

**SBR Events – LOUTH TRIATHLON**  
**FINAL RACE INFORMATION**  
**MERIDIAN LEIDURE CENTRE, WOOD LANE, LOUTH, LINCOLNSHIRE LN11 8RS**  
**SUNDAY 07<sup>TH</sup> SEPTEMBER 2014**

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

**Welcome to the inaugural Louth Sprint Triathlon**

We would like to welcome everyone to the 1st Louth Sprint Triathlon organised by SBR Events Limited, with the assistance of the Meridian Leisure Centre (MLC) and East Lindsey Council.

**Confirmation of Entry**

Competitors are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application.

**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 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 £35 entry fee. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

**Calf Guards:**

We have been asked to highlight that BTF Rule 9.1 states "competitors shall use no aids other than caps, goggles, nose clip and costume." It has been deemed that 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.

**BTF Licences**

All athletes MUST produce their race licences at registration. 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.

**Age Restrictions**

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 15 years old on or before the 31st December 2014. In addition anyone under 18 years old must have parental permission to take part in the event. For more information visit:

<http://www.britishtriathlon.org/uploads/files/Competition%20Rules%202006.pdf>.

**What Will You Need?**

As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £5000. Some people wear tri suits & regular running clothes. There are certain items which you will need: a swimming costume or swimming trunks, (swimming goggles are also highly recommended but not compulsory), a road worthy bike, an ANSI/BS approved 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 and tri-bars are not a necessity but will help you on the day.



### **Directions to the Meridian Leisure Centre, Louth.**

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

Lincoln 26 miles-45 minutes

Sleaford 35 miles-60 minutes

Skegness 23 miles-36 minutes

Grimsby 16 miles-26 minutes

### **Accommodation**

For local information including accommodation please look here:

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

### **Car Parking**

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

All parking for the event will be based at The Waterloo Housing Group on Gresley Road located at LN11 8FD. The parking is free, but you do have a short 3-5 minute walk to the MLC

### **Race Registration**

#### **Sunday 08:00 – 10:15**

The registration area will be in the Multi-purpose Room at the MLC; this is the front left-hand side of the building.

Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our race website or on the board by the registration area. First you must visit the 'BTF Day Licence Desk'. If you have applied for a BTF Day Licence when entering, this will be issued to you at this point. If you did not apply for a BTF Day Licence, then you will be required to show your 2014 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 2014 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 2014 British Triathlon Federation Race Licence.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

You will be presented with a large brown envelope showing your race number. Contained within will be 2 Tyvek race numbers and 1 frame sticker. You are given 2 Tyvek race numbers as you need to wear 1 on your front for the run, and 1 on the reverse for the bike-if you use a race belt you need only attach one to this belt. You will also be given a Tyvek wristband; you need this and a race number to put your bike into transition. Please keep these safe, without them you will be refused entry into the transition area. Next collect your Timing Chip; this is attached to your left ankle with the chip facing outwards. Do not lose your Timing Chip as you will need it to race.



## **Transition Area**

The Transition Area is situated on the grass field to the left of the MLC. This is a fully secured area for competitors only, it is where you will keep your bike during the swim and run sections. To get into the Transition Area you must show your race number at ALL times, apart from when you exit the swim going into the bike. You will also be asked to show both your race number & bike frame number when taking your bike out at the end of the race. This is for your security. Please understand this will cause queues during peak times, but it is for your benefit. The Transition Area will not close during the event, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

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

## **The Team Event**

Only one person is required to register for the whole team, but will be required to show ALL of the 2014 BTF Race Licences or they will need to pay £5 per person if they are not registered with the BTF. All relay team tags will take place by the team's bike racking position, inside the transition area. The swimmer will finish their swim, exit through the fire doors and then run to tag their team cyclist inside the transition area. The cyclist's bike must stay racked until the swimmer has tagged the cyclist. When the team cyclist finishes, he/she must re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

## **Race Briefings – 08:30 & 09:30**

These will take place at 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.

## **Race Start 09:00**

The first wave of competitors will start at 09:00, the timekeeper will start 8 swimmers at 5-minute intervals. From 10:00am the intervals become 4 minutes. It is expected that the last competitor will start at approx. 10:40am.

