



SBR Events – LOUTH TRIATHLON & AQUATHLON & AQUABIKE



FINAL RACE INFORMATION
MERIDIAN LEIDURE CENTRE, WOOD LANE, LOUTH, LINCOLNSHIRE LN11 8SA
SUNDAY 4th SEPTEMBER 2022

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

Welcome to the 8th Louth Sprint Triathlon

We would like to welcome everyone to the 8th Louth Sprint Triathlon organised by SBR Events Limited, with the assistance of the Meridian Leisure Centre (MLC) and Louth Academy.

Confirmation of Entry

Competitors - please check the online participant list here [Louth Triathlon 2022](https://eventchiptiming.com) (at eventchiptiming.com) to confirm that you are on the participants list. Check distance/age group etc. Please inform us of any issues with your entry ASAP.

IF NOT ON A COMPUTER - ROTATE YR PHONE 90° TO LANDSCAPE TO SEE ALL DATA

Click 'ADVANCED', type your name in 'FILTER' & click 'APPLY' if you cannot find yourself

Check your junk mail if you aren't receiving our emails & make us a safe contact; amanda@sbrevents.co.uk & david@sbrevents.co.uk

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 2022 for use in 2022](#)

Illegal & Banned Equipment:

We refer you to [BTF Rules - Updated 2022 for use in 2022](#) for detailed information. Calf guards are not allowed to be worn in a non-wetsuit swim. Please do not wear training aids such as buoyancy shorts - you will be disqualified. You cannot wear tempo timers, metronomes or anything similar that beeps to assist your pace. You can wear a watch to track your time but not anything that assists your pace or gives you a map. Please note the use of technology for calls/texts/ taking photographs/ social media/ playing music during the race is banned. Using any communication device in this distracting manner during the race will result in disqualification.

BTF Licences

All athletes MUST produce their race licences at registration if you are a member & paid the BTF member entry fee. If you forget your licence, or you have not paid the BTF levy due with your application, you will have to pay £6 for a BTF day licence at registration. **TEAMS – please note that you will need to pay £6 per person or produce a BTF card.**

COVID-19 Safety Measures

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

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

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

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

What Will You Need?

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

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

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

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

Car Parking - CAR PARKING IS AT YOUR OWN RISK.

Please Note: There is 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 / 12.15pm. 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 until carp park closes at 2pm.

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.

Accommodation

For local information including accommodation please look here:

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

Race Registration

Saturday 16:45 -18:00 & Sunday 07:00 – 9:15

We are happy to answer any questions at Registration Saturday 16:45-18:00

(ALL athletes - Please rack your bike by 9.30am Sunday & leave transition area)

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

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

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

Transfer Distance - We cannot action distance transfers on race day

The registration area will be in 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 2022 British Triathlon Federation Race Licence so please bring it with you. If you are unable to do this, for any reason, then you will be required to purchase one for £6 before being allowed to register. There will be NO exceptions to this ruling. **Please note that all athletes will be required to show some form of photographic identification if you do not have a 2022 British Triathlon Federation Race Licence.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

In your RACE PACK;

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

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

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

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

Check the number on your chip matches your race number!

Team Members only need 1 timing chip between them - this should be given to the swimmer & passed along in transition.

Race Briefings – 07:50 & 9:10

There will be a short Race Briefing at **07:50 & 09:10 next to transition** but (due to COVID safety) this will be supported by a short bullet point email sent on Thursday 2nd September. This will be read out over the PA System from 07:15 – 10:00 several times so please listen!

There will also be **BRIEFING BOARDS** placed near transition entry & near swim start at the pool – please read them!

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.

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

Transition Area

The Transition Area is situated on the grass sports field.

This is a fully secured area for competitors only, it is where you will keep your bike/ trainers during the swim and run sections. Before you start, you will need to set up your transition at the location matching your race number - all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition, shoes for cycling and running, your race numbers plus any clothes you wish to put on after the swim. Your bike frame sticker should be applied

to your bike on the seat post under your seat before you enter transition. To get into the Transition Area you must show your race number at ALL times, apart from when you exit the swim going into the bike. You will also be asked to show both your race number & helmet & bike number when taking your bike out at the end of the race. This is for your security. Please understand this may cause queues during peak times, but it is for your benefit.

