

**SBR Events**  
**TALLINGTON LAKES TRIATHLON & AQUATHLON 2017**  
**FINAL RACE INFORMATION**  
**TALLINGTON LAKES, BARHOLM ROAD, TALLINGTON, LINCS, PE9 4RJ**  
**SUNDAY 4<sup>th</sup> JUNE 2017**

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

**Welcome to the 3<sup>rd</sup> Tallington Lakes Triathlon & Aquathlon**

We would like to welcome everyone to the 3<sup>rd</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 Triathlon & Aquathlon 2017 Participant List](#) (it is also on a document posted on the web site to confirm that they are on the participants list. (They will be posted Weds 31<sup>st</sup> May 2017 after entries close on 26<sup>th</sup> May).

**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. 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 2017](#) or go to [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161. A condensed list of the updated 2017 rules is [here](#)

**Illegal & Banned Equipment:**

We refer you to [British Triathlon Rules - updated 2017](#) for detailed information. 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 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

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 17:00-18:30 & Sunday 06:15 – 7.00

The registration area will be in the Registration Gazebo at the SBR Events Race Village at Tallington Lakes Park. 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 online, on our race website or on the board by the registration area.

If you have applied for a BTF Day Licence when entering (by entering a non BTF entry), this will be emailed to you before race day. If you did not apply for a BTF Day Licence, then you will be required to show your 2017 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 2017 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 2017 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. You will also be given a Tyvek wristband; you need this and a race number to put your bike into transition. Please keep these safe, without them you will be refused entry into the transition area. Next collect your Timing Chip; this should be attached to your ankle with the chip facing outwards. 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.

## 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 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 near the pool next to the children's play area. This is a fully secured area for competitors only, it is where you will keep your bike during the swim and run sections. Before you start, you will need to set up your transition at the location matching your race number - all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition 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 2017 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. On most occasions we will have full provisional results immediately after the event:

Participant List & Online Results will be available here [2017 Participant List & 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 Standard will turn right at the 3<sup>rd</sup> (orange) 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 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.

### **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**

There are no 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 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.

### **AQUATHLON COMPETITORS**

Please enter transition area via the SWIM IN- the same way as triathlon competitors, put on shoes & any clothing & head out straight onto the run. Please ensure you run around the inside perimeter of bike racking before exiting transition through the RUN OUT exit to ensure no unfair advantage.

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

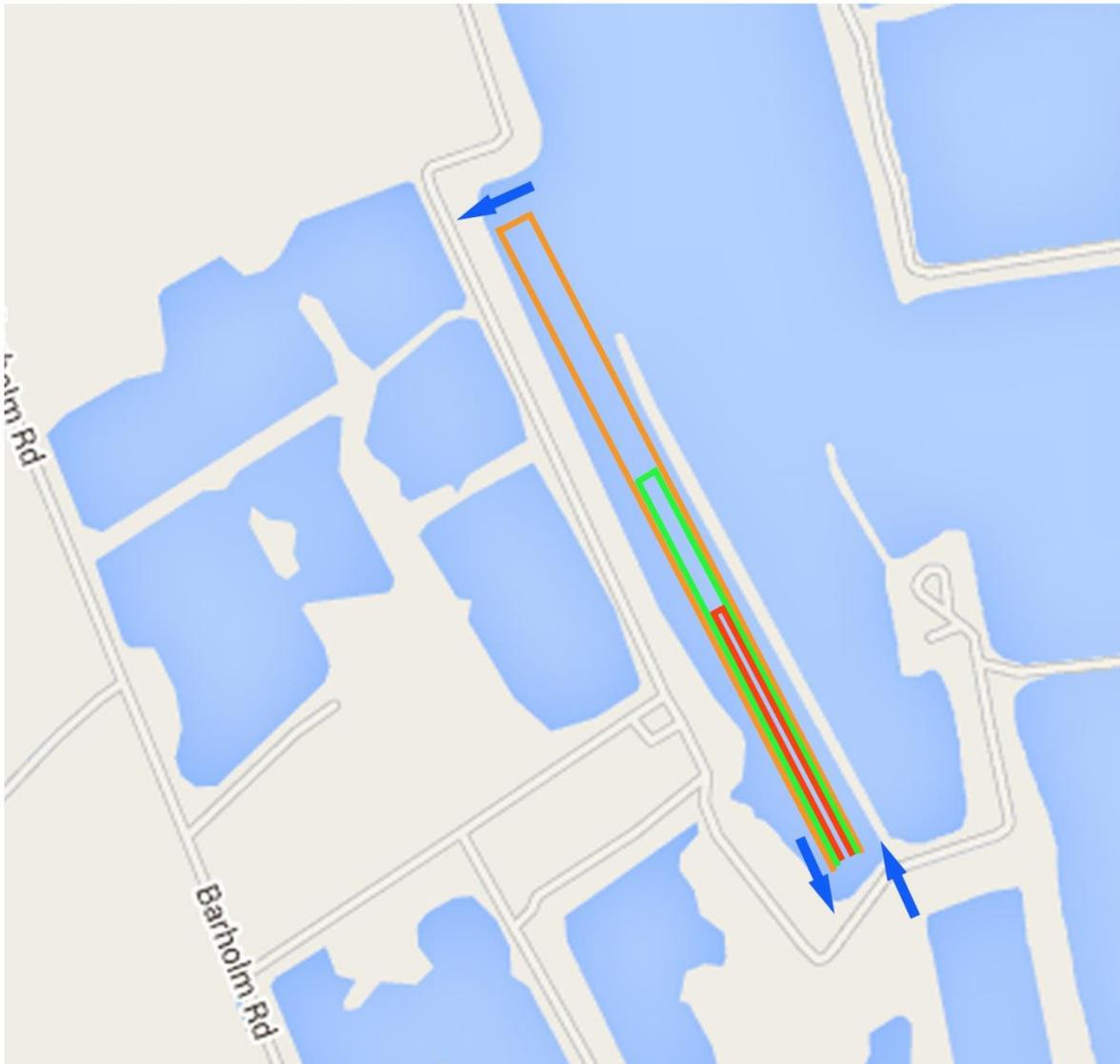
On leaving the transition area, follow the run course in the same direction you came in from the swim. You will follow the road through the Tallington Lakes complex. The course has signage, is marshalled and has a water station at approx. 1k (the furthest run turn point) marked on the map by the blue 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 2<sup>nd</sup> lap for 5k & 4 laps for the 10k. 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 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

