



SBR Events
TALLINGTON LAKES TRIATHLON 2021
With AQUATHLON & AQUABIKE



FINAL RACE INFORMATION

TALLINGTON LAKES, BARHOLM ROAD, TALLINGTON, LINCS, PE9 4RJ

SUNDAY 6th JUNE 2021

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

Welcome to the 6th Tallington Lakes Triathlon & Aquathlon

We would like to welcome everyone to the 6th Tallington Lakes Triathlon organised by SBR Events Limited, with the assistance of Tallington Lakes Leisure Park.

Confirmation of Entry

Please check your data is correct on the online list of participants. Race entries may be included on the list even if you have withdrawn recently. [Tallington Lakes 2021 Participant Lists](#)

Please inform us of any issues with your entry ASAP.

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 Federation 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 2020 for use in 2021](#)
Or go to www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Illegal & Banned Equipment:

We refer you to [BTF Rules - Updated 2020 for use in 2021](#) for detailed information. 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. You cannot wear any type of headphones (including bone conductor headphones). 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 in 2021, 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.

Please remember a face cover. It MUST be worn in transition to drop off & collect your equipment & everyone will be encouraged to wear a face mask (from leaving the car park around Race Village. Take them off & leave them in transition just before the swim start.

PLEASE STAY 2M APART FROM EACH OTHER AT ALL TIMES.

Please scan the QR code with your NHS COVID-19 App to check-in to our event – on posters near carpark

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

- As you enter the venue from the car park & again as you leave.
- Before & after being in transition
- before & after using toilets / water stations
- before & after visiting our Retail Stands / collection of your pre-paid merchandise / t-shirts etc.

PLEASE BRING YOUR OWN WATER / SNACKS / GELS IF POSSIBLE IN A BOTTLE OR HYDRATION PACK



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 mandatory as the current water temperature is around 17.5-19 degrees Celsius

Tri-suits or a swimming costume /trunks are absolutely fine for this swim.

Accommodation

Tallington Lakes have currently sold out of camping pitches for tent & caravans. For future reference you can call them direct on 01778 347000. Food is available onsite at the wonderful lakeside / pool side bar & restaurant.

Car Parking – THIS CAR PARK WILL CLOSE AT 1.30PM WITH CONCRETE BARRIERS

We have secured additional car parking on hard standing land next door to the venue. The parking is free. When you reach the venue entrance the marshals will guide you to the Events Parking area next door. There is a 5min walk to Race Village. - **please move your car after the race if you intend staying at the water park after 1.15PM to enjoy the facilities for the rest of the day.**

Race Registration – SATURDAY 17:00 – 18:30 & SUNDAY 06:15-7:00

We are happy to answer any questions at Registration Saturday 17:00-18:30

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

On the day entries; Not available for 2021

Transfer Participant – We cannot action transfers between participants on race day in 2021.

Transfer Distance - We cannot action distance transfers on race day in 2021.

The registration area will be in the Registration Gazebo at the SBR Events Race Village at Tallington Lakes Park.

On Saturday evening, follow yellow signs for the carpark & this will take you round to the car park. Leave the car park opposite end following our REGISTRATION signs to find us at Race Village.

On Sunday morning please park your car at venue entrance at Events Parking & follow our signs to Registration. Please ensure that before registering you know your race number. This can be found either from the competitors entries list online or on the tables at the registration area.

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 2021 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 2021 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 water for safety purposes & 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 £10 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 using hand sanitiser before & after touching it.

Race Briefings

We usually offer a short Race Briefing at **07:15** but due to COVID safety this will be replaced by a short bullet point email sent on Wednesday 2nd June. This will be read out over the PA System from 07:00 several times so please listen! There will also be **BRIEFING BOARDS** placed near transition entry & near swim start at the lake – please read them!



Transition Area

Transition opens at 6:15 & closes at 07:15 so you can be in place ready for the swim.

The Transition Area is next to race village. 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 at the location matching your race number – Remember your cycling helmet, your bike, 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 seat stem BEFORE you enter transition. To get into the Transition Area you must show your Tyvek wristband at ALL times. 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 during the event to ease congestion & avoid over-crowding due to COVID SAFETY, & 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. You can only have the essentials for racing within the transition area, all other kit is to remain either with your transport. 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 2021 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, inside the transition area. The swimmer will finish their swim 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. ATHLETES - PLEASE USE HAND SANITISER AFTER PASSING THE CHIP.

