



SBR Events – LOUTH TRIATHLON & AQUATHLON & AQUABIKE



FINAL RACE INFORMATION
MERIDIAN LEIDURE CENTRE, WOOD LANE, LOUTH, LINCOLNSHIRE LN11 8SA
SUNDAY 1st SEPTEMBER 2019

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

Welcome to the 6th Louth Sprint Triathlon

We would like to welcome everyone to the 6th Louth Sprint Triathlon organised by SBR Events Limited, with the assistance of the Meridian Leisure Centre (MLC) and Louth Academy.

Confirmation of Entry

Competitors are requested to check the online participant list here [Louth Triathlon 2019 Participant List](#) 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 entry fee. Please note that there are rules that may lead to disqualification (DQ). The full list of British Triathlon Federation rules - please click this link to read them [BTF Rules - Updated 2019](#)

Or go to www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

A condensed list of the 2019 rule changes is [BTF 2019 Rule Changes Summary](#)

Illegal & Banned Equipment:

We refer you to [BTF Rules - Updated 2019](#) 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 asked to remove them/ change prior to the swim if you are wearing any; if you refuse, we advise that 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 £5 for a BTF day licence at registration. **TEAMS – please note that you will need to pay £5 per person or produce a BTF card.**

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 £50 to £5000. 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.

Directions to the Louth Academy Sports Field, Louth.

The Meridian Leisure Centre is to be found on Wood Lane in Louth but you can also access the site from Monks Dyke Rd LN11 8DN. Please note car parking information below.

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 STRICTLY NO parking for athletes at the Meridian Leisure Centre

There are 100 parking places for the event at **KEILY HOUSE on Gresley Road** located at LN11 8FD. The parking is free, but you do have a short 5 minute walk to the MLC.

Until 8am there will be free parking at race village on the **Louth Academy playing fields on Monk's Dyke Road**. If you park on the playing fields you will NOT be allowed to move your vehicle until after the race has finished at approx. 12-12.30pm. There will be NO EXCEPTIONS since it will impede athletes.

Please be aware that after 8am you will be asked to park at KEILY HOUSE on Gresley Rd. You can have access to move your car at any time from Gresley Rd.

PLEASE DO NOT PARK at Leisure Centre 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 17:00-18:15 & Sunday 07:00 – 9:45

The registration area will be in race village sited next to transition in the Louth Academy 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 come via Monks Dyke Road then note the school is approx. 500m away from the sports field entrance.

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 2019 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. **Please note that all athletes will be required to show some form of photographic identification if you do not have a 2019 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 seat post 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 away from your bike gears (usually on LEFT leg). Do not lose your Timing Chip as you will need it to race.

Race Briefings – 07:50 & 9:10

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 grassed 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. 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 will cause queues during peak times, but it is for your benefit. The Transition Area will not close during the event unless it becomes very busy, 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.'**

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 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 Event

Only one person is required to register for the whole team, but will be required to show ALL of the 2019 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 (or next to running shoes rack position for AQUATHLON TEAMS), inside 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.

Race Start (earlier time of 08:15)

The first wave of competitors will start at 08:15; the timekeeper will start 8 swimmers at 4-minute, then 3-minute intervals. It is expected that the last competitor will start at approx. 10:23. 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 here...

[Louth Triathlon 2019 Participant List](#) & [Louth Triathlon 2019 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 a few days after the event.

****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 – Sprint 400 Metres (16 Lengths) & Super Sprint 200m (8 Lengths) – Tumble turns are allowed

The swim will take place in the 25metre indoor heated pool at Meridian Leisure Centre.

Swim 16 lengths or 8 lengths. It is your responsibility to count your own lengths. You cannot walk along the bottom of the pool or 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 08:15 and 10:23. 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 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). You will be loaned either a latex or silicon swim hat, which is optional – or you can bring your own hat. If you wish to get changed for the bike and run section after the swim, you may use the 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 allowed on the poolside. There is a separate viewing area for non-competitors via access through MLC.

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 22KM Super Sprint 11KM

ALL ATHLETES - 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. Cross the line BEFORE you mount your bike. 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.

Super Sprint ONLY – You need to loop back now so athletes continue straight towards Alvingham & turn left into Church Lane, turn left into Highbridge Road & turn left again into High Street. At the T-junction turn left onto Yarburgh Rd joining the other Sprint cyclists to return the same way back to the sports field. Take care when turning left as cyclists will be coming towards you.