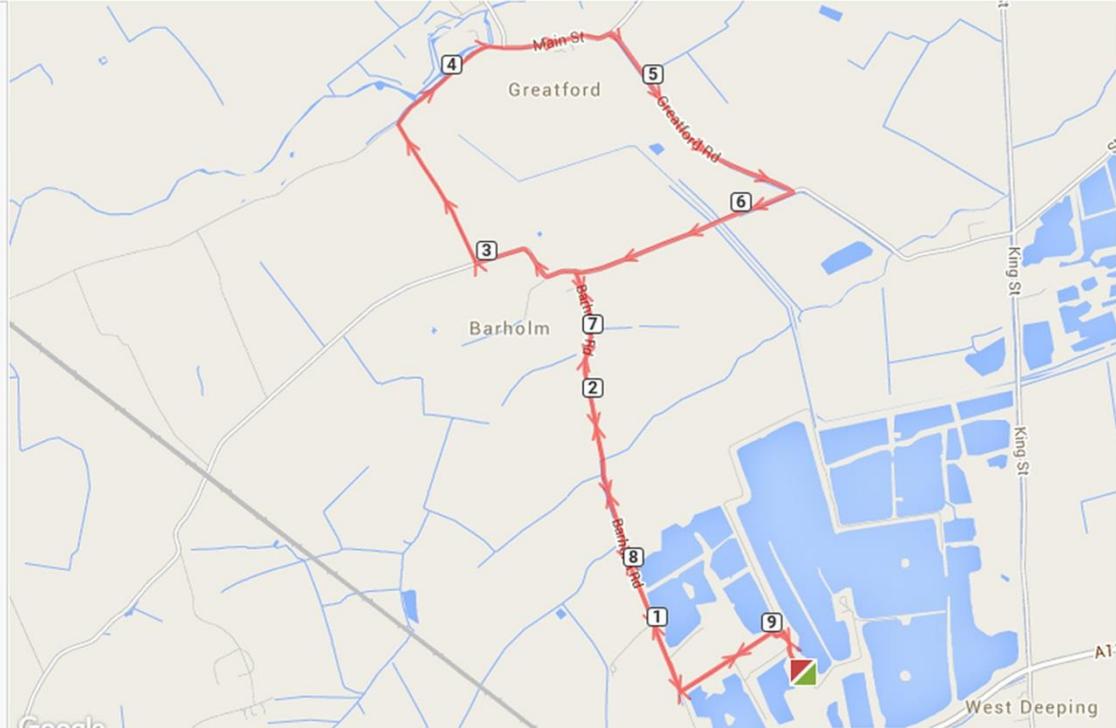
Olympic - 1500m  
Follows orange line

Sprint - 750m  
Follows green line

SuperSprint - 400m  
Follows red line

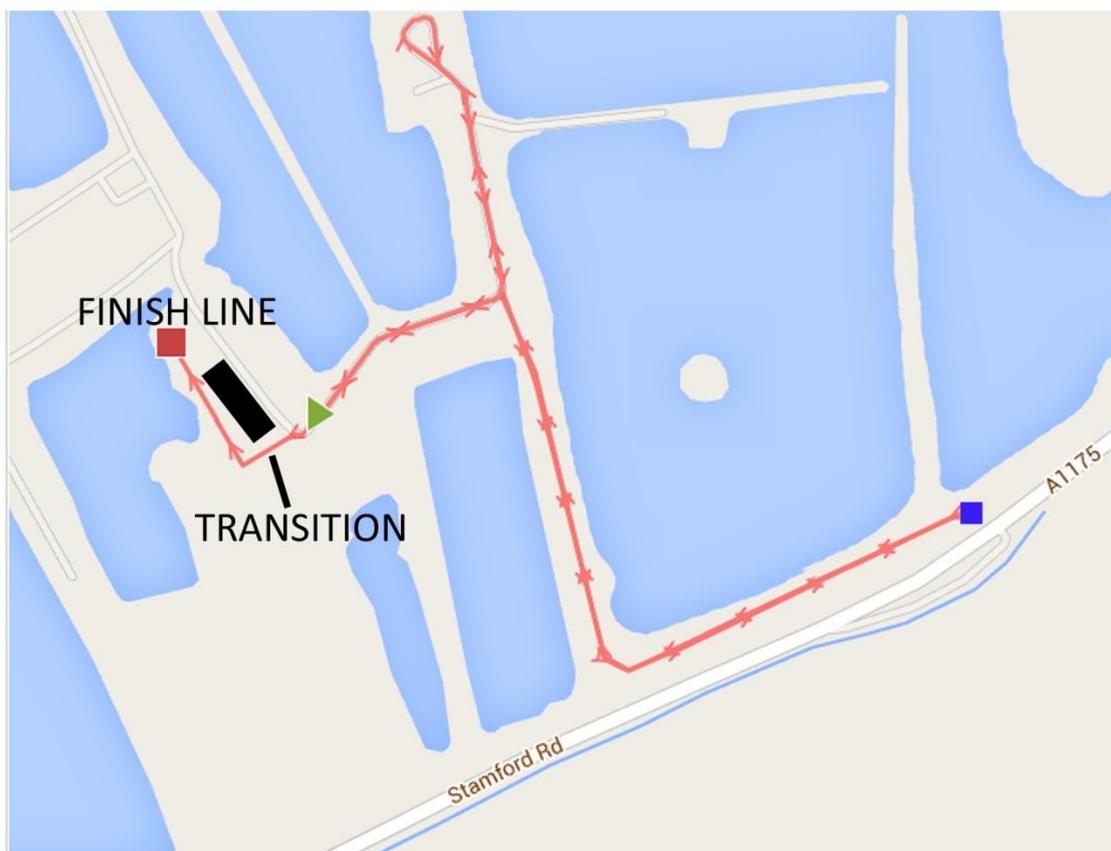


SuperSprint - 9k over 1 lap and with the start and finish at the red/green triangles



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 Jola Medical, 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.

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. This could result in penalty points. Thank you.

## Trophies & Prizes

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

- \*Trophies for 1st, 2nd, 3rd man & woman on all races
- \*Trophies for Male & Female Veteran Winners! (Age 35yrs female & Age 40yrs male)
- \*Trophies for winning team (if more than 1 team per distance)
- \*Prizes – Shock Absorber sports bra from boobydoo for 1<sup>st</sup>, 2<sup>nd</sup> & 3rd FEMALES in Olympic & Sprint Triathlon

The Presentation will take place at approximately within 30 minutes of the last competitor finishing in your category. 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 [British Triathlon Rules - updated 2017](#)

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>

## 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 on [www.sbrents.co.uk](http://www.sbrents.co.uk) from the Monday following the event.

- Participant List & Online Results will be available here [Results](#)

## RACE VILLAGE

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

We will also be providing a Sundried bag for you to pop in 1;

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

Sundried – Goody bag sponsor

Banana

Bottle of water

Midlands Running Guide

Race leaflets – including a fab local duathlon ran by Belvoir Tri Club

Discounts on various leaflets

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

At the Race Village in 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 & salad for athletes by caterers from Lakeside Bar



(food & refreshments also available from the Lakeside Bar & Restaurant at Tallington Lakes), JC Race Solutions chip timing results & 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. 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**

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

Discounted clothing £10 t-shirts & £25 hoodies

SBR Hoodies -£30

Travel Flask -£7

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)

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

### **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 will also be limited hot breakfast to purchase (bacon baps & hot drinks) at race village 6am – 8.30am



## **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 flask, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events hoody. If you know someone that could help please email [calsie@sbrevents.co.uk](mailto:calsie@sbrevents.co.uk) or phone 07850 572838 if we are onsite (after Friday). 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 2017 - please visit [www.sbrevents.co.uk](http://www.sbrevents.co.uk)

**Next running event is Grimsthorpe 10 a beautiful trail run on private land in Lincolnshire at Grimsthorpe Castle – near Bourne** choose from 5k, 10k, 10miles or half marathon! 25<sup>th</sup> June –entries close 11<sup>th</sup> June  
**Next Triathlon / Aquathlon is Louth Triathlon** on Sept 3<sup>rd</sup>

## **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.

