

RACE INFORMATION



LINC SQAD

Event Date: 21st September 2014
Venue: Ancholme Leisure Centre, Brigg, North Lincolnshire
Start Time: 8:00am
Race Registration: Saturday 20th Sept 5.00pm – 6.00 pm
Sunday 21st Sept 6:30am – 7:30am
Race Briefing: Sunday 21st Sept 7:30am (Transition Area)

**PLEASE READ THE RACE INSTRUCTIONS
&
British Triathlon rule book**

http://www.triathlonengland.org/britain/documents/about/british_triathlon_rulebook_2013.pdf

Brigg Sprint Triathlon

Thank you for entering our Triathlon. It is a fast, flat course, ideal for novices and experienced racers alike. The distances are 400m Swim, 20km Cycle and a 5km Run.

Safety

The first and most important consideration is the safety of all competitors and volunteers. We have completed Risk Assessments and do our best to highlight any hazards etc. You as a competitor have a **Duty of Care** to yourself and others. You must also be sure of your abilities and fitness to compete in, and complete, the 3 disciplines. You **MUST** have regard for other competitors and officials, all of whom give their time for your pleasure and pain! **Please take time to carefully study the pre-race information to ensure you have a smooth and enjoyable day out.** The race starts at 8am and will be on set off in waves of five. Individual start times will be emailed prior to the race and also on display on the day at registration.

Venue

Ancholme Leisure Centre is located in the market town of Brigg 13 km east of Scunthorpe on the A18 and is easily accessible from Junction 4 of the M180.

Car Parking

There is limited car parking at the Leisure Centre, once this is full, competitors will be directed by race officials to overflow parking by turning right out of the leisure centre, over the bridge and left down Island Carr Road. Please do not use DFS car park.

Registration

Race registration will be open on Saturday & Sunday (times stated above) please follow the registration signs on arrival.

If you are a BTF member you will need to show your membership card otherwise you will be required to purchase a day licence at a cost of £5.

You will be issued with two race numbers for front & back of your race top, if you are wearing a race belt the number must be visible on the rear for the bike section and on your front for the run section. There will also be a sticky number pack, one for your bike, one for your helmet and stickers for your supporters. Please ensure your bike sticker is placed on your seat post & your helmet sticker on your helmet **BEFORE** entering transition.

You will also be issued (if not a BTF member) a BTF day license.

A security wrist band will also be issued to in registration to allow you to enter & exit transition before, during & after the race, please fasten this around your wrist when you register. Only competitors are allowed in transition.

You will also receive your Brigg Sprint Triathlon goody bag !

Timing chips will be issued at poolside on race day, please ensure you are at the poolside, at least 15 minutes **BEFORE** your start time, please bring a safety pin with you so that the velcro chip strap can be securely fastened .

Transition Area (opens at 6.30 am)

The Transition Area for the cycle is located in the All Weather Pitch next to the Leisure Centre entrance. Please ensure that numbered sticker (provided) is clearly displayed on

cycle and you have an approved (ANSIZ90.4, SNELL90.4, SNELLB90, EN1078 or an equivalent and national standard) cycle helmet (stickered), before entering the transition area.

All cycles must be racked before 8am as once the race has started all access gates are in use by triathletes. You will be allowed to exit & re-enter transition as long as you show your security wristband, please be aware of competitors whilst you are in & around transition.

You are responsible for ensuring that your cycle is road worthy, any cycle that is deemed to be in an unroadworthy state will be refused entry.

The cycle racking is numbered and we ask competitors to number accordingly. Please approach your numbered position with the number facing you. Rack your cycle on the seat post with the front wheel facing you. Then place your transition gear near the front wheel of your bike, please remember to keep your transition area tidy as space is limited.

Cycles will not be allowed to be removed from transition until the Race Director considers it safe to do so (be aware this may be when the last competitor has started the run)

You must show your bib number when removing your cycle.

No nudity in transition.

Please note: Competitors only in the transition area.

Changing Facilities

Changing areas, showers and secure lockers are available within the Leisure Centre next to the sports hall.

Race Briefing **All competitors must attend.**

There will be a short pre-race briefing at 7.30 am near to the transition area.

Common Rule's infringements

Bikes must be racked, and re-racked after the cycle, in their allotted position and must face out in line with their number.

Helmets must be worn and secured when the bike is un-racked.

No outside assistance is allowed including collecting or handing out equipment or water.

Threatening, abusive or insulting words or conduct are not permitted - however much you think you've been provoked.

Obey the rules of the road and cycle safely (or be DQ-ed).

