

EREWASH TRIATHLON 2018

COMPETITOR INFORMATION PACK



Sunday 19th August 2018

**West Park Leisure Centre, Wilsthorpe Road,
Long Eaton. NG10 4AA.**

Please take some time to read this document carefully.

www.erewashtri.com

Dear Competitor,

Thank you for entering the Erewash Triathlon 2018 delivered by **stuweb** in partnership with Erewash Borough Council. This is the 12th year of the event and we hope that this new partnership will continue to grow each year and bring you bigger event weekends in future years. We welcome all abilities and hope you have a great race!

We trust your training and preparation has gone well and we hope you have an enjoyable and memorable day. Please spend some time reading the following information which is designed to clarify a number of points and ensure your event is enjoyable and runs smoothly and safely.

THE EVENT

The Triathlon comprises a 400 metre swim in the West Park Leisure Centre (WPLC) pool, followed by a 16km cycle circuit on public roads and concluding with a 5km run within West Park. A transition area is provided where your bike and other equipment are stored and where you switch from one discipline to the next. As is always the case in triathlon, the clock starts at the beginning of the swim and keeps ticking until the end of the run. Transition is often called “the 4th discipline” and is where good organisation, planning and effective technique can save considerable time.

RELAY TEAMS – Teams comprise of 3 members who will each complete one of the three disciplines of the triathlon. Your overall times are combined to indicate an overall position. Teams can comprise of all male, all female or mixed genders. Please note, there is only one prize category for relay teams.

HOW TO FIND US

The event is based in and around West Park Leisure Centre, Wilsthorpe Road, Long Eaton. NG10 4AA. If you are travelling a distance to the event, please ensure you arrive with plenty of time to spare to register, prepare your equipment in the transition area and attend a race briefing and be on poolside 15 minutes before your allocated start time. We suggest that you allow at least 1 hour upon arrival.

PARKING

The main car park at West Park Leisure Centre (WPLC) is closed for the duration of the event as this will be used by the participants during the cycling discipline. In addition, in 2018 the event organisers have secured a road closure notice on Wilsthorpe Road between West Park Leisure Centre and Wilsthorpe Island (the first 250 metres on the road) so please make allowances in your journey to the site.

Event parking is at the Council’s Events field just adjacent to the Leisure Centre. The car park will be open between 6:30am and 1:45pm for the participants and spectators.

Please ensure that you remove any valuables from your vehicle as the car parks are not manned by event staff.

ROAD CLOSURE

The event organisers have secured a road closure notice to provide a safer exit and return on the cycle discipline. This will be in effect from 6.30am to 1:00pm and no vehicles will be allowed to travel on this road. A diversion will be in force to redirect traffic around the event.

DERBYSHIRE COUNTY COUNCIL –ROAD WORKS

There are no scheduled Road Works in the immediate area of the course but this does not discount emergency road works taking place. Please remain vigilant and observe any restrictions attached to road works or road closures.

REGISTRATION

All competitors need to register on the morning of the race, this includes all team members. This takes place inside the [Long Eaton Rugby Club](#) just beyond the transition area. Please take your bike around to rear of the club where there is space to leave it while you register. (Please note that the security of your bike will be your responsibility). Please – no bike shoes to be worn in the club house!

Registration is open to triathletes from 6.30am and the organisers ask that you register **ONE HOUR** before your allocated start time. If you have stated on the application form that you are a British Triathlon member on the day of the event and paid the reduced entry fee, please ensure you bring along your valid British Triathlon membership card to registration so staff can confirm your details.

