members of the gym only. PLEASE DO NOT PARK ON MONKS DYKE ROAD as this will impede cyclists on the race.

Race Registration

Saturday 17:00-18:00 & Sunday 07:45 – 10:15

The registration area will be in race village sited next to transition in the Monk's Dyke Technical College sports field located along Monks Dyke Road. If you park in Gresley Road, walk towards the MLC, follow the run channel along the left hand side of the MLC and into the Race Village. If you park at Monk's Dyke Technical College – just walk along Monks Dyke Road towards the sports field & turn right into the field.

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. Go to the registration tent to collect your race numbers, wrist band and timing chip. (For those who register Saturday the Timing chips will be handed out Sunday morning in an EXPRESS LINE on presentation of your bib number & Tyvek wrist band).

If you have paid for a BTF Day Licence when entering, this will be issued to you at this point. If you are already a BTF Day Licence holder, 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 a large 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 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.

Race Briefings – 08:30 & 10:00

These 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 after Race Briefing.

Transition Area

The Transition Area is situated on the grass sports field. This is a fully secured area for competitors only, it is where you will keep your bike during the swim and run sections. To get into the Transition Area you must show your race number 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 will not close during the event, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

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

The 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, exit through the fire doors 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 09:00

The first wave of competitors will start at 09:00, the timekeeper will start 8 swimmers at 4-minute intervals. It is expected that the last competitor will start at approx. 11:00. 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 tomorrow – I will email you the link
- 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 – 400 Metres (16 Lengths)

The swim will take place in the 25 metre indoor heated pool at Meridian Leisure Centre. Swim 16 lengths – 400 meters, you cannot walk along the bottom of the pool. Please arrive on poolside approx. 10 minutes before your start time. The timekeeper will start waves of 8 swimmers every 4 minutes between 9:00 and 11:00. 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 standard during the swim section. There will be other competitors in the same lane during the race, it is the responsibility of the faster swimmer to overtake, but also remember that it is much easier to swim behind someone. It is your responsibility to count your own 16 lengths. There will be a marshal on poolside to randomly check that competitors are swimming 16 lengths. You will be supplied with either a latex or silicon swim hat, which is optional, wearing one helps the marshal ensure you get into the pool on the correct wave. If you wish to get changed for the bike and run section after the swim, you may either use the changing rooms outside to the right of the pool doors or change inside the transition area – however nudity is not allowed.

Please Note: Competitors only allowed on the poolside. There is a separate viewing area for non-competitors.

The Bike – 22KM

From the swim, exit through the side door at the top end of the pool, you will then run along our chute 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 sports field turn right onto Monks Dyke Road before you mount your bike. You will see the mount / dismount line ahead. At the roundabout turn left onto St Bernards Road. At the T-junction turn right onto Eastfield Road. After approx 1.6km turn left onto Ticklepenny's Lock. At the T-junction turn right onto Alvingham Road. Turn left onto Yarburgh Road. Turn left onto Westfield Road and at the Y junction turn right onto Brackenborough Road. At Covenham St Mary turn right onto Ings Lane through Yarburgh & turn right from Yarburgh Road to Alvingham Rd, left over Ticklepenny's Lock & at T-junction the '**foot down**' point turn right back onto Eastfield Rd & return to 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. 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. The bike course is a single clockwise lap. When you reach the end of the bike section, dismount your bike at the appropriate point, re-rack your bike back into your original racking position and then take your helmet off. The bike route can be viewed below.

Foot Down Policy – ONLY 1

On the bike course we have 3 corners that emerge from roads via a T-junction onto roads with potential traffic coming from both the left and right directions. After consulting with Traffic Management companies it was agreed that placing traffic management to aid the egress from these junctions would impede an athlete's ingress into the junction going in the opposite direction. This would have an adverse effect on the natural flow of the event and would cause an unfair advantage to some athletes.

Therefore at 1 junction, marked at **POINT H** the map below, EVERYONE MUST STOP & PLACE A FOOT DOWN ON THE FLOOR AND OBSERVE THE HIGHWAY RULES ON EMERGING FROM THE JUNCTION. Failure to adhere to this request by travelling through **THIS** junction without stopping and placing a foot down, **you will be disqualified**.

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

The Run – 5.35KM (2 LAPS)

On leaving the transition area, follow the race marshal's directions onto the run course. On leaving the transition area, run through MLC field, & turn right onto Wood Lane. The run course is fully marked with signage, we have also placed marshals at certain junctions. The route uses a mixture of pavements, tarmac and part of the Railway Walk. Railway Walk has been closed for the duration of the race. Please do not use steps at end of Railway Walk (these will be taped off) – use the ramps. After completing 1 circuit along the pavements and running up the Railway Walk (1 lap) you turn right to repeat for the 2nd lap. After running up Railway Walk for a second time, turn left and follow the signs towards the finish. Please be aware that there might be occasional vehicles on the road as part of the route does not have pavements. Please be aware that there might be other uses on the roads and pavements.

Course Reconnaissance

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

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.

COURSE MAP – SEE BELOW

Blue dot – Race Village

Yellow Line – Bike

Pink Line – Run

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.

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 26th August. 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 2nd 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.

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 few 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 discount code 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 and 2017. 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 Officials that help to organise all of our events: Meridian Leisure Centre & Monk's Dyke Technical College staff for their support and energy. Magna Vitae, The Waterloo Housing Group and Monk's Dyke Technical College for use of their venues. East Lindsey District Council for allowing the event to take place, Louth Triathlon Club for their continued support 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 11:00 Friday 2nd September. 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.