

## Tallington Lakes Briefing SUMMARY 2021 – UPDATES TO FINAL RACE INFORMATION

### COVID SAFETY

**We recommend all participants & marshals take a test in advance of attending our event.**

Community testing for COVID-19 is now available in all parts of the UK. The Government estimates that around 1 in 3 people who are infected with Covid 19 have no symptoms so could be spreading the disease without knowing it.

Your local council are now offering Lateral Flow Tests free of charge. The testing aims to identify people with COVID-19 who do not have symptoms, facilitate support for those who have to self-isolate. The centres are open at different times during the week and at weekends. You don't need to book for these tests - just turn up at a convenient time.

Alternatively, you can collect a free test kit from your local pharmacy, or by ordering them online – they are easy to administer yourself at home & only take a few minutes to complete & you have the results within 30minutes.

Please do not attend if you have a positive result - this should be reported via the NHS APP & you should self isolate.

**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**

**Baggage Area** – BTF have confirmed that there will not be a separate BAG AREA. A small bag can be left next to your numbered position within transition to contain your run shoes / wetsuit / bike helmet etc. There will be limited space between the bikes (or run equipment for Aquathlon athletes) so please ONLY bring what you absolutely need to! Bags & wetsuits should be kept tidy at all times & not impede other athletes. Don't forget an empty carrier bag for your wet wetsuit!

**Spectators** – BTF have asked us not to allow Spectators although we are happy to have friends & family help as marshals & still have places if you can assist – please email [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk)

**Teams** – On further discussion with BTF this week they would prefer a 'no contact' environment at the race & so TEAM members will be issued with one chip each & the chip timing guys will add up the individual times to calculate your total TEAM time. You will not need to pass the chip along.

**On swim entry** – When the swim team member reaches the bike team member within transition the cyclist may start to put helmet on & take your bike. You should not touch your bike helmet until your TEAM member reaches that point. Swimmer should reach the empty bike rack position next to their team mate. Swimmer & Runner should not be in transition at the same time if a team of 3.

**On bike entry** – When the team member racks their bike & puts both hands in the air then the team member can leave on the run leg. They should start at an empty bike rack position next to their team mate.

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- Thanks to volunteer marshals - show your appreciation!
- No baggage area - you have limited space next to your bike to leave your shoes & clothing.
- Swim – hats are obligatory for your safety; Red=Super Sprint **Yellow=Sprint** Orange=Olympic
- Swim on right side of buoys in a square / rectangle – the turn points match the colour of the hats
- If you get into difficulty – roll onto back and raise arm & a canoeist will assist you
- Swim out of the lake & stay in the funnel rope which will guide you back to transition – wetsuit is optional at this swim due to the water temperature
- On reaching Transition – don't touch bike before your helmet is on & fastened
- Bike out – there is a neutral zone = no overtaking as it is a residential area until you are out onto main road – Adhere to speed limit of 5mph & watch out for cars pulling out of driveways
- Bike route adhere to the Highway Code – follow the signs (don't rely on marshals as there are different routes for different distances) – At a junction YOU must decide if safe to proceed.
- SS (1 small lap) go straight on to return to Race Village (both Sprint & Olympic turn left)
- At a T-junction; Sprint finish their route (1 large lap) & turn L & Olympic (2 laps) turn R for next lap. On return Olympic should turn L back to FINISH/ TRANSITION – don't do the 'next lap' AGAIN & 3 laps!!
- There is 1 obligatory 'foot down' on return to King Street due to very fast travelling vehicles on a straight road – weight down on your whole foot or a possible **Disqualification**. Signage is very clear where this is (close to end of race) & a marshal will take notes /race number
- TEMPORARY TRAFFIC LIGHTS on Thurlby Road - We have arranged for a ROAD CLOSURE TO OTHER VEHICLES for the event & you may proceed through this area. Lights will be switched off.
- Potholes are spray marked for you / gravel has been swept but please take care
- Back into venue remember The Neutral Zone before you reach transition so no overtaking. –Rack bike first before unclipping your helmet (strict BTF rule)
- Run route –laps 1 for SS & S / Olympic 2 – turn at cone here near transition for lap2. Watch out for geese & regular speed bumps / ramps
- We are in a residential area so please respect residents in cars or walking
- Water stations – 1<sup>st</sup> at SS turn 2<sup>nd</sup> is at furthest end of the run route
- Feel unwell? Alert a marshal – Medics are on site
- AQUABIKE – timing stops at T2 mat – please cross finish line for medal by a run or a walk
- AQUATHLON – ALL run around cone in your run area before exiting the transition for the run
- No prize giving or presentations allowed within BTF COVID safe guidelines. Results will be online Sunday afternoon & trophies posted out. Sorry!
- ATHLETES car park closes at 1:30pm with a concrete barrier – please move your car into the venue if staying longer
- **Drafting - a 10m gap (20 secs to overtake) & back cyclist drops back. Due to COVID this 10m gap should be increased if possible. Be mindful of others on the course.**
- **No littering = BTF deem this an instant DISQUALIFICATION**
- **No headphones**
- **Any abusive action or language to any volunteers, marshals, officials, competitor/participant or member of the public will result in an instant disqualification**

Thanks to BTF race officials – Doug Eke & David Cole

We hope you have a great time with us - RACE SAFE!

There is detailed information about these points & much more in FINAL RACE INFORMATION on the events page on our website <https://www.sbrevents.co.uk/events/tallington-lakes-triathlon-2021>