CUT OFF TIMES

There will be a cut off time on the bike route for OLYMPIC athletes. If you do not get to the start of 2nd lap by 9.30am we will ask you to head back to Race Village where you may continue to complete the Sprint RUN course & earn a Sprint medal. This is to ensure safety of marshals out on the bike course.

WALKING TO SWIM START WILL TAKE 2 mins FROM TRANSITION AREA – FOLLOW SIGNS 'To The start'

Race Start: Olympic (Orange hat) Sprint (Yellow hat) SuperSprint (Red hat)

CHANGE TO 2021 RACE DUE TO COVID SAFETY

We usually have 3 set wave times for each RACE DISTANCE (Olympic / Sprint / Super Sprint). To adhere to COVID SAFETY athletes will set off in this race order but you will leave one by one with 2m distance between each participant. The timing mat you cross just before entry to the water via a ramp will start your swim time. This year your swim time will include time you take getting into the water & any time you choose to spend getting acclimatised to the water temperature & steady your breathing. You can choose to tread water for a while or swim straight off.

Athletes will continue to enter the water one by one until all swimmers are in & have set off. You will be asked to move swiftly as we only have one RAMP for ENTRY & EXIT of the water. Your estimated swim time helped us place you into transition & space athletes out to avoid overcrowding so you do not have a set start time or wave time. All athletes will move to SWIM START at the lake when transition closes at 7.15am.

The Swim SuperSprint – 400m Sprint-750m Standard - 1500m (see MAP below)

Please leave a 2m gap unless overtaking for COVID SAFETY.

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.

Your SWIM HAT colours match the buoys you turn at.

SuperSprint turn left at the RED buoy.

Sprint will turn left at the second (YELLOW) buoy and follow a square pattern exiting the water via the ramp.

Olympic will turn left at the 3rd (ORANGE) buoy.

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.

Water temperature here has risen recently to 17-18 degrees this week - YAY!

CHANGING FACILITIES

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 at park entrance- a short distance from the swim and transition) or change inside the transition area - nudity is not allowed.

The Bike – SuperSprint - 12k

Sprint – 27.5k

Standard - 47k

PLEASE NOTE YOU LEAVE THE VENUE USING A DIFFERENT EXIT ONTO ROADS (not the main entrance you used when walking with your bike)

From the swim, exit via the ramp and follow the roped lane & run into transition.

Put your helmet on FIRST, collect your bike & walk/run with it until you AFTER you cross over the MOUNT LINE where you may get on your bike to ride it.

NEUTRAL ZONES – this means no overtaking

1. Between the MOUNT LINE & the first bend to the right- there are a number of small ramps.

After the right bend there is a long straight stretch suitable for overtaking if there is no oncoming traffic including bikes.

Please take care.

2. At the residential dwellings before the sharp left bend & continuing around, the road narrows. The neutral zone continues until you egress onto the main tarmac road out of the venue.

Do not go too fast – especially over the ramps!

Follow signs out of the park & take care turning left onto the road.

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.

Once you have left the venue, follow the signs to the crossroads, & turn left. This is the start of the bike section and the laps:

SuperSprint – 1 small lap

Sprint – 1 large lap

Olympic – 2 large laps (see maps below)

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 10 metres to another rider unless overtaking. You only have 20 seconds to overtake another competitor.

When you reach the end of the bike section, please respect the **NEUTRAL ZONES 1 & 2**. Remember to slow down & get off your bike BEFORE the DISMOUNT LINE; re-rack your bike back into your **original racking position** BEFORE you take your helmet off.

TRAFFIC LIGHTS

PLEASE NOTE THERE ARE CURRENTLY TEMPORARY TRAFFIC LIGHTS ON OUR BIKE ROUTE (which have been in place for over 1 year due to a Badger Set under the road). We have made arrangements with local Council & Highways that there will be a road closure in place on Thurlby Road for the morning of our event but bikes WILL BE ALLOWED TO continue your route cycling onto the CLOSED ROAD & the traffic lights will be turned off. This means that you should not encounter ANY vehicles in this area. Please cycle carefully & remain polite if anyone challenges you & refer them to our website to contact me (amanda@sbrevents.co.uk)

Foot Down Policy

There is one FOOT DOWN POINT on this course. This is for your own safety.

