

SBR Events – TALLINGTON LAKES TRIATHLON 2015
FINAL RACE INFORMATION
TALLINGTON LAKES, BARHOLM ROAD, TALLINGTON, LINCS, PE9 4RJ
SUNDAY 5th JULY 2015

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

Welcome to the inaugural Tallington Lakes Triathlon

We would like to welcome everyone to the 1st Tallington Lakes Triathlon organised by SBR Events Limited, with the assistance of Tallington Lakes Leisure Park.

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 entry fee. If you require further information about Race Rules, please visit 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.

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.

Wetsuits are not mandatory as the current water temperature is around 18 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.



Car Parking

There is parking for athletes at the venue. The parking is free. Please head to The Pro Shop Car Park open from 6.30am (turn right at the end of the long drive after you enter Tallington Lakes Leisure Park).

Race Registration

Saturday 16:00 – 18:00

This will be located in the bar/restaurant area opposite the car park next to the entrance gate (near the poolside bar if it's sunny!)

Sunday 07:00 – 08:15

This registration area will be in the grassed area next to transition known as Race Village.

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. 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 2015 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 2015 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 2015 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, and a Tyvek wristband.

You need the Tyvek wristband 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.

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 & move it from back to front.

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.

Team Members only need 1 timing chip between them - this will be given to the swimmer

You will be marked with a pen on your arm with your race number to adhere to safety recommendations.

Transition

Transition opens at 7:10 & closes at 08:25 so you can be in place ready for the swim.

Race Village

FOOD – Hot breakfasts/ drinks are available from the bar/ restaurant area from 6.30am.

The venue are kindly putting on a BBQ available in the village from 10:00-13:30 with a choice of either burgers or hotdogs (& vegetarian option) at a cost of £2.50. There is also a carvery available at the lakeside /poolside restaurant for lunch.

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.

Neil Exton from All Geared Up (AGU) Mobile Bicycle Repairs will be on hand to make any last minute adjustments to your bikes. He is experienced & happy to travel to your clubs to offer a cycle repair service so please enquire if you need his assistance. His Facebook page is [AGU-Mobile-Bicycle-Repairs](#)

Harry from Injury & Sports Therapy will be available for a post-race recovery massage. He is asking for a nominal fee - part of which will be given to the charity Epilepsy Action. His Face book page is [InjurySportsTherapy](#)

SMILE for our friendly race photographer who will be positioned on the bike route & finish line! ☺



Transition Area

The Transition Area is situated on the grassed area opposite the swim exit. 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 close at 08:25 so that you can move into the water for your wave. 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 2015 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 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 – Saturday 18:00 & Sunday 08:15

Saturday – Poolside in bar / restaurant after registration closes.

Sunday – At transition area

We recommend you attend one of these to listen to any last minute route changes and safety points. If you have any questions or queries on race day, please ask them immediately after Race Briefing.

Race Start 08:30 for Sprint 08:40 for Standard

All Sprint distance competitors will start at 08:30. 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)

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 - 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 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. The sprint will turn right at the second buoy and follow a square pattern exiting the water via the ramp. The Standard will turn right at the 3rd 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 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 – Sprint - 24k Standard - 46k

From the swim, exit via the ramp and into transition. Your bike frame sticker should be applied to your bike along the top tube or stem close to your handlebars, before you enter transition. 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. 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 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 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 **BEFORE** you take your helmet off.

There are **road works & signs stating there is a road closure** in Wilsthorpe. Please note the road is open for cyclists to access the race course. The road will narrow through the roadworks – please take care.

There is a **10km running race** from Thurlby using the same country roads from 11am. Please take care & give space to runners to ensure safety for yourself & others.

Part of the bike course forces you to turn right, **potentially cross the path of oncoming cyclists**. The course has been built in this way so that we avoid faster arterial roads. This junction is heavily signposted and marshalled. You must listen to the marshal's instructions by turning right **AFTER** any oncoming traffic has passed by you as per the usual rules of the Highway Code. You will travel through this junction twice on the Sprint and 4 times on the Olympic distance.

Foot Down Policy

On the bike course we have a T-junction that also acts as a STOP junction. This junction is surrounded by buildings and makes visibility difficult for approaching traffic. You must stop, place your foot down to check the road and **ONLY** proceed if and when it is clear. All other T-junctions are on more open areas allowing for better views without the need to stop at each junction.