At registration you will receive an envelope which will contain;

- Two race numbers. These should be securely attached to your race kit with safety pins so they are visible on your BACK whilst on the bike and on your FRONT during the run (safety pins will be provided on the day if required). You will also be requested to complete some personal details on the reverse of these numbers to aid marshal and first aiders should you have an accident. (Number belts permitted).
- A sticky bike label with your race number on it. Stick this in clear view on your bike. This will need to be affixed to your bike so that you can enter/exit the transition area. At the end of the race you will only be allowed to take your bike out of the transition area by showing your race number which matches the number on your bike. Both must be seen by the marshal to allow entry/exit with your equipment. A second sticker will also be provided for your helmet. This should be worn, fastened on entry to the transition area.
- The staff will also write your race number on to your right shoulder and left calf with a marker pen for easy recognition by the marshals.

Near the registration desk there will be large maps showing the transition area, bike and run course. Please take some time to review these maps so you are familiar with the routes. After you have registered you need to make your way to the 'Transition IN/OUT' gate of the transition area on the field. Please be aware that the race may be underway when you enter the transition area to prepare your allocated area. Please do not impede any participants as they pass through the transition area as they may have already started their race. Only competitors will be allowed in the transition area to ensure they are not obstructed as they race.

TRANSITION AREA

- Before entering transition put the numbered stickers on your bike and cycle helmet – marshals will be checking this. As a matter of security, members of the public will not be allowed in this area before, during or after the event.
- Please rack alternate directions hanging your bike by its saddle. Saddles should be placed approx 0.5m apart – doing so in alternate directions then gives 1m space per athlete.
- Hang your bike by the saddle with the front wheel facing you so you can take the handle bars and move forward as you remove your bike. Upon your return within transition after the bike discipline, rack your bike in the same direction with the front wheel facing you as before.
- Set out your race equipment – top clothing with both numbers attached (clearly visible on the front and back), bike shoes, running shoes (if different), cycle helmet (it is compulsory to wear a cycle helmet during the cycle discipline – not provided) and anything else you need. A brightly coloured towel to dry your feet on is a popular item.
- Spend some time studying the layout of the transition area so you know where the "bike out" and "run out" exits are and also the cycle mount/dismount line. Check also that you know how to find your spot when you exit the pool and return from the bike leg.
- If you are starting later in the morning there will already be competitors coming through transition, so please avoid impeding them.



RULES

A full set of rules can be found on the British Triathlon website <http://www.britishtriathlon.org> (see rules section)

The following are the most important ones:

- You can use either front crawl or breaststroke (or combination of) to complete the swim.
- Your bike must be in a roadworthy condition. Ends of handlebars must be plugged!
- You must wear a helmet while on the bike. No Helmet, No Race! (Not provided).
- Your helmet must be securely fastened **before you remove your bike** from the racking. At the end of the bike leg your bike must be replaced on the racking **before your helmet is unfastened**.
- There is no cycling allowed in the transition area. You must wheel your bike to and from the cycle mount / dismount line. This is approx 25m from transition.
- You are not allowed to mark your spot in transition, so no balloons or flags please (however that brightly coloured towel mentioned earlier can be useful if you spread out your towel on the ground).
- Nudity in the transition area is forbidden.
- You must ride safely and obey the Highway Code at all times. At junctions, crossings and roundabouts it is your responsibility to ensure the road is clear and safe.
- You must not use anything that impedes your hearing at any time (including setting up in the transition area) so no 'iPods' please.
- Follow the instructions of all marshals and Police Officers as they will be acting in the best interests of the health and safety of all participants and spectators.

RACE BRIEFING

- Race briefings will take place every 60 minutes next to the registration area at 7:00am; 8:00am; 9:00am; 10:00am.
- You should ensure you arrive at the event with enough time to attend one of these race briefings.
- The race briefing will outline the details of the race, including any last minute changes or factors you need to be aware of. It will also give you a final reminder of the rules. It is an opportunity to get an answer to any last minute questions.

FACILITIES

West Park Leisure Centre has both male and female changing rooms prior to the swim. There are also, changing, showering facilities and toilets at the Rugby Club. The Rugby Club will also have refreshments for sale throughout, including a licensed bar later in the day.