Sprint ONLY - 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

ALL ATHLETES - Turn right from Yarburgh Road to Alvingham Rd, left over Ticklepenny's Lock & at the T-junction is the 'foot down' point turn right back onto Eastfield Rd. Continue through the town on the same route as you left. 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. The bike course is a single clockwise lap.

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, on the **return journey only**, 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**. Please remember this is for your safety & that of other road users.

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 & head out straight onto the run. Please ensure you run **around the CONE** 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 the RUN OUT exit to leave transition & turn SHARP RIGHT into the finish funnel to 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 cannot leave transition without crossing the finish line.

The Run – SPRINT 5.35KM (2 LAPS) SUPER SPRINT 2.9KM (1 LAP)

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. At the end of Wood Lane turn right into Newmarket, right into Church St., right into Monk's Dyke Rd & right into Railway Walk. The route uses a mixture of pavements, tarmac and part of the Railway Walk. Railway Walk has been closed to the public 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) SPRINT athletes turn right to repeat for the 2nd lap. **After running up Railway Walk once (SUPER SPRINT) or twice (SPRINT), 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 users on the roads and pavements including cyclists, pedestrians, dogs & children.

Course Reconnaissance

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

There will be 1 water stations at the course at the top of Railway Walk. Super sprint athletes pass this once & Sprint athletes pass this twice. Please feel free to bring your own isotonic drinks, energy bars or gels if you prefer.

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.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Singleton 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 or are unwell.

If you need assistance (pick up) on the bike course due to accident, illness or flat tyre please telephone 07738007515 OR 07463689336 OR 07850572838

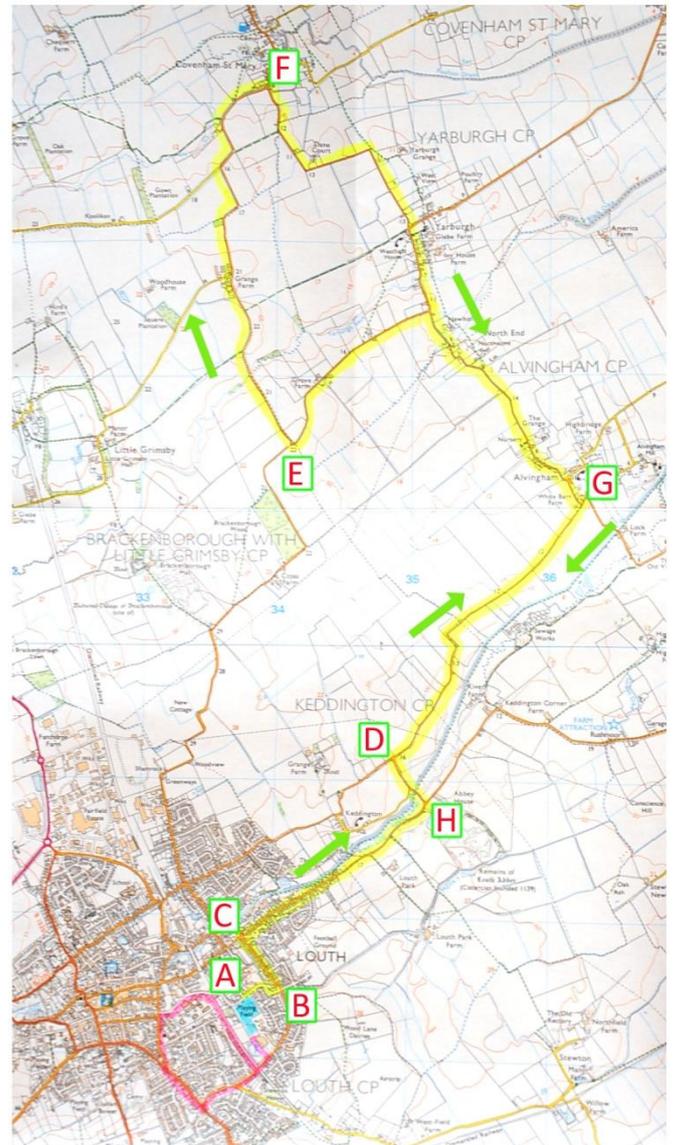
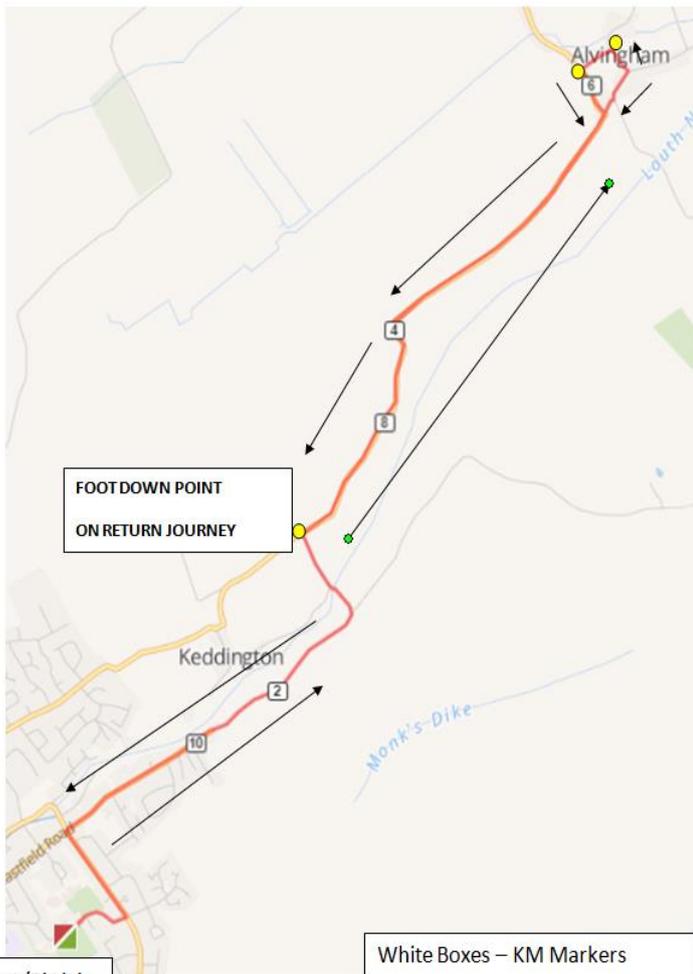
COURSE MAPS – SEE BELOW