## **JCRS**

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 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. When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. If you have run between the antenna and worn your chip correctly we will have a time for you. On most occasions we will have full provisional results next day on our website - [www.sbrevents.co.uk](http://www.sbrevents.co.uk) Please return your chip back at the finish line especially if you have to retire early. You will incur a charge of £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. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.

NB. Please do not forget to bring safety pins, although we will have some at registration.



### **The Swim – 400 Metres (16 Lengths)**

The swim will take place in the 25 metre indoor heated pool at Meridian Leisure Centre. Swim 16 lengths – 400 meters, you cannot walk along the bottom of the pool. Please arrive on poolside approx. 10 minutes before your start time. The timekeeper will start waves of 8 swimmers every 5 minutes between 9:00am and 10:00am, then every 4 minutes from 10:04. Your start time will be worked out from your estimated swim time that you fill in on your entry form. By doing this it is hoped that you will be with competitors of a similar standard during the swim section. There will be other competitors in the same lane during the race, it is the responsibility of the faster swimmer to overtake, but also remember that it is much easier to swim behind someone. It is your responsibility to count your own 16 lengths. There will be a marshal on poolside to randomly check that competitors are swimming 16 lengths. You will be supplied with either a latex or silicon swim hat, please wear this to help the marshal ensure you get into the pool on the correct wave. If you wish to get changed for the bike and run section after the swim, you may either use the swimming pool changing rooms or change inside the transition area - nudity is not allowed.

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

### **The Bike – 22KM**

From the swim, exit through the side door at the top end of the pool, you will then run straight into the transition area. The surface is a mixture of tarmac path & grass. Before you start, you will need to set up your transition - 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 along the top tube or stem close to your handlebars, before you enter transition. All of the roads that we use for the cycle section are open to the public; please adhere to all rules of the Highway Code, including 30 MPH speed limits. Please note that you are not allowed to take pace from other competitors during the cycle section, this means that you are not allowed to ride closer than 7 metres to another rider unless overtaking. You only have 15 seconds to overtake another competitor. When you reach the end of the bike section, dismount your bike at the appropriate point, re-rack your bike back into your original racking position and then take your helmet off.

