

# Eastleigh Open Water Triathlon 1<sup>st</sup> July 2012



**WELCOME** to the Eastleigh Children's, Novice and Sprint Triathlon. We hope you have an enjoyable day.

Novice - 0800 **Swim 200m Cycle 10km (1 lap) Run 2.5km (1 lap)**

Sprint – 0800 **Swim 400m Cycle 21km (2 laps) Run 5km (2laps)**

Childrens Event -1000 **100m Swim, 2km cycle (2 laps), and 1.2km run**

## **LOCATION**

Eastleigh Lakeside, Hampshire, SO50 5PE. We are very grateful to Eastleigh Borough Council for the use of this venue and with this in mind, please treat all the facilities and the surrounding area with respect and leave them as you find them.

## **HOW TO GET THERE**

A link to Google maps is available on [www.lakesidemultisports.co.uk](http://www.lakesidemultisports.co.uk)

## **PARKING**

There will be free parking on site for everyone, please use the main entrance off Wide Lane, then park in the first two bays nearest the roadside. This will keep the area safe for competitors and relieve congestion.

## **REGISTRATION**

Registration will be held at the venue near the entrance to the lake. All competitors should register between 0715 and 0745hrs on Sunday morning for the novice and sprint distances, and between 0915 and 0945 for the childrens event. **No registration less than 15 mins prior to your race, if you are late you don't race!!**

At registration you will be required to show your BTF Race License (excluding those non BTF members, who must show some form of photographic identification). You will be issued with a goodie bag, including a swim hat, a race number and bike stickers which must be stuck to your bike before entering transition. The sticker does not have to be visible throughout the race.

## **NON-BTF MEMBERS**

All non-BTF members must collect a day licence at Registration to compete in a BTF Sanctioned event (day licence fee already included in entry fee).

## **MEDICAL ADVICE**

If you feel unwell on race day please don't race. If you have any medical condition including asthma or any allergies please write the details on the back of your race number and put a small X on front in waterproof pen.

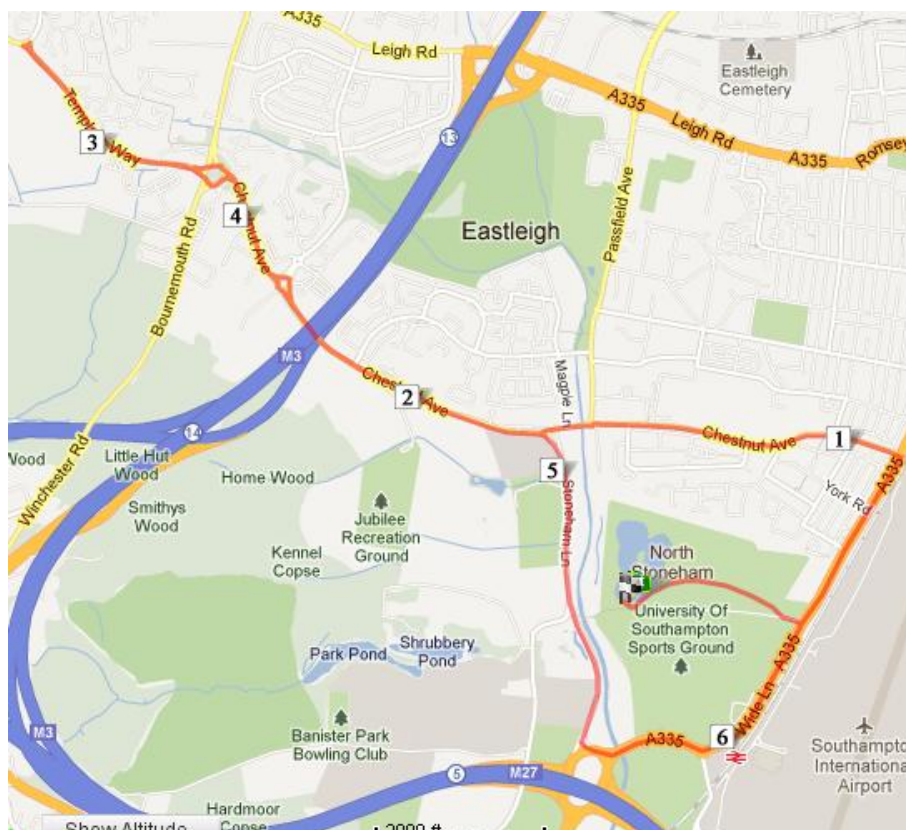
First aid will be provided by the Sussex Medical Services and they will be clearly sited at various positions around the course, please go straight to them if you have any concerns.

## **THE START**

This will be in the water in the lake. Being relatively shallow the swimmers will be able to touch the bottom almost everywhere, if in any difficulty at any point, roll on to your back and put your hand in the air and a safety canoe will be with you immediately. Don't panic and listen for instructions. Alternatively swim towards the edge of the lake or indeed, stand up. The water is nicely warm at an anticipated 20°C. Beginners are welcomed and the site is a National Open Water Coaching appointed venue. Photos of the lake, rules and maps are available to view at [www.lakesidemultisports.co.uk](http://www.lakesidemultisports.co.uk) Owner details can also be found here. Wetsuits are compulsory. The swim is one straight distance to the yellow finish buoy. The ground to transition is a mix of gravel and grass so care needs to be taken here.

## **Bike**

On exit of the lake follow the marshals and signs back towards your bike racking. You must run into transition collect your bike and exit before mounting your bike. The bike route for Novice and sprint distance is out towards the main road, please follow marshals instructions and signs.



The route can be seen online by following this link:

[http://www.mapometer.com/cycling/route\\_1495357.html](http://www.mapometer.com/cycling/route_1495357.html) You must enter Lakeside by the same entrance that you originally arrived by, off Wide Lane. Care then needs to be taken riding back to transition as there are likely to be dog walkers along the path. Marshals will be there to assist. The Novice race is one lap and the Sprint distance is 2 laps, it is competitors responsibility to complete the correct number of laps.

The Childrens Event cycle is 2 laps of the lake. Competitors must count their own laps and any competitor failing to count correctly will be disqualified. The bike route for this race can be seen here: <http://www.gmap-pedometer.com/?r=3777749> Once you have completed your laps, you will dismount and enter the transition area. Please then rack your bike, and remove your helmet before heading down to the run section.

## Run

All races are on a fairly flat course around the lake. This is, however off road or on chalk paths and therefore care needs to be taken with uneven ground. Care should be taken when running in or out of the transition areas as other competitors will be at different stages in the race. All routes will be clearly signed, but routes can be seen by following these links: Novice & Sprint: [http://www.mapometer.com/running/route\\_1495367.html](http://www.mapometer.com/running/route_1495367.html) this is the Park Run route that you may be familiar with. Novice competitors will complete 1 lap, Sprint competitors will complete 2 laps. It is competitors responsibility to complete the correct number of laps.

Childrens event:

After racking their bikes the competitors will run down and turn left past the hut. The run then continues straight along, over the mini railway track, around the clearly signposted bowl, and then back the way they came, past the hut and into the finish. This route can be seen here:

<http://www.gmap-pedometer.com/?r=3777812>

## **Finish**

The finish is located by the lake and will be clearly sign posted. This will be visible for spectators so please do not enter the race course for any reason unless first discussed and agreed with a marshal, this is for the safety of all concerned.

During all of these races Eastleigh Lakes, the Railway and lakeside grounds will all be open to