RACE TIMINGS / TIMING CHIP

Once you start the swim discipline the time will continue until you finish the run discipline. The complete duration will include the three sport disciplines and the two transitions as you change from one to the next sport.

All participants will be using individualised timing chips which will be issued as you register on poolside with the marshals.

Please remember to remove your timing chip and strap and return it to the marshals before leaving the finish area. Each chip identifies each participant and these must be returned to the timing company after the event to ensure the participant does not receive a £5 replacement charge!

The timing chip should be worn on the left ankle for all three disciplines, including the swim.

RELAY TEAMS – Your timing chip will act as a “baton” for the race and should be passed from one team member to the next in transition. Please note however, the chip must be worn on the ankle right up to the handover point. There will be a relay handover box in transition for the swimmer to hand the chip to the cyclist and later, the cyclist to hand the chip to the runner. The handover must not take place at the bike rack.

THE SWIM

The swim discipline will take place in the 25 metre indoor heated pool in the Leisure Centre. Please arrive on poolside approximately 15 minutes before your allocated start time. Enter the pool area from the swimming changing rooms and register with the pool marshals. You will be given a unique timing chip by a poolside marshal. This is so that we can measure your race interval times at certain points of the course. Please ensure that you wear this around your left ankle with the Velcro strap provided for the duration of the triathlon as it will be the only measure of your race and interval times. Please double check that your chip number matches your race number.

The timekeeper will start you from in the water – No Diving.

As far as possible, your start time has been worked out from your estimated swim time that you filled in on your entry form. By doing this it is hoped that you will be swimming with participants of a similar standard.

Please ensure you are wearing your allocated colour swimming cap and that you start in the swimming lane allocated to you. All participants must swim the 16 lengths (400metres) and not walk along the bottom of the pool. Diving is not allowed and you will start in the water. There will be other competitors in the same lane during the race and it is the responsibility of the faster swimmer to overtake, but also remember that it is generally easier to pass at the end of the pool during a turn.

It is also the swimmers responsibility to count the number of lengths completed, however random lane counter checks will give you an indication when you have 2 lengths remaining. Please ensure that you swim in the lane in the direction indicated by the pool marshals.

TRANSITION 1

On completing your 16th length of the swim discipline, climb out of the water and head for the exit door. This will lead you to the transition area via approx 50m of grass pathway. At T1 you should locate your bike and put on the shoes, clothing and helmet you have previously laid out. Remember you must have a race number visible on your back and that your helmet must be on and fastened before you move your bike. The race referee will be located inside the transition area and checking that participants put on their helmets before moving the bike and wheeling them to the “bike out” exit. The race referee is vigilant and helmet violations incur a 2 minute time penalty or disqualification (helmets are compulsory!). Once you have crossed the mount/dismount line, you can then begin to cycle.

RELAY TEAMS – Swimmer should enter transition with the chip still on their ankle go to the hand over point (a coned “pen”) and then pass on the chip to the cyclist. The cyclist can be “dressed” ready to ride including fastened helmet and race number on the back. But their bike must still be racked. The cyclist must fasten the chip to their left ankle and then take their bike out of transition.