### **Foot Down Policy**

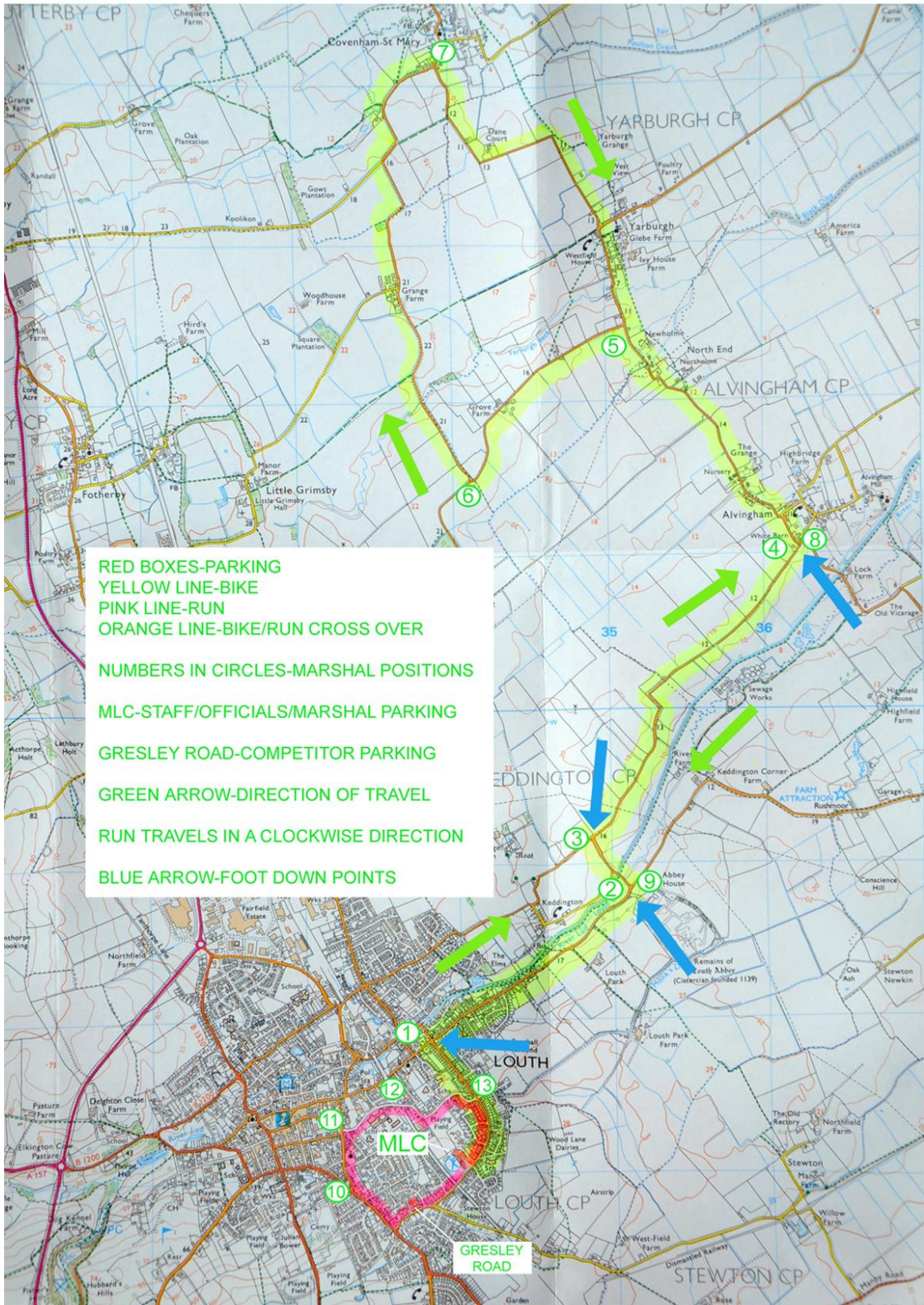
On the bike course we have 4 corners that emerge from roads via a T-junction onto roads with potential traffic coming from both the left and right directions. After consulting with Traffic Management companies it was agreed that placing traffic management to aid the egress from these junctions would 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.