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

Familiarise yourself with the entrance and exit points of the transition before you start. (SWIM IN / BIKE OUT / BIKE IN / RUN OUT) An important rule that must be adhered to: **'competitors are required to fasten their helmet before touching their cycle in the transition area.'**

Do not walk close to the timing mats at transition before you start the race – USE TRANSITION ENTRY (separate entrance) to take your bike & equipment in & out.

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

The Team Events

Only one person is required to register for the whole team, but will be required to show ALL of the 2022 BTF Race Licences or they will need to pay £6 per person if they are not registered with the BTF. All relay team tags will take place by the team's bike racking position in the transition area (or next to shoes in Aquathlon area). The swimmer will finish their swim, exit through the side doors and then run to tag their team member inside the transition area. The cyclist's bike must stay racked until the swimmer has tagged the cyclist. When the team cyclist finishes, he/she must re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

TOILETS, SHOWER & CHANGING ROOM FACILITIES (in Meridian Leisure Centre plus toilets on field near transition are & changing rooms on outside of building near pool start) –

Race Start (in wave times from 08:00)

Do not use the main SWIMMING POOL doors via the leisure centre entrance. Follow TO THE START signs to the outside doors on the swimming pool. The pool marshals will meet you at the door & guide you into wave times.

Spectators cannot view from the outside doors - please use the pool viewing area via the Meridian Leisure Centre entrance.

The first wave of competitors will start at 08:00; the timekeeper will start 8 swimmers at 4-minute, then 3-minute / 2-min intervals. It is expected that the last competitor will start at approx. 10:07. Please ensure that you arrive at the pool area 5-10 minutes before your wave start time.

Race Timing by Active Training World & eventtiming.com

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

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

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

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

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

The Swim – Sprint 400 Metres (16 Lengths) & Super Sprint 200m (8 Lengths) – 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 4min/ 3min/ 2min between 08:00 and 10:07. 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). Please bring your own swim hat or you can be loaned either a latex or silicon swim hat. If you wish to get changed for the bike and run section after the swim, you may use the 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 LEFT 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)

PLEASE NOTE THERE WAS A CHANGE TO THE COURSE IN 2021 – due to the gate between School Field & Leisure Centre fields being replaced & much smaller there is no room to run in this direction. We moved the start & finish of the run route so that it now leaves in the same direction as the bikes to Monk's Dyke Road & joins the original run route at the bottom end of Railway Walk (for 1st & 2nd lap).

On leaving the transition area, follow the race marshal's directions onto the run course. On leaving the transition area, run inside the run channel & head to Monk's Dyke Road, turn left & left again 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 running up the Railway Walk there will be a water station & ALL athletes turn right into Wood Lane. At the end of Wood Lane turn right into Newmarket, right into Church St., right into Monk's Dyke Rd & at the entrance to Railway Walk (after 1 circuit) decide; **SPRINT athletes turn right to repeat for the 2nd lap & SUPER SPRINT athletes continue straight back to the field entrance & follow signs to the finish.** After your 2nd circuit Sprint athletes continue straight here to the finish. The run course is fully marked with signage, we have also placed marshals at certain junctions. 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.

RETURN YOUR CHIP AT THE END OF THE FINISH LINE

Please remove your OWN chip & place the strap & chip in the separate buckets. We cannot ask marshals to assist with this task this year due to ongoing COVID SAFETY.

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

MEDAL

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

LINCS TRI SERIES (SPRINT & SUPER SPRINT)

The Lincolnshire Triathlon Series comprises of 3 races in 2022; Grantham Triathlon on 3rd April, Skegness Triathlon on Sunday 8th May and Louth Triathlon on Sunday 4th September.

You will be listed in the Lincolnshire Triathlon Series if you are booked onto all 3 events as one entry or as 3 separate bookings in one distance. The winners are by total time across all 3 races.

- 1st, 2nd, 3rd trophies for male and female - Lincolnshire Tri Series (presented at Louth Triathlon)
- 1st, 2nd, 3rd trophies for teams - Lincolnshire Tri Series (presented at Louth Triathlon) - no changes on team

Course Reconnaissance

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

WATER STATIONS (1 on course)

There will be 1 water station 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.

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

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

Littering - Due to ongoing COVID SAFETY in 2022 THIS IS EXTREMELY IMPORTANT

Please do not drop litter including gel wrappers on the bike or the run route. There will be bins at the water station, near transition & at race village. Please use them! If you took it out with you, please bring the wrapper back & dispose of it responsibly. Our venues are very generous in letting us use their facilities. BTF do not tolerate littering on the course. Remember that other athletes will see you & report you. This could result in **DISQUALIFICATION**. Thank you.

