



**SBR Events GRANTHAM SPRING TRIATHLON
with AQUATHLON & AQUABIKE
FINAL RACE INFORMATION
MERES LEISURE CENTRE, Trent Rd, Grantham NG31 7XQ
SUNDAY 3rd APRIL 2022**



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

Welcome to the Grantham Sprint Triathlon organised by SBR Events

We would like to welcome everyone to the Grantham Sprint Triathlon organised by SBR Events Limited, with the assistance of the Meres Leisure Centre (MLC).

Confirmation of Entry

Competitors are requested to check the online participant list here [Grantham Spring Triathlon 2022](https://www.eventtiming.com/Grantham-Spring-Triathlon-2022) (at eventtiming.com) to confirm that they are on the participants list. Please inform us of any issues with your entry ASAP.

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 unless you are part of a team. 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 2022 for use in 2022](#)

Illegal & Banned Equipment:

We refer you to [BTF Rules - Updated 2022 for use in 2022](#) 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 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 distracting 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 £6 for a BTF day licence at registration. **TEAMS – please note that you will need to pay £6 per person or produce a BTF card.**

COVID-19 Safety Measures

PLEASE DO NOT ATTEND THE EVENT IF YOU HAVE NEW SYMPTOMS:

THESE MIGHT INCLUDE A HIGH TEMPERATURE, A NEW COUGH OR HAVE LOST TASTE/SMELL.

If unsure -please complete a Lateral Flow Test before attending.

There are hand sanitiser stations available around race village & at water stations & toilets. (YOU CAN BRING YOUR OWN)

What Will You Need?

A tri suit or swimming costume or swimming trunks, (swimming goggles are recommended but not compulsory), a road worthy bike which must include working brakes, a quality cycling helmet to protect you.

Other items such as elastic laces & specific triathlon clothing is not a necessity but will help you on the day.

ALL handle bars ends should be sealed or covered with tape so the hole is plugged.

Wetsuits are not allowed as you are in a heated pool swim.

Car Parking - CAR PARKING IS AT YOUR OWN RISK.

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

The parking is free, onsite at the MLC but the leisure centre is open for other sports events & for COVID vaccinations on a Sunday so please arrive early to ensure a space. It may be especially busy after 10am.

Park on the right as soon as you enter at the football stadium car park or immediately park on your left as soon as you turn off the mini-roundabout towards the leisure centre. Car parking has barriers that are 2.1m / 2.3m high so please avoid bringing your bike on a roof rack or remove your bike before entering.

Accommodation

For local information including accommodation please look here:

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

Race Registration

Saturday 16:30 – 17:30 & Sunday 07:45am – 10.50am

(ALL athletes - Please rack your bike by 11.15am Sunday & leave transition area)

Pre-paid t-shirts & merchandise – Collect from Registration Gazebo before or after the race

On the day entries; SORRY - ENTRIES HAVE SOLD OUT FOR THIS EVENT

Transfer Participant – We cannot action transfers between participants on race day

Transfer Distance - We cannot action distance transfers on race day

The registration area will be in gazebos to the right of the leisure centre. If you park in the leisure centre car park head towards the leisure centre entrance but turn right before the doors at the mini-roundabout you will see signage & you will see us ahead of you to the right. BIKES WILL BE RACING IN THIS AREA SO USE THE MARSHAL CROSSING POINT

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 2022 British Triathlon Federation Race Licence so please bring it with you. If you are unable to do this, for any reason, then you will be required to purchase one for £6 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 2022 British Triathlon Federation Race Licence.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

Please ensure that before registering you know your wave start time & you have checked all details are correct such as age & race distance.

In your RACE PACK;

1 bike frame sticker (goes under your saddle on the stem) & 1 helmet sticker (for front on helmet)

2 Tyvek race numbers with safety pins - wear 1 on your front for the run, and 1 on your back for the bike leg. If you use a race belt attach ONE -OR attach them with the inside one upside down so that if it flaps up your number can be seen. We can help with this! Failure to display your number correctly could result in a time penalty.

Tyvek wristband; you should wear this to enter the swimming pool & transition. Please keep these safe, without them you will be refused entry into the pool / transition area.

Timing Chip; this should be attached to your LEFT ankle (opposite side to bike chain) with the chip facing outwards. Do not lose your Timing Chip as you will need it to race & there is a £25 replacement fee.

Check the number on your chip matches your race number!

