

# Leicester Sprint Triathlon

## Race Information

Leicester Grammar School, London Road, Great Glen, Leicestershire, LE8 9FL

Bank Holiday Monday 2nd May 2016 - 9am start

No dogs allowed on site

Welcome to the Leicester Sprint Triathlon, based at Leicester Grammar School in Great Glen, Leicester on the 2nd May 2016.

### **Confirmation of Entry**

Competitors are requested to check the entry list posted on the web site to confirm that they have been successful in their application. If you think that you have entered but are not on the list, please contact us asap.

### **What Will You Need**

There are certain items which you will need: a swimming costume/trunks or trisuit (swimming goggles are also highly recommended but not compulsory); a road worthy bike; an ANSI/BS approved cycling helmet. All other items such as elastic laces and specific triathlon clothing are not a necessity but may help you on the day.

### **Race Registration 8:00am - 9:45am**

Race Registration will take place in the swimming pool foyer and will be signposted. All competitors will need to register on the morning of the race. Please register at the latest 1-hour before your start time, but no later than 9:45am. There may be queues so please allow enough time to register and rack your bike before your race start. Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our website or on the board by the registration area. If you have entered as a British Triathlon member then you will be required to show your valid license or pay £5 for a day license fee.

When you register you will receive 2 race numbers- to be worn on the back for the bike and front for the run (or on a tri belt); 2 number stickers to be put on your bike crossbar and on your helmet and your timing chip which should be worn on your left ankle. Once you have registered, please keep your race numbers safe as they are required to allow entry into and out of the transition area. Do not lose your Timing Chip as you will need it to race.

### **Transition Area**

The Transition Area will be situated outside the swimming pool. This is a secure area for **competitors only** where you will keep your bike and other essentials during the swim and run sections. To get into the Transition Area you must show your race number at all times. You will also be asked to show both your race number & bike frame number when taking your bike out. This is for your security. Please understand this may cause queues during peak times, but it is for your benefit. The Transition Area will not close during the event, so please understand that if you are not racing that you should be aware of those who are and give them plenty of room. Please do not leave any valuables in the transition area as we are not responsible for any loss of property in Transition. There

are no lockers available so we advise to leave valuable items locked in the boot of your car.

### **The Relay Team Event**

Only one person is required to register for the whole team. All tagging will take place by passing the Timing Chip to the next team member. All relay team tags will take place by the team's bike racking position, inside the transition area. The swimmer will finish their swim, exit the pool area 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.

### **Electronic Timing**

To ensure accurate times and results every competitor will receive a timing chip to use whilst racing. Using this cutting edge technology will mean results, splits and category positions will be updated live as competitors pass the finish line. There will also be a large TV screen providing live results to all competitors and spectators at the finish area.

The timing chip will be worn around the ankle. When you have finished, please remember to return your timing chip to our officials. If your timing chip is not returned after the race, you will be charged £25 for the chip. Please also ensure that you do not cross the mats which register your times except in the case of when you are competing. To avoid this problem do not climb through/over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

Results will be on [www.racetime-events.co.uk](http://www.racetime-events.co.uk) asap after the event.

### **Race Numbers**

You will receive two race numbers in your entry pack. Race Numbers must be worn on the back during the bike & the front during the run. Numbers must be pinned at all four corners or race number belts are allowed. NB. Please do not forget to bring safety pins.

### **Race Briefing - 8.30am**

This will take place by the finish line. We recommend that all competitors attend the briefing. The Race Briefing will inform you of any last minute route changes and safety points.

### **Race Start**

The first wave of competitors will start at 09:00am. The timekeeper will start 6 swimmers at set intervals. It is expected that the last competitor will start at approx. 10:35am. Provisional start times will be available on the website approx one week before the race.

### **Swim - 400 Metres**

The swim will take place in the 25 metre indoor heated pool at the school. Swim 16 lengths - 400 metres (you cannot walk along the bottom of the pool). **It is your**

**responsibility to count your own 16 lengths.** There will be a marshal on poolside to randomly check that competitors are swimming 16 lengths. Please arrive on poolside 10 minutes before your start time. If you miss your allocated start time you may not be allowed to race. The timekeeper will start waves of 6 swimmers at set intervals. Your start time will be worked out from your estimated swim time that you fill in on your entry form. By doing this it is hoped that you will be with competitors of a similar standard during the swim section. There will be other competitors in the same lane during the race, it is up to the faster swimmer to overtake, but also remember that it is much easier to swim behind someone. If you wish to get changed for the bike and run section after the swim, you may either use the swimming pool changing rooms or change inside the transition area - nudity is not allowed. No running is allowed in the pool area. Please Note: only competitors will be allowed on the poolside and there is no spectator area for swimming.