Medical Cover

The safety of our competitors is paramount. Onsite there will be a team of medics. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal. We request that all competitors write their next of kin & contact details on the back of their race numbers using a pen.

Bike Mechanic

Unfortunately, we have not been able to secure a bike mechanic for this race but if you know of anyone willing to attend please let us know. Please bring everything you need - ie puncture repair kit etc
If you need assistance (pick up) on the bike course due to accident, illness or flat tyre please telephone 07738007515 OR 07850572838.

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

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 - Super Sprint & Sprint
- *Trophies for Male & Female winner on Louth Aquabike
- *Trophies for Male & Female winner on Louth Aquathlon
- *Trophies for Age Group Winner for 30-39,40-49, 50-59, 60+ in male and female on Louth Sprint Triathlon

The Presentation will take place at approximately 12.30pm or within 30 minutes of the last competitor finishing. Please be in attendance to collect your prize.

Mick Hall Photos - Free photos at Louth Triathlon 2022!

Mick's team (Frank & Nick) will be out on the course to take photos of you which can be downloaded & shared FREE OF CHARGE! (You can also buy prints if you choose to).

You can find his pictures on a new album LOUTH TRIATHLON 2022 on <https://www.mickhall-photos.com/>

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

My tip – do a Mo pose / Usain Bolt or wave/smile / jump – do anything to look happy crazy instead of THAT face! LOL!

Don't forget to SMILE!!! 😊

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.

SBR EVENTS RETAIL STAND

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

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

LOUTH Triathlon

SWIM BIKE RUN Range

Lincs Tri Series

Motivational Range

Footprints Range

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

SBR EVENTS SNOODS

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

PLUS 2022 DESIGNS include new pawprints, bike cogs, pastel paintswirl, and more!

Special OFFER £5; RRP £7 each

WATER BOTTLES & SCRUNCHY CUPS

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

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

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

FOOD

Maggie May's is catering for us in Race Village from 7.30am. They'll be serving bacon and sausage cobs for breakfast and then for lunch, a range of gourmet burgers, accompanied by skin on fries. Their Barista will also be on hand to serve a range of coffees, teas and soft drinks from lattes and flat whites through to Americans.

RACE VILLAGE

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

At the Race Village you will find gazebos for registration, Louth Triathlon Club, & first aiders/ambulance.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions' on our website here <http://www.sbrevents.co.uk/terms-conditions> . Please note that you are not allowed to give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register.

Race Office Closure

The SBR Events Limited office will be closed from Friday 2nd Sept 12pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event & may struggle to reply. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal!

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. We try to buddy everyone up & make it fun. All marshals will receive a free water bottle, hot food & drink and either a £35 discount code towards a future SBR Events race or a SBR Events hoody. If you know someone that could help please email david@sbrevents.co.uk. You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

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.

SBR Events

We will be organising a number of other multi-sport and running events throughout 2022 & 2023 - please visit www.sbrevents.co.uk

Don't forget to book on the Lincolnshire Triathlon Series for 2023. It opens in a few weeks – discounted rates for booking all 3 pool based events at Grantham (March/April), Skegness (May) & Louth (Sept)

Next up is Thoresby Leaf Kick 2022 in North Notts – a stunning Autumn trail run over 6 distances – a stunning colourful metal medal this year!

We've added 30k and marathon distance to this event so you can choose whichever you prefer!

5k-10k-10miles-half-30k-marathon

Go to www.sbrevents.co.uk for all events info & to book.

Thank You!

It takes a great amount of work to organise an event such as this. Special thanks go to; our marshals & 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 amanda@sbrevents.co.uk