THE BIKE

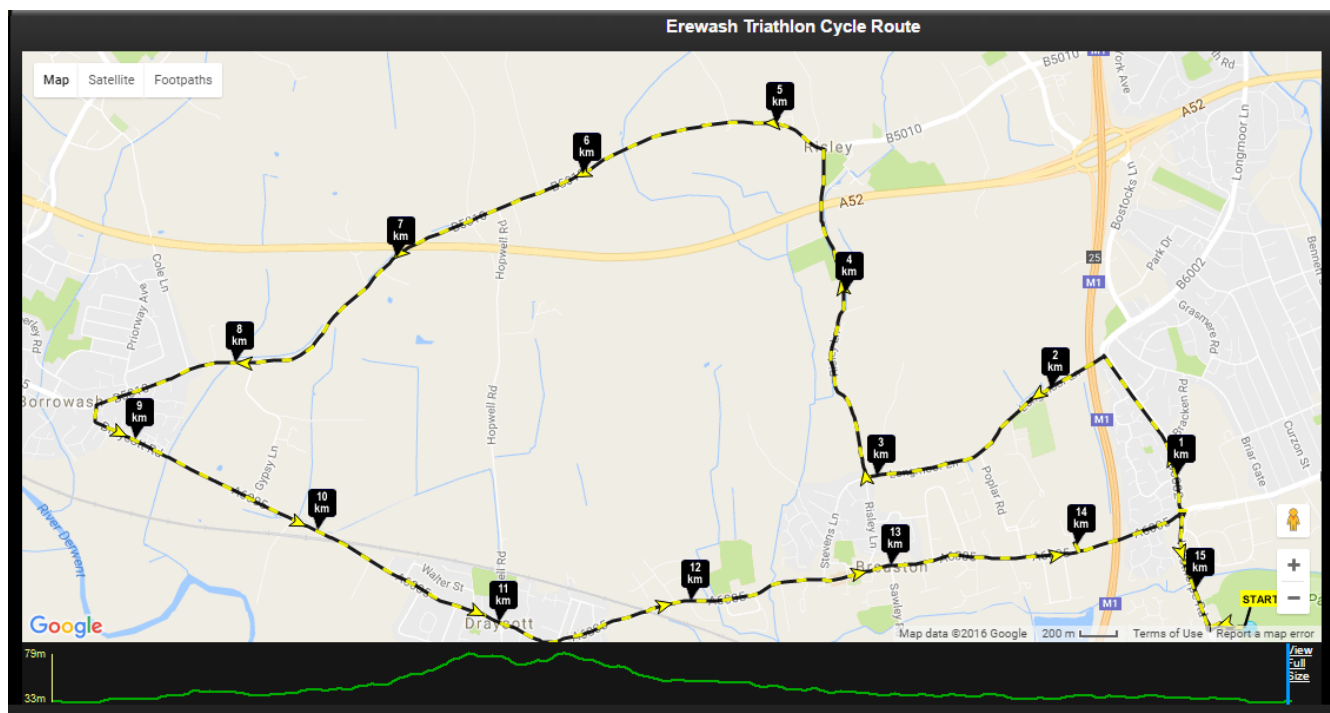
It is your responsibility to ensure that you are safe and follow the Highway Code. Be aware of any pedestrians, traffic or crossings that you come across whilst on the route. Please note that it is not the responsibility of marshals to stop traffic for participants. Police Officers may be located at strategic points but remember you are responsible for your own health and safety as well as that of others.

A road closure on Wilsthorpe Road will assist cyclists to exit and enter West Park Leisure Centre. This road closure will be in force between 6.30am and 1:00pm and only competitors will be allowed on this section of road. In the event of an emergency, marshals will have the authority to allow emergency vehicles through this section of road.

CYCLE ROUTE

Distance (aprx)	Description of Route
0.08km	Right on roundabout onto B6002 exiting from WPLC.
0.75km	Straight over at Wilsthorpe roundabout on B6002
1.7km	Left turn off B6002 onto Longmoor Lane towards Breaston
2.82km	Right turn at crossroads at Navigation Inn, Risley Lane, Breaston
4.6km	Left turn onto B5010 Derby Road at Risley (near Risley Park Inn).
8.85km	Left turn at Shacklecross 'T' junction, Borrowwash onto A6005
14.5km	Right turn at Wilsthorpe roundabout onto B6002 (take right hand lane). Note sharp right on island – slow down
15.1km	Left on roundabout off B6002 into WPLC car park.
16.km	Entering transition area

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/493833>



TRANSITION 2

On completion of the bike circuit you return to West Park Leisure Centre and dismount before the dismount line. Wheel your bike back to your spot in transition and replace it on the rack. Do not unfasten your helmet until your bike is racked! The race referee is vigilant and helmet violations incur a 2 minute time penalty. Make what ever changes you need to shoes and clothing, ensure your number is visible on your front and set off for the “run out” exit. If you haven’t practiced running off the bike in training, at this point you will be wondering why your legs don’t appear to belong to you any more.