The Run – Sprint - 5k Standard - 10k

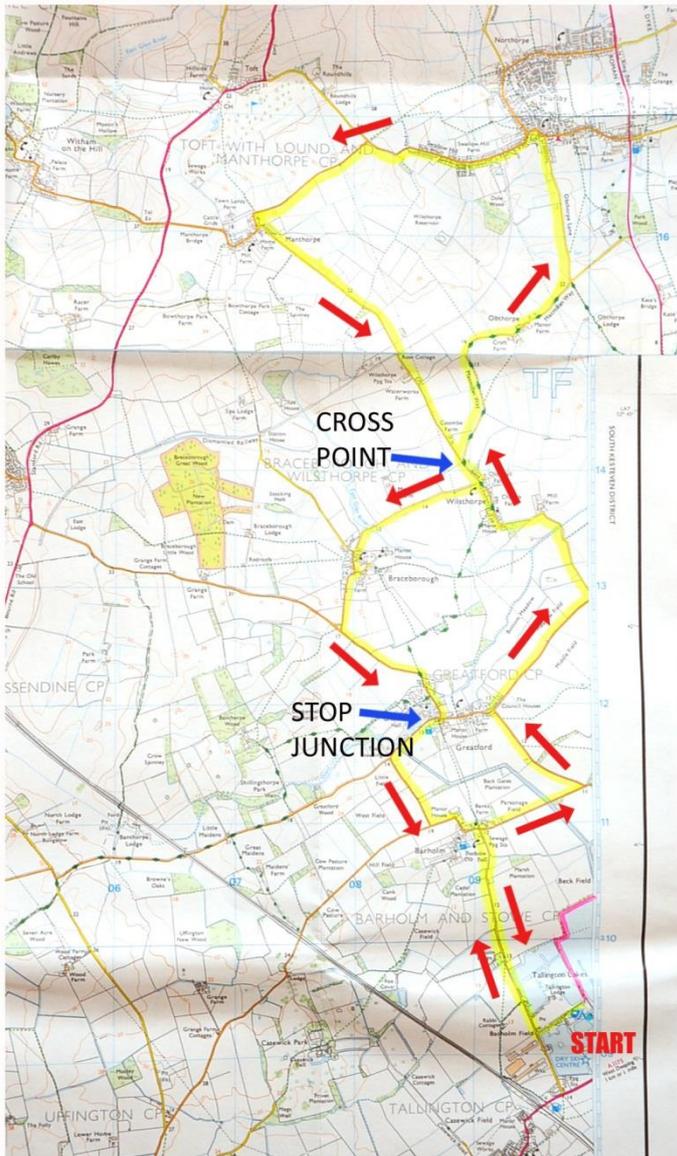
On leaving the transition area, follow the race marshal's directions onto the run course in the same direction you went on the bike. You will follow the road through the Tallington Lakes complex. The course has signage, is marshalled and has a water station at 2.5k (the run turn point). There will be also be a water station in the finish area. The road is 2.5k in length, for those running 5k you will run to the turn point and back to the finish line. For those running the 10k you will cover the course twice. The finish line is located next to transition.



SWIM ROUTE



CYCLE ROUTE



TALLINGTON 5k/10K RUN z



Route Information

Name: Tallington Lakes Triathlon – Run Route

Distance:

Sprint - 5k over 1 lap

Standard – 10k over 2 laps

The run element will leave transition and follow the marked course through Tallington Lakes.

The road is 2.5k in length and it follows the length of this road over 1 lap for the sprint distance and 2 laps for the standard distance. Returning back to the finish line located in the Race Village



Course Reconnaissance

The bike course will be set up on Thursday and transition / run course will be set up on Friday/Saturday.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be our medical team with medics 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 or another athlete who can alert a marshal for you.

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 for each distance:

- Fastest Woman
- Fastest Man
- Fastest Team

The Presentation will take place at approximately 45 minutes of the last competitor finishing the Sprint or Standard distance respectively. 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 £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 with a printout available, text results (depending on GPRS signal) & provisional results should be available online within 24 hours of the event finishing. FINAL results will be available to download on www.sbrents.co.uk from the Tuesday following the event, allowing time for all results to be vetted and verified.

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. 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 July at 9am. Please do not email regarding this event, as we will be on site setting up for the event. We will endeavour to pick up emails depending on strength of internet connection at Tallington. We are onsite Saturday so come find us from 4pm in the poolside bar.

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 in the future. 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@sbrents.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.sbrents.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: Tallington Lakes staff for their support and energy, South Kesteven District 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@sbrents.co.uk or amanda@sbrents.co.uk up to 9am Friday 3rd July. Other queries will be dealt with on race day. All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.