### **Bike - 20km**

From the swim, exit the pool area, you will then turn left to the transition area to get your bike. Please be careful on exiting the pool area as it may be slippery when wet. Before you start, you will need to set up your transition and 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. 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, please make sure you are aware of these.

An important rule that must be adhered to: **competitors are required to fasten their helmet before touching their cycle in the transition area. Failure to do so could result in a penalty from the race referee.**

*Please familiarise yourself with the bike route, the map is available to download on our website.*

The cycle route is very easy to follow. At all points where a change of direction is required there will be signs and most turns will also have a marshal. The marshal's responsibility is to help direct you - they will not stop traffic or check traffic for you. It is your own responsibility to check for oncoming traffic and to ensure your own road safety. All of the roads that we use for the cycle section are open to the public; please adhere to all rules of the Highway Code, including 30 MPH speed limits.

Please note that you are not allowed to take pace from other competitors during the cycle section, this means that you are not allowed to ride closer than 10 metres to another unless overtaking. You only have 30 seconds to overtake another competitor.

When you reach the end of the bike section, turn right into the school, dismount your bike at the appropriate point, re-rack your bike at your transition point and then take your helmet off. Please take care as runners and cars will still be using the entrance and exits routes of the school grounds.

### **Run - 5km**

Head out of the school and follow paths to a turnaround point before heading back to the school and the finish line (and don't forget to smile for the camera!). It will be signposted with yellow arrow signs with marshals on the route. There will be a map of the run route on display in transition and on our website soon.

### Prizes

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female overall.

There will also be prizes for 1<sup>st</sup> place in the following age categories:

**15-19, 20-29, 30-39, 40-49, 50+ Male and Female**

Presentation of the prizes will take place at the finish line (weather permitting) within 30 minutes of the last competitor finishing. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

### Results

Times will be displayed on the screen next to the finish line. Provisional results will be available to download from [www.racetime-events.co.uk](http://www.racetime-events.co.uk) asap after the race.

### Event Images

We will have photographers covering all of our events. Once the pictures have been uploaded a link will be put on our website to view all the images. Your images will be free to download as part of your race entry fee.

### Refreshments

We will have onsite caterers providing a range of hot food and drinks.

### BTF Race Rules

You are advised to familiarise yourself with the British Triathlon rules and regulations. Under these rules it is mandatory that all competitors must wear an approved helmet and that all cycles must be in a road worthy condition. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

### BTF Licenses

All athletes **MUST** produce their race licenses at registration. If you forget your license, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day license at registration.

### Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 15 years old on or before the 31<sup>st</sup> December 2015. In addition anyone under 18 years old must have parental permission to take part in the event.

### Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the finish area. 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.

### 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/refund be issued without following these guidelines.

### Volunteers

No event like this can run smoothly without the help of 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. They can sign up for a specific role online. All marshals will receive food & drink and also the choice of race entry, free swims/Wattbike sessions or gift voucher to be used at Race Hub - a triathlon training center and bike shop at Six Hills, Leics. If you would like further information about becoming a race marshal please check the volunteer page of our website. You do not require any previous experience or knowledge of triathlon to become a race marshal.

Please note - NO DOGS ALLOWED ON SITE at the request of Leicester Grammar School. Thanks for your cooperation.

Please follow us on Facebook or Twitter for updates.

#### Race Hub- Triathlon Training Facility

We are also holding open water swim sessions at Race Hub in Leicestershire again in 2016. We stock Zone 3 wetsuits to hire and buy and also Aquasphere goggles, Lezyne accessories, Purple Harry, Torq nutrition, Skechers Performance running shoes, Giant cycles and kit including helmets, shoes etc. We have a Wattbike indoor cycling studio, bike workshop for repairs and servicing plus bike fitting service and coffee shop. Check [www.racehub.uk](http://www.racehub.uk) for further information.

A big thanks goes out to all of the team at RTE, volunteers and our generous sponsors and partners.

We look forward to seeing you on race day. We hope you bring your friends and family along to support you. We welcome your feedback after the event. Please email [johnny@racetime-events.co.uk](mailto:johnny@racetime-events.co.uk) with any comments. Good luck to all competitors!



Multi-Sports Event Management

[www.racetime-events.co.uk](http://www.racetime-events.co.uk)