Team Members only need 1 timing chip between them - this should be given to the swimmer & passed along in transition (use hand sanitiser after handling)

Race Briefings –

There will be a short Race Briefing at **08:45 & 10:45** but (due to COVID safety) this will be supported by a short bullet point email sent on Thursday 31st March. This will be read out over the PA System from 08:00 – 11:00 several times so please listen! There will also be **BRIEFING BOARDS** placed near transition entry, around RACE VILLAGE & near swim start at the pool – please read them!

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

Transition Area - new location

The Transition Area is now situated on the grass area next to the tennis courts.

This is a fully secured area for competitors only, it is where you will keep your bike/ trainers 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 may cause queues during peak times, but it is for your benefit.

The Transition Area may close during the event to ease congestion & avoid over-crowding due to COVID SAFETY, & if you are not racing you will be asked to make a clear way for racing competitors.

Familiarise yourself with the entrance and exit points of the transition before you start. (SWIM IN / BIKE OUT / BIKE IN / RUN OUT) 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 – USE TRANSITION ENTRY (separate entrance) to take your bike & equipment in & out.

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

The Team Events

Only one person is required to register for the whole team, but will be required to show ALL of the 2022 BTF Race Licences or they will need to pay £6 per person if they are not registered with the BTF. All relay team tags will take place by the team's bike racking position in 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.

TOILETS, SHOWER & CHANGING ROOM FACILITIES (3 areas to use) – do not use the pool area please

On the ground floor of Grantham Meres Leisure Centre head into the main entrance to MAIN RECEPTION and turn left to find the **MAIN TOILETS**. Continue past them towards the café. At café area use doors to left following signs for TABLE TENNIS. Through the doors the **MAIN changing rooms and showers** and few toilets are to your left.

If you follow our signs to TOILETS from RACE VILLAGE, go past the tennis courts, down the stairs into the corridor (there are some **SMALL changing rooms** with few toilets (no shower), follow to end of corridor and go upstairs. You will pop out at MAIN RECEPTION. Turn left and follow instructions above.

Race Start in POOL (in wave times from 09:15)

Do not use the main SWIMMING POOL doors - use stairs next to MAIN RECEPTION and go upstairs. Follow our yellow signs 'to the start' or small yellow arrows. Turn right, through doors & follow the corridor. This will lead into the pool area at the top of the viewing area. Make your way down to the pool marshals who will guide you into wave times.

The first wave of competitors will start at 09:15; the timekeeper will start 8 swimmers at 5-minute, 4-minute, 3-minute & 2-minute intervals. It is expected that the last competitor will start at approx. 12.24pm. Please ensure that you arrive at the pool area 5-10 minutes before your wave start time.

Race Timing by Active Training World & eventtiming.com

Providing fast and accurate results is the most critical part of any race. Each athlete is given a "chip or tag" that generates a unique signal when it crosses through an antenna field or over a timing mat.

Pictures of how the Chip attaches to the Strap will be kept at registration but all you need to know is that;

1. Wear the CORRECT tag! Check the number matches your race number!
2. You will also be issued a neoprene strap secured with a Velcro strip.
3. Attach the chip to the strap first before fitting to the ankle initially by threading the thin velcro strap passing via the rear of the chip i.e. from one side to the other so as leaving the chip label exposed which states "DO NOT COVER" and securing the chip to the strap.
4. Wear it just above your LEFT ankle (i.e. on the opposite side to the chains & gears on the bike) on the OUTSIDE of your leg with the chip pointing away from your leg.
5. We need to be able to 'see' the chip and if it's on the inside it could be hidden from the timing antennas. It will also tend to annoy you on the bike as it will knock against the pedal crank!

Participant List & Online Results will be available after race finish [Grantham Triathlon 2022 Participant List & Results](#)

A Finisher's certificate on the same link when the Results have been verified a few days after the event.

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

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

Swim 16 lengths or 8 lengths. It is your responsibility to count your own 16 lengths.

You cannot walk along the bottom of the pool. You cannot swim backstroke.

Please arrive on poolside approx. 10 minutes before your start time. The timekeeper will start waves of 8 swimmers every 5min/ 4min/ 3min/ 2min between 09:15 and 12:24. Your start time will be worked out from your estimated swim time that you fill in on your entry form. By doing this 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). Tap toes of the swimmer in front and overtake at END OF LANE. Please bring your own swim hat or you can be loaned either a latex or silicon swim hat. If you wish to get changed for the bike and run section after the swim, you may use the changing rooms as described (NOT 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 lower chairs at poolside. The viewing area for non-competitors is via access through MLC main entrance (head upstairs, turn right & follow corridor to end). DO NOT use swimming pool main doors please.