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

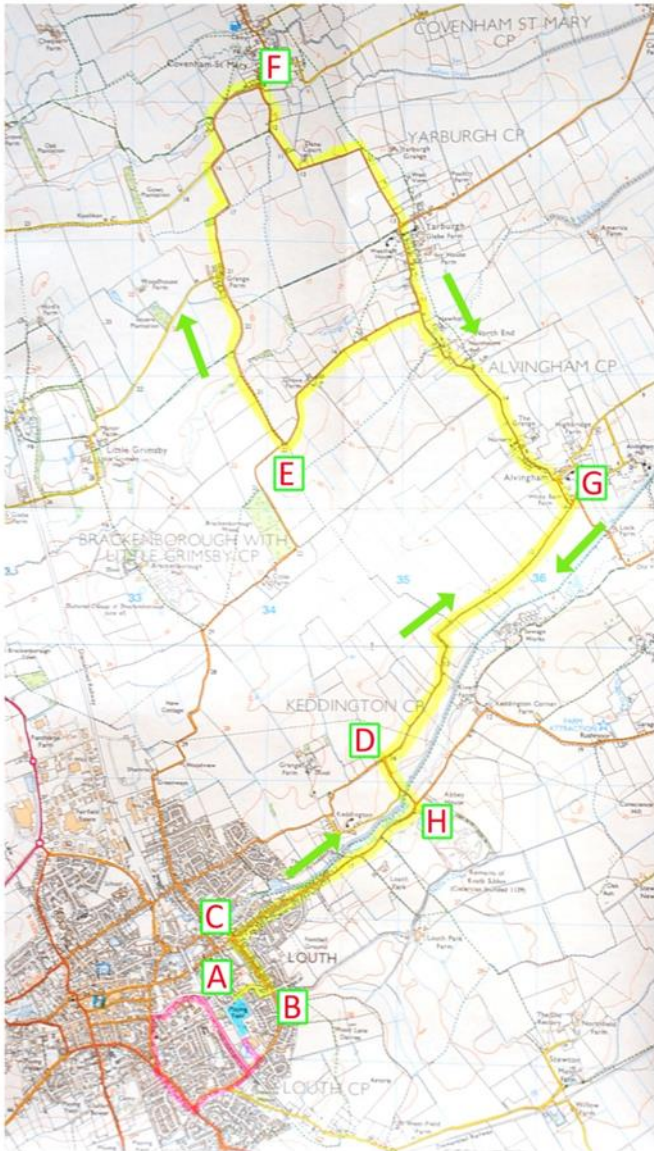
COURSE MAPS – SEE BELOW

BIKE ROUTES – SPRINT TO LEFT - & SUPER SPRINT

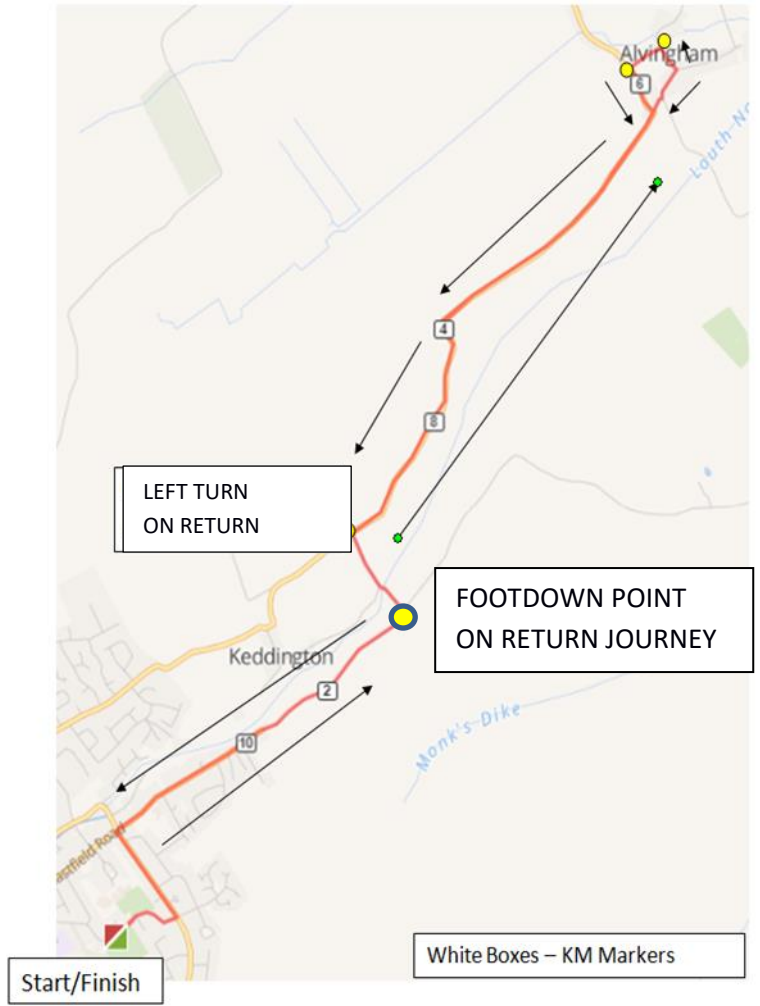
Blue dot – Race Village

Yellow Line – Bike