No headphones or mobile phones to be used during the race or in transition.

Race numbers must be visible throughout the bike and run and must not be altered.

Swim (400m)

The event will start at **8am** please enter the swim area via the sauna area (access via the corridor on the far side of the café) 15 minutes prior to your start time.

Compression or calf guards are not allowed to be worn for the swim, normal swim wear, goggles & hat only (refer to BTF rule book).

You will be given coloured swim cap and set off in waves of 5 at 2 min intervals; the pool is 25m in length. You are responsible for counting your own **16 lengths**, there will be lane counters checking. All start times and lane numbers will be advised approximately 1 week prior to race day.

There will be a board directing which way to swim in each lane, please remember that you will not be in a lane by yourself.

On completion of your swim you must exit the pool via the double doors leaving your swim cap in the bin provided, please **DO NOT** run while still on the edge of the pool as this is

slippy. Outside the leisure centre follow the path down the disabled access (**do not use steps**) and into transition via the left gate marked swim in/ bike in.

Cycle (20km)

In transition ensure that you put your helmet on and fasten the strap before touching your cycle. Collect your bike and leave the transition area via the marked gate pushing your bike until you reach the designated area to mount your cycle. Follow the road to the leisure centre exit where it meets the main road. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM YOUR RIGHT** before joining the main road.

Proceed to the mini roundabout and take the first exit onto B1206. Follow this road for approx 9 km through Hibaldstow village to Redbourne roundabout where you will turn and head back to Brigg via the same route. PLEASE SHOUT YOUR NUMBER TO THE MARSHALL as you will be checked at this point. Follow the road all the way back into the centre of Brigg to the roundabout located near to Tesco before heading back to the Leisure Centre. Follow the road in and to the designated dismount point where you will get off your bike and push into transition again via the left gate. Rack your bike at your previous numbered position and have respect for your fellow competitor.

Route Map: <http://www.mapmytri.com/ride/united-kingdom/brigg/965245480707>

There is a level crossing located on the course and we have been told that there is no scheduled trains for the race, however if there should be a train then please **do not attempt to cross when the red lights are flashing**, we will disqualify you. There will be a marshal at this point taking note of anyone who gets held up and the time lost, this will then be deducted from the overall time.

Please abide by the HIGHWAY CODE and remember that marshals are not permitted to stop the traffic.

Competitors are NOT permitted to draft Please see BTF rule book for more details

THE DRAFT ZONE IS 7M long & 3M wide

What happens if I want to pass a competitor in front?

- You have 15 seconds to enter the draft zone and to overtake
- If you have not passed within 15 seconds **YOU** must drop back to outside the draft zone

What happens if another competitor passes me?

- **YOU** must drop back to outside the draft zone

Can I ride side by side with another competitor?

- **NO** unless the roads are closed

Diagram 1 Distance of drafting zone for ALL competitors



Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe. B can only overtake A on A's Right Hand Side.

Diagram 3 Drafting and not drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

Only 1 person can be first over the line, but everyone can win by holding their head up and saying they were not guilty of drafting. Penalties will be imposed on competitors breaking these rules.

Do not unfasten or remove your helmet until your cycle is securely re-racked in its numbered rack position.

Run (5km)

Exit the transition area and run along the riverbank and climb over the stile as directed. Turn right onto Bridge Street keeping to the right hand side footpath. Continue on the footpath for 1/3 mile, taking care at side road crossings, until you reach the market place, keeping the bandstand on your left, at the end of the pedestrian area a marshall will direct you right down Elwes Street out towards Cadney. Continue on right hand side along Cadney Road which runs alongside the River Ancholme until you reach the turning point (marshalled). Run around the marker, keep to the right hand side of the road until you reach the Brigg and return to the Leisure Centre.

Prizes and presentation

Presentation will be held at the under the Lincsquad star shade shortly after the last competitor has finished, this is expected to be approximately 11:30am.

Trophies will be presented for 1st, 2nd & 3rd male & female as well as male & female age group winners. There will also be trophies for 1st male & female competing in their first triathlon.

Results

Results will be available online the same evening of the event at www.lincsquad.co.uk

Accommodation

Lord Nelson Hotel	01652 652127	Brigg Town Centre
Arties Mill Hotel	01652 652094 / 657109	³ / ₄ mile from Leisure Centre
Red Lion Hotel	01652 648302	On bike route at Redbourne

Race Contact

If you have any issues please contact events@lincsquad.co.uk

Please have a safe race and show respect for all the marshals as they are volunteers and without them it would not be possible for the event to take place, a simple thank you post race goes a long way.