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

The Bike – Sprint-16.5KM (2 LAPS) Super Sprint 8.5KM (1 LAP)

From the swim, exit through the side door to your left, you will then run over the grass outside the doors and on the tarmac road straight into the far end of transition area. The route is fully signposted and very clear:

With your bike, exit the transition area at BIKE OUT, turn left and head onto the tarmac.

You will see the mount / dismount line ahead. Cross the line BEFORE you mount your bike. Marshals are there to remind you. Follow the road to the mini roundabout & head straight out of the Meres Leisure Centre. TAKE CARE OF CARS PULLING IN/OUT OF MERES LEISURE CENTRE CAR PARK.

At the mini-roundabout turn right onto Trent Road. At the T-junction turn left into Dysart Road. After approx. 1.3km turn left onto The Drift.

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

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

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

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

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

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

- All of the roads that we use for the cycle section are open to the public; please adhere to all rules of the Highway Code including 30 MPH speed limits.
- This is a non-drafting race. This means that you are not allowed to ride closer than 10 metres to another rider (from your front wheel to their front wheel) unless overtaking. You only have 20 seconds to overtake another competitor. Once overtaken the back cyclist must drop back to create the 10m space.
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EVERYONE MUST OBSERVE THE HIGHWAY RULES ON EMERGING FROM THE JUNCTIONS. Failure to adhere to this request by travelling through **ANY** of these junctions without taking care of other oncoming road users & cycling dangerously, **you will be disqualified**. Marshals are present at junctions to monitor your cycling. RACE SAFE! - for your safety and the protection of motorists using the highway.

AQUATHLON COMPETITORS

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

AQUABIKE COMPETITORS

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

The Run – Sprint 5KM (2.5 LAPS)

Super Sprint 2Km (1.5 LAPS)

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

From here you can count your full laps (1 or 2) finishing each lap at the Leisure Centre MAIN ENTRANCE and will return to RACE VILLAGE after your laps are complete.

At the end of Trent Road turn right onto Dysart Road (staying on the pavement) then take your next right pointing towards Ambergate Sports College.

At the end of the cul-de-sac take the pathway behind the leisure centre & pass the water station again. You will collect your first band.

As you approach the MERES Leisure Centre Main Entrance for your second time, if you are Super Sprint, you have completed 1.5 laps, turn right 'TO THE FINISH' into Meres Leisure Centre Main Entrance near the car park and follow signs / marshals to the FINISH LINE.

If you are Sprint cross the road and continue another lap making it 2.5 laps collecting your 2nd band at water station.

Then - turn right 'TO THE FINISH' into Meres Leisure Centre Main Entrance near the car park and follow signs / marshals to the FINISH LINE.

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

Please remove your OWN chip & place the strap & chip in the separate buckets to assist with ongoing COVID safety.

If you RETIRE / WITHDRAW FROM THE EVENT ******Please return your chip back****** at the finish line & let the chip timing tent know. Otherwise, we think you are still on course. There will be a £25 fee for the chip if you fail to hand it in.

MEDAL

Please help yourself to the CORRECT Finishers Medal from the tables at the finish. Please take the CORRECT medal as each category has a different RACE RIBBON.

PLEASE NOTE that these medals were produced for the 2020 race and could not be used due to the pandemic - they do have an incorrect date on the ribbon. We work hard to minimise waste on our events and if The Olympics in TOKYO 2021 can hand out a medal ribbon with 2020 - then so can we! We hope you will be understanding.

Course Reconnaissance

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

There will be 1 water station at the course at the start of the run. Super sprint athletes pass this twice & Sprint athletes pass this three times. Please feel free to bring your own isotonic drinks, energy bars or gels if you prefer.

WATER STATIONS (1 on course)

Marshals (in full PPE) will fill water into compostable cups & leave on tables for you to collect on course & at Race Finish but we'd be thrilled if you can bring re-useable water bottles or hydration vests with enough water you will need for this event. If you drink from the compostable cups, please put ALL of them in litter bags provided. Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course.

We try to protect the environment & we will have a water station at the end which fills re-useable water bottles / cups. Please use hand sanitiser before and after using this AFTER the race.

Medical Cover

The safety of our competitors is paramount. Onsite there will be a team of medics. 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. We request that all competitors write their next of kin & contact details on the back of their race numbers using a pen.