RELAY TEAMS – The cyclist should return to transition, rack their bike with their helmet still fastened, chip on their ankle and then proceed to the handover area to pass on the timing chip to the runner. The runner must have their number on their front and must fasten the timing chip to their ankle before beginning the run.

THE RUN

The run section is the final part of this event, 5km in the setting of West Park itself, completely flat, and on the footpaths. You will complete 2 laps which will be marshalled and signed, finally ending at the finish line very close to the transition area, where you can have your photo taken by all your fans. Please remember to make sure that your number can be seen from the front on the run and as you pass over the finish line.

Please remember to remove your timing chip and strap and return it to the marshals before leaving the finish area in exchange for your goody bag and medal.

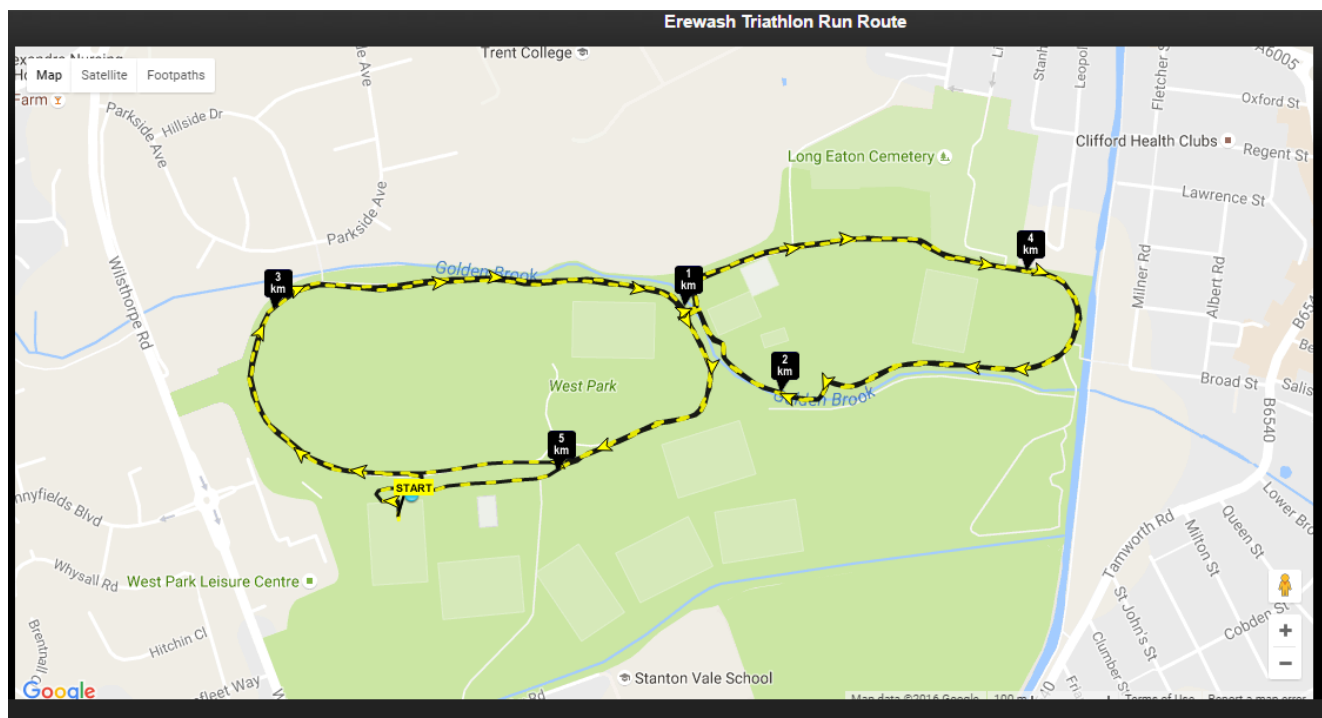
FLUIDS - Even though bottled water will be available at the finish line, if it is hot or you feel you need hydrating after the swim and/or the bike, please make sure you carry water with you. If the day turns out to be very hot, remember those hats, shades and sun cream as they will really help.