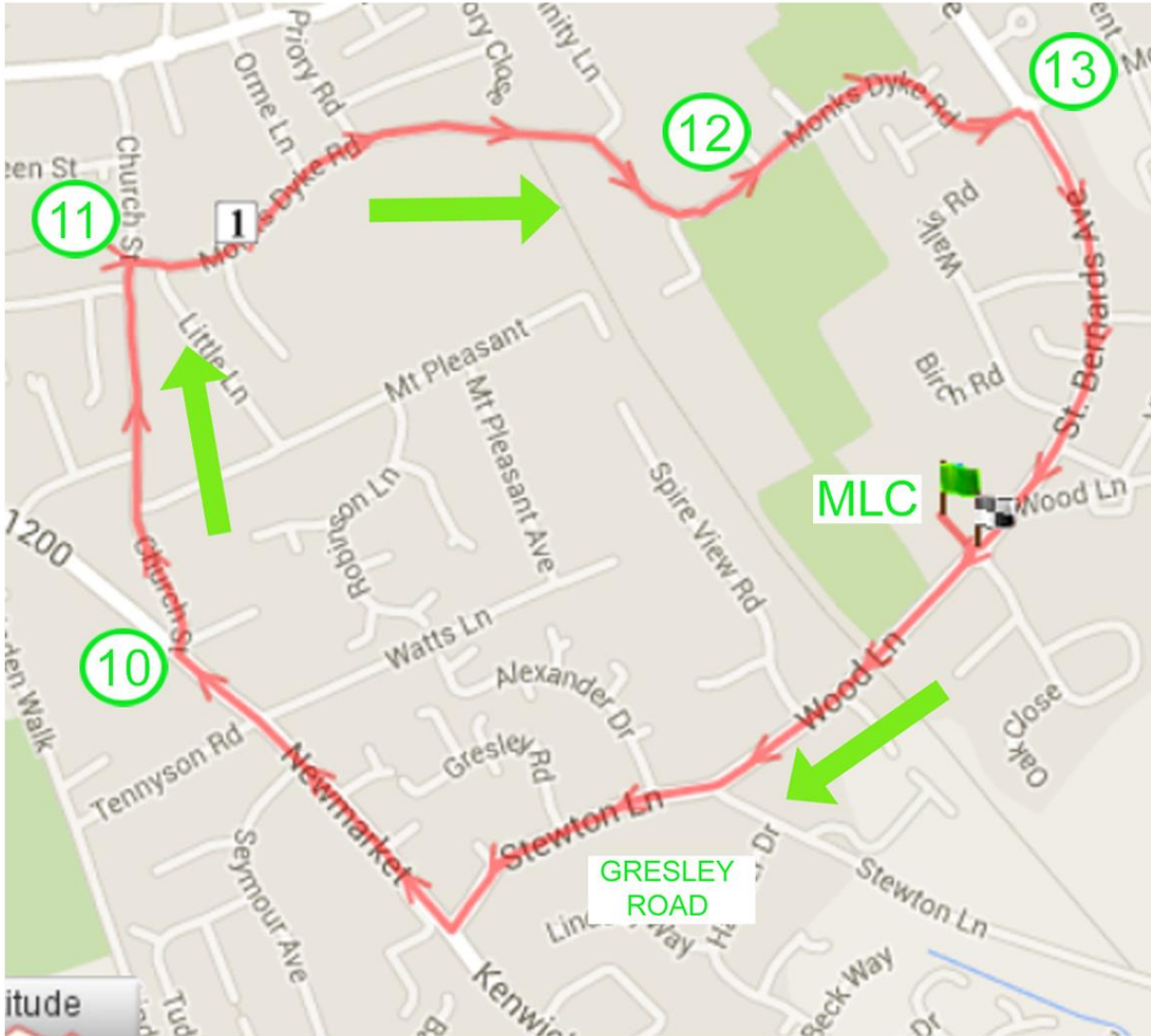
Therefore at 4 junctions, marked on the map with blue arrows, EVERYONE MUST STOP & PLACE A FOOT DOWN ON THE FLOOR AND OBSERVE THE HIGHWAY RULES ON EMERGING FROM THE JUNCTION. Failure to adhere to this request and you will be given a 10 second penalty. If you travel through 2 or more of these 4 junctions without stopping and placing a foot down, you will be disqualified. Marshals are present at each of these junctions to monitor this policy. This policy is in place for your safety and the protection of motorists already using the highway. We are working with Highways Personnel & they will be inspecting the course on Sunday.

### **The Run – 6KM**

On leaving the transition area, follow the race marshal's directions onto the run course. On leaving the transition area, turn right out of the car park. The run course is fully marked with signage, we have also placed marshals at certain junctions. The route uses a mixture of pavements and very small sections of roads. Please be aware that there might be other uses on the roads and pavements.







## Course Reconnaissance

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

## Medical Cover

The safety of our competitors is paramount. Onsite during the event will be St John's Ambulance, 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.

## Trophies

There will be trophies in the following age categories:

- Fastest Woman
- Fastest Man

The Presentation will take place at approximately 12:30 or within 30 minutes of the last competitor finishing. Please be in attendance to collect your prize. Trophies will not be sent out after the event, if you are not present.

## 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 £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

## Results

Times will be displayed in the timing tent next to the finish. Provisional results will be available to download on [www.sbrevents.co.uk](http://www.sbrevents.co.uk) from the Monday following the event.

## Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of Friday 8th August. Please note that you are not allowed to give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register.

## Race Office Closure

The SBR Events Limited office will be closed from Friday 05th September at 12:00pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event.

## Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive hot food & drink upon arrival, a goody bag with more food and drink and a race voucher giving £20 off a future SBR Events event. If you would like further information about becoming a race marshal please email [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk) giving your name/email/mobile. You do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day.

## Other SBR Events Limited Events

SBR Events Limited will be organising a number of other multi-sport and running events throughout 2015. For more information about SBR Events Limited and our events please visit [www.sbrevents.co.uk](http://www.sbrevents.co.uk)

## Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events: Meridian Leisure Centre staff for their support and energy, East Lindsey Council for allowing the event to take place, 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, these changes will be made without notification. The organiser has the final decision.