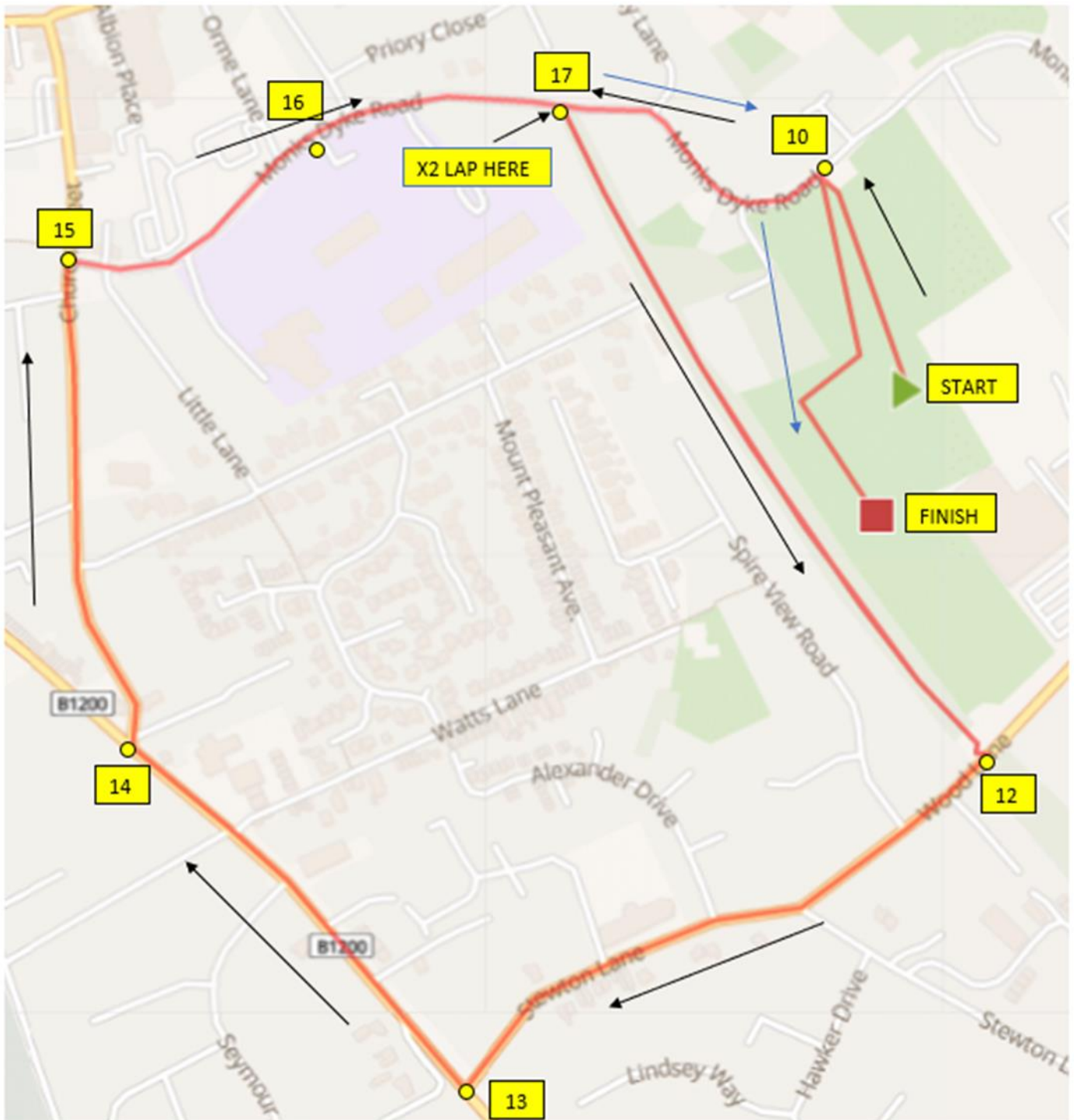
Pink Line – Run



SPRINT MAP TO LEFT - SUPER SPRINT MAP BELOW



RUN ROUTE AROUND LOUTH



Black Arrows – Direction of travel

Blue arrows – Shows 'TO THE FINISH' (Super Sprint – follow after 1 lap / Sprint follow after 2 laps)