RUN ROUTE

From Run Out in T2 runners head onto the combined Cycle and Pedestrian path (clearly separated by a large white line and signage) around the perimeter of the park in a clockwise direction. On approach to the Tennis Centre the path curves right before runners turn left and cross over a wide bridge (please run on the left on the bridge) turning immediately left then right to follow the path around the perimeter with the Tennis centre on the right following the perimeter of the park. Follow the path around the top of the park and after passing the café (will be on your right) keep the brook to your left. On approach to the Tennis Centre this time turn left to cross the bridge (staying on the left) then turn left again and follow the path back to the start where they will start a second lap. On approach to the start area towards the end of the second lap runners will be directed left to the finish line.

There will be water available on the run route at aprox 100m and 2.6km. Please dispose of any litter in the designated area or carry with you to the finish.

<https://www.goodrungle.co.uk/RouteMap/MyRoutes/493874>



AFTER YOUR RACE

You will need to reclaim your bike and other belongings from transition. ***Please remember that the marshals will not allow anyone to remove a bike from transition unless they have the race number that corresponds with the bike sticker*** so please do not discard your race number.

PRESENTATIONS

We will also hold presentations which will take place after the event at 12:30pm (time may vary on the day) in the Rugby Club. Age groups may be extended if entrants older than the categories below are entered.

Winning Categories: (Male and Female)

Fastest Overall 1, 2, 3.

Youth (15 – 16 years age group)

Junior (17 – 19 years age group)

Winner (Under 20 years age group)

Winner (20 -24 years age group)

Winner (25 - 29 years age group)

Winner (30 -34 years age group)

Winner (35 -39 years age group)

Winner (40 - 44 years age group)

Winner (45 - 49 years age group)

Winner (50 - 54 years age group)

Winner (55 - 59 years age group)

Winner (60 - 64 years age group)

Winner (65+ years age group)

Overall Relay Team Winner – all gender/mix

**** All ages are as at 31/12/2018**

RESULTS

The race timing and results service is provided by StuWeb (www.stuweb.co.uk) and the race results will be presented live on a plasma television next to the finish area as the event progresses and the final results will also be available on the Internet at www.stuweb.co.uk after the event

PHOTOGRAPHS

The event organisers have arranged for finish line photography – these will be available at a small cost via the results website a few days after the event.

EVENT EVALUATION

As this is a new partnership we are very keen to seek your views of the event. We hope to grow it over the coming years and add additional activities. Please feel free to post your race reviews on the **stuweb** website at www.stuweb.co.uk. All are welcome!

SPONSORS AND PARTNERS

We would like to sincerely thank the event sponsors and partners for their support and kind generosity in making this event possible. In particular, I would like to thank the following that have kindly donated financial or in-kind support to make this event possible:

- Erewash Borough Council
- British Triathlon Federation
- Sport and Health Development
- West Park Leisure Centre
- Long Eaton Triathlon Club
- Livewell Health Sports Massage - www.livewellhealth.co.uk
- PSN Nutrition - www.proscientificnutrition.com
- Long Eton Rugby Club



MARSHALS – Please do acknowledge the marshals around the course – without them there is no event. If you know anyone who would like to help out on the day please do pass their info on to shaun@stuweb.co.uk

Please check the Triathlon website for any last minute changes to the event that may affect your participation. On a final note, the event organisers sincerely wish you a very enjoyable day.