At the right turn onto King Street, marked by the orange triangle on the maps below, on the return journey, EVERYONE MUST STOP & **PLACE A FOOT DOWN ON THE FLOOR** AND OBSERVE THE HIGHWAY RULES ON EMERGING FROM THE JUNCTION. You have clear vision in both directions at this point but the oncoming traffic can be moving very quickly.

Failure to adhere to this request by travelling through **THIS** junction without stopping and placing a foot down, **you will be disqualified**. (**Full weight must be placed on the floor & the bike should STOP**). Proceed to turn right when you have checked it is safe to do so. Our volunteer marshals are NOT trained HIGHWAYS MANAGEMENT staff. They cannot tell you when it is safe to pull out of ANY junction or not.

EVERYONE MUST OBSERVE THE HIGHWAY RULES ON EMERGING FROM ALL THE JUNCTIONS. Failure to adhere to this request by travelling through **ANY** junction without regard for other oncoming road users & cycling dangerously, **you will**



be disqualified. Marshals are present at these junctions to monitor your cycling. RACE SAFE! - for your safety and the protection of motorists already using the highway. BTF officials will be inspecting the course & observing participants traverse the course on Sunday.

The Run – SuperSprint 2.5k (1 lap) Sprint - 5k (1 lap) Olympic - 10k (2 laps)

Please remain 2m APART at ALL times except overtaking. Respect each other.

On leaving the transition area, follow the run course & head towards the main entrance & restaurant areas. You will follow the road through the Tallington Lakes complex running on THE RIGHT. The course has signage, is marshalled and has water stations at approx. 1.25k (Super Sprint turn point) & 2.5k (Sprint turn point) marked on the map by the blue circle. There will be also be a water station after the finish line.

The Olympic course is 2.5k to the Sprint turn point & 2.5k back, for those running 10k you will need to repeat a 2nd lap of the Sprint course turning near transition- clearly marked with cones & with a marshal in place & to complete the distance. Take care when running as there are small ramps (speed bumps) on the run course to slow traffic on this residential Water Park. It's a lovely lakeside run with beautiful views – enjoy it.

Please note you are responsible for counting your own laps. The finish line is clearly marked & you will run past transition on the field for a sharp right turn into the finish chute.

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 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 £10 fee for the chip if you fail to hand it in.

AQUATHLON & AQUABIKE COMPETITORS

Aquathlon: Please enter transition area via the SWIM IN- the same way as triathlon competitors, put on shoes & any clothing & follow our signage before exiting transition through the RUN OUT exit to ensure no unfair advantage.

Aquabike: Please enter transition area via the SWIM IN- the same way as triathlon competitors, follow our signage to ensure no unfair advantage, 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 into the finish funnel to cross the finish line & grab your medal. You can do this walking at your leisure or a fast sprint! The finish line time will not count.

MEDAL

Please help yourself to the CORRECT Finishers Medal from the tables at the finish. Marshals cannot place these you're your neck for COVID SAFETY. Please take the CORRECT medal as each category has a different RACE RIBBON.

FOOD

We have hot food available from Lip Smackers & an Ice cream van in Race Village! There will be limited hot breakfast to purchase & hot/cold drinks at race village from 6am.

The Lakeside / poolside restaurant do wonderful evening meals if you are staying at the venue but book a table early! They offer a carvery on Sunday lunch.

RESULTS

A print-out of your Result will NOT be available at the Timing tent as soon as you finish due to COVID SAFETY MEASURES IN PLACE FOR THE 2021 RACE – Results will be available online

Results – Thank to our race partners JC Race Solutions

- Please check Results Tables online after the event for Winners Information.
Click here; [Tallington Lakes 2021 Results](#)
- Unfortunately print out times are not available this year. Instead, times will be texted to you at the end of the race. Once the results are online (within a few minutes of race finish depending on signal), you can sort your race statistics; finish time & place, pace per km/ mile, age group & more!
- Results are emailed to you with a Finishers' Certificate after results are verified after a few days.

WATER STATIONS (2 on course)

Marshals (in full PPE) 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.