Littering - Due to COVID SAFETY THIS IS EXTREMELY IMPORTANT

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. Please use them! 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. Remember that other athletes will see you & report you. This could result in **DISQUALIFICATION**. Thank you.

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

Bike Mechanic

David from No Two Cycles <https://www.notwocycles.co.uk/> offers repair and servicing for all bikes and he is based between Grantham and Melton Mowbray. He will be on hand with a pop-up stand to assist with any mechanical issues before the race.

Trophies & Prizes

- *Trophies for 1st, 2nd, 3rd man & woman on Grantham Triathlon (& Lincs Tri Series in Sept at final event)
- *Trophies for Male & Female winner on Grantham Aquabike
- *Trophies for Male & Female winner on Grantham Aquathlon
- *Trophies for Winning Team
- *Trophies for Age Group Winner for 30-39,40-49, 50-59, 60+ in male and female on Grantham Triathlon

The Presentation will take place at approximately 2pm 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.

FREE RACE PHOTOS- Mick Hall Photos

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

It will take approx 48hrs to get the photos searchable by number

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!!! 😊

SBR EVENTS RETAIL STAND

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

Our clothing range is growing! T-shirts & vests (£15 & £25), long sleeve tops (£20) & hoodies (£30 & £40)

GRANTHAM Triathlon

SWIM BIKE RUN Range

Lincs Tri Series

Motivational Range

Footprints Range

There may be a chance to buy a range of reduced-price race clothing: t-shirts - £10 or a hoody - £25

SBR EVENTS SNOODS

We have over 20 designs – perfect for birthday gifts / Christmas presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Special OFFER £5; RRP £7 each

WATER BOTTLES & SCRUNCHY CUPS

We sell re-useable bottles (£3) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which can be put into a pocket or tucked into your waistband to use at the water stations. It really only takes a few seconds to fill up, drink & GO!

Just give your race number on the day & we can arrange card or BACS payment after the event by email/phone.

CARD OR CASH TAKEN – hand sanitiser & 2m distancing will be required at the retail area

FOOD

We have hot food available in Race Village! There will be bacon and sausage cobs for a hot breakfast, gourmet burgers including a vegan burger & hot/cold drinks at race village from 8am.

RACE VILLAGE

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

At the Race Village on the sports field you will find gazebos for registration, Belvoir Triathlon Club, food & hot drinks from caterers, & first aiders/ambulance.

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 1st April at 16:00. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal!

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. We try to buddy everyone up & make it fun. All marshals will receive a free water bottle, hot food & drink and either a £30 discount code towards a future SBR Events race or a SBR Events hoody. If you know someone that could help please email david@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 2022 - please visit www.sbrevents.co.uk

Next trail run is The Longhorn in North Notts – a beautiful autumn trail run over 7 distances – we added a 30k race this year & there is of course a stunning medal!

5k, 10k, half marathon, 30k, marathon, 50k 60k ultra. Places available on all distances but they are going fast!

Next multi sport event is Skegness Triathlon on May 8th

This is a sell out event but we have an active waiting list for Sprint places.

We have places on Super sprint, Aquathlon & Aquabike. – email amanda@sbrevents.co.uk for a place

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

Part of the Lincs Tri Series - if you enter all 3 races separately at (Grantham 3rd April), Skegness (May 8th) & Louth Triathlon (Sept 4th) on Sprint or Super Sprint you will be automatically entered & eligible for prizes in the Lincolnshire Triathlon Series.

Thank You!

It takes a great amount of work to organise an event such as this. Special thanks go to; our Team of BTF Officials that help to organise all of our events, Meres Leisure Centre for use of their venue plus thanks to their staff for their support and energy. South Kesteven District Council for allowing the event to take place, Belvoir Triathlon Club for holding a transition master class to over 35 participants & their continued support in marshalling plus all of our athletes for entering.