Blue dot – Race Village

Yellow Line – Bike

Pink Line – Run

Super Sprint



Trophies & Prizes

- *Trophies for 1st, 2nd, 3rd man & woman & teams on Louth Triathlon Super Sprint & Sprint
- *Trophies for 1st, 2nd, 3rd man & woman in Lincolnshire Triathlon Series
- *Trophies for Male & Female winner on Louth Aquabike
- *Discounted race entry for 1st man & woman on Louth Aquathlon (due to number of participants)
- *Age group trophies for 40-49, 50-59, 60+ in male and female on Louth Triathlon

The Presentation will take place at approximately 12pm 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.

The full list of British Triathlon Federation rules can be found on the link at BTF Race Rules section on this document

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 from the Monday following the event.

Participant List & Online Results will be available here [Louth Triathlon 2019 Preliminary Results](#)

RACE VILLAGE

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

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

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

Banana

Bottle of water

Packet of crisps

Race & local event 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 on the sports field you will find gazebos for registration, secure baggage holding area, sports therapists, toilets, Louth Triathlon Club, Bacon butties, paninis & hot drinks from caterers at Pompiere Pizza Co, JC Race Solutions chip timing results & first aiders/ambulance.

Pre or post-race recovery massage by 'Injury & Sports Therapy'. Come & enjoy a FREE post race massage or come to ask for advice before the race.

Skegness based '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

Louth Explorer Scouts & Louth Scouts – We are very grateful to Louth Scouts for assisting us with marshals this year. We are helping to raise funds towards any equipment & trips that they have coming up in the next year.

CLOTHING

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

Tech T-shirts - £15 & £30 hoodies

Discounted clothing £10 t-shirts & £25 hoodies

Vests & long sleeved running tops - £15 / £20

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

FOOD

Pompiere Pizza Co is kindly providing hot & cold drinks, breakfast options & varied paninis including vegetarian options at very good value.

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 30th August 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. 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. 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 2020 - please visit www.sbrevents.co.uk

Don't forget to book on the Lincolnshire Triathlon Series for 2020 – discounted rates for booking all 3 pool based events at Grantham (April), Skegness (May) & Louth (Sept)
Tallington Lakes is our open water triathlon - back in beautiful Lincs surroundings in June 2020

Next up is Thoresby 10 2019 in North Notts – a stunning Autumn trail run over 3 distances – stunning medal this year!

Thank You!

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 & Louth Academy & Keily House for use of their venues plus thanks to their staff for their support and energy. 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 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.