For COVID SAFETY reasons, you SHOULD bring your own water with you. If you drink from the compostable cups please put ALL of them in litter bags provided. Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course.

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.

Medical Conditions

Don't forget to write emergency name & contact details on the back of your race number with your medical condition / details of medication & a large 'MC'. This will only be used if you are involved in an accident or if you are unwell.

If you need assistance (pick up) on the bike course due to accident, illness or flat tyre please telephone 07738007515 or 07850572838. There will be a vehicle on the course at all times to pick up athletes that need assistance.

Littering - Due to COVID SAFETY 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.

Trophies & Prizes –

Due to COVID-19 guidance from BTF, we will not be holding presentations at Race Village. To avoid people gathering, we will not be able to confirm results at the event. We apologise for this but in order to hold the event we must adhere to BTF guidance. Results will be posted online & trophies will be posted to all winners.

TRIATHLON

There will be trophies in the following categories on all 3 distances:

- *Trophies for 1st, 2nd, 3rd man & woman on all triathlon races
- *Trophies for Male & Female Veteran Winners (Age 35yrs female & Age 40yrs male)
- *Trophies for Winning Team (if more than 1 team) on all triathlon races

***Aquathlon & Aquabike**

Trophies for Male & Female Winner – then 2nd & 3rd Open place if 10+ competitors

Trophies for Male & Female Winner – if under 10 competitors

Age group certificates will be emailed to ALL PARTICIPANTS after race results are finalised a few days after the event

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.

Mick Hall Photos - Free photos at Tallington Lakes Triathlon!

Mick & his team will be out on the course to take photos of you which can be downloaded & shared FREE OF CHARGE after the event! (you can also buy prints if you choose to).

Go to <https://mickhall.zenfolio.com/> & click on the album named TALLINGTON LAKES TRI & you click on your race number or 'ALL' to see your photos. It will take approx 48hrs to get the photos searchable by number.

My tip – If running...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!!! ☺

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

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)

Tallington Lakes Triathlon

SWIM BIKE RUN Range

Motivational Range

Footprints Range

There may 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 arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Special OFFER £5; usually £7 each

WATER BOTTLES & SCRUNCHY CUPS

We sell re-useable bottles (£3) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which (in a non COVID-19 world) 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

RETAIL

The Pro-Shop from Tallington Lakes Leisure Park is huge! Please pay it a visit while you are at this wonderful venue. The stock at the shop includes ski wear, waterski, wetsuits & swimming goodies plus fashion clothing too.

Bike Mechanic

Unfortunately, we will no longer have a bike mechanic at the race so please bring everything you need - ie puncture repair kit etc – if you know a good local one please send one our way!

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.sbrents.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 4th JUNE at 9:00. 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 water bottle, hot food & drink and either a £30 discount code towards a future SBR Events race or a SBR Events t-shirt / buff. If you know someone that could help please email amanda@sbrents.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 2021 - please visit www.sbrents.co.uk

Next up is Grimsthorpe Gallop on 13th June; a beautiful trail run on private land in Lincolnshire at Grimsthorpe Castle - chose from 5k, 10k, 10miles or half marathon!

Louth Triathlon is the last triathlon in our Lincs Race Series on Sept 5th!



Pool based Sprint Triathlon with Aquathlon & Aquabike options

Flat, fun & friendly – set in modern facilities in rural Louth.

Thoresby Leaf Kick is our beautiful Autumn trail run on Oct 17th in Notts

5k, 10k, 10miles & half marathon

Thank you!

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Marshals & BTF Officials that help to organise all of our events: Tallington Lakes staff for their support and energy, providing water safety teams, South Kesteven District Council & the Directors at Tallington Lakes for allowing the event to take place, the residents who live at Tallington Lakes, our race partners who make up race village 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 Reconnaissance