Further Information

Any questions related to the event can be answered by emailing amanda@sbrevents.co.uk

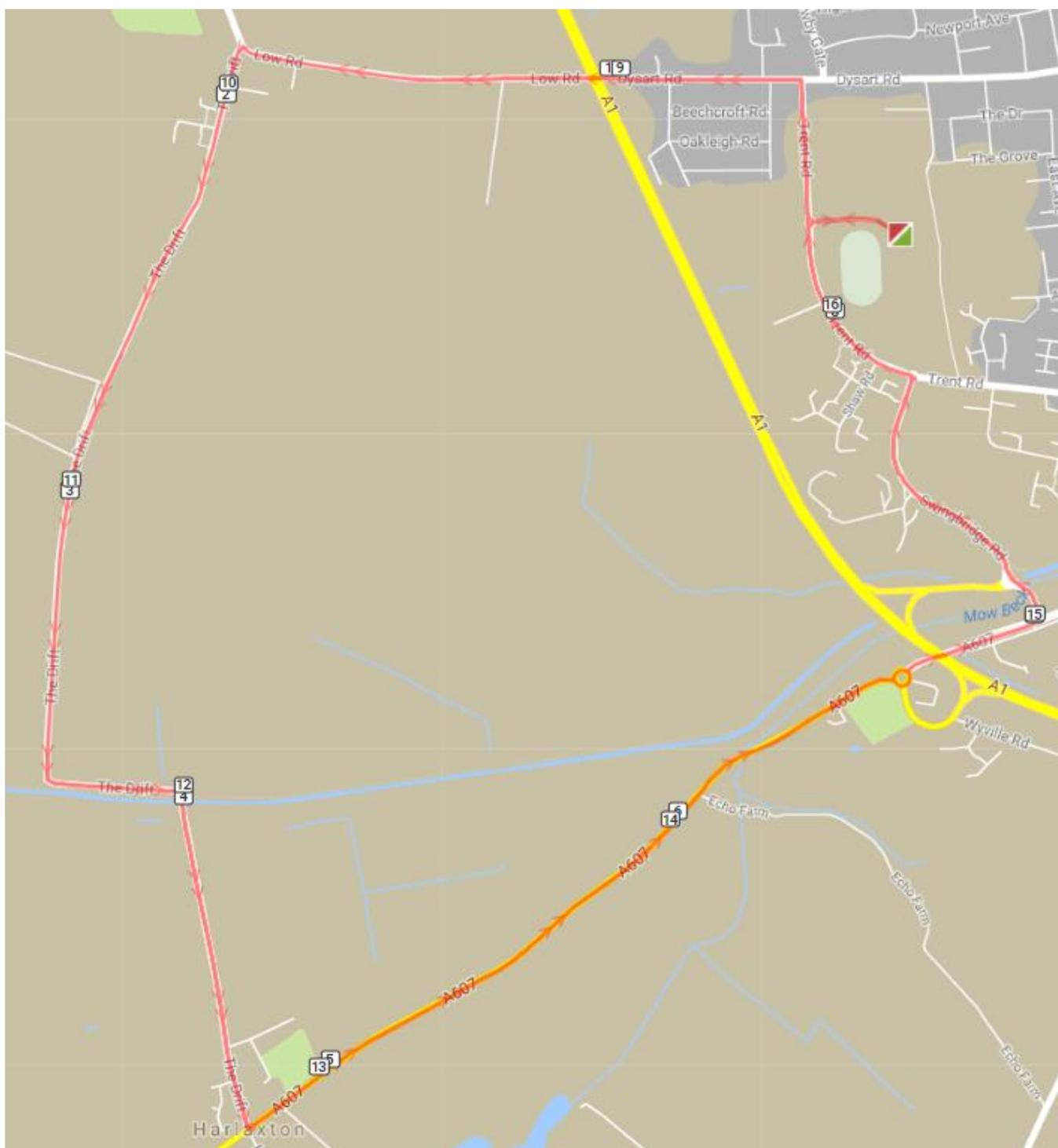
All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, and these changes will be made without notification. The organiser has the final decision.

COURSE MAP – SEE BELOW

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

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

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



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

Exit the transition area (red square) through the RUN OUT & through the opened fence, turning right onto the pathway passing the water station.

Proceed to the end of the pathway turning right & join Trent Road. Proceed along Trent Road & continue across the Leisure Centre MAIN Entrance taking care of traffic & other competitors (you have completed half a lap). At the end of Trent Road turn right onto Dysart Road (staying on the pavement) then take your next right. At the end of the cul-de-sac take the pathway behind the leisure centre passing the water station and collecting a band.

As you approach the Leisure Centre entrance for your second time, if you are Super Sprint, take a right turn into the MAIN Leisure Centre entrance 'TO THE FINISH'. If you are Sprint complete another lap. When you pass the water station collect your 2nd and final band. Run around and take a right turn into the MAIN Leisure Centre entrance 'TO THE FINISH', following the pavement and signs to the finish line near transition (red square).