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

PLEASE SEE MAPS BELOW





Tallington Lakes Triathlon - SWIM

Olympic - 1500m
Follows orange line

Sprint - 750m
Follows green line

SuperSprint - 400m
Follows red line



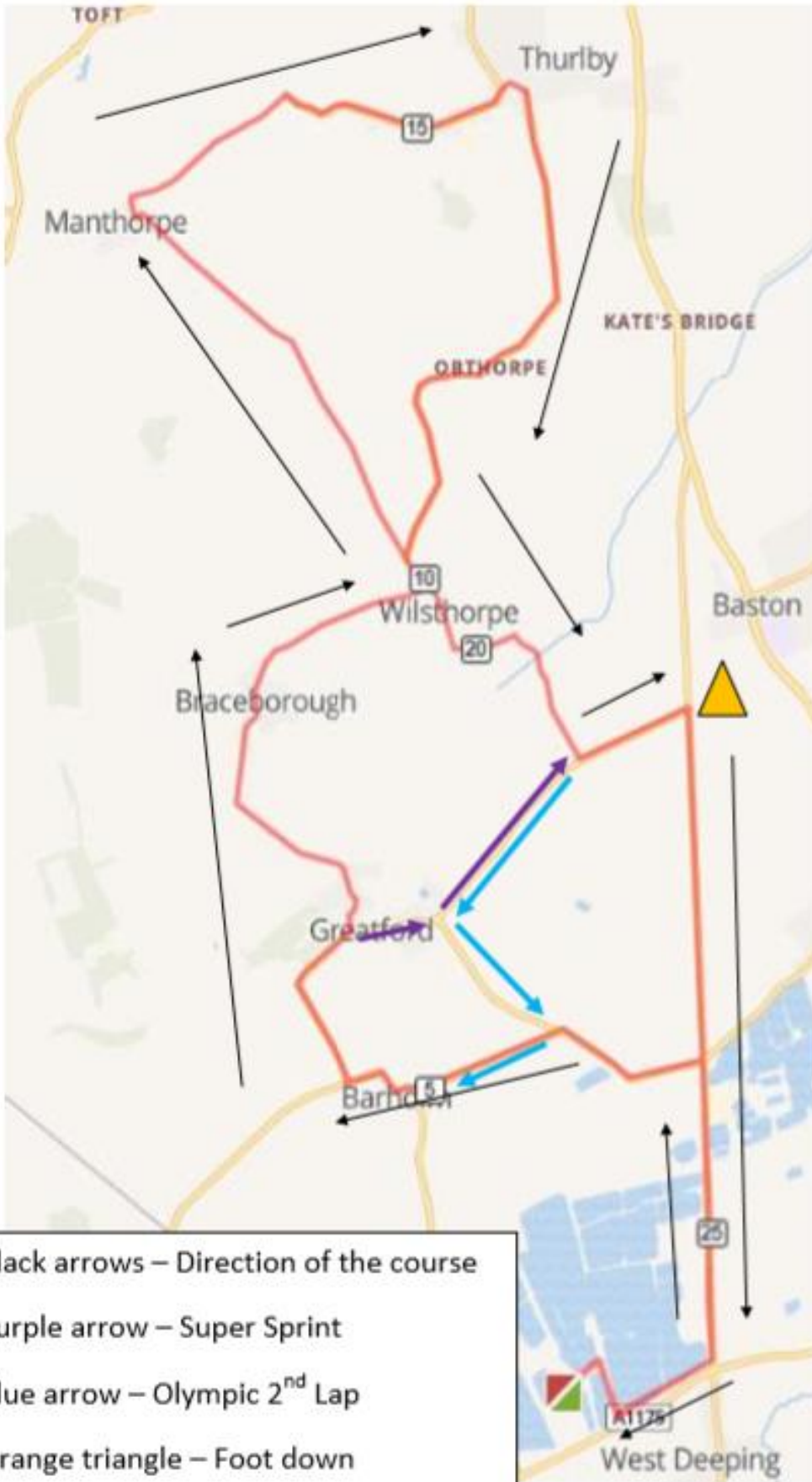
Tallington Lakes Triathlon 2019 – Super Sprint Bike Route



Super Sprint - 1 lap
Red box – Transition
Yellow arrows – Direction of travel
Orange triangle – Foot down
14.5Km



SPRINT & OLYMPIC BIKE ROUTE 2021



RUN ROUTE 2021



Square – Start/finish of run course and Olympic turn point for 2nd Lap.

Blue dot – Water stations

Purple dot – 1.25k turning point for 2.5k (Super Sprint)

Yellow dot – 2.5k turning point for 5k (Sprint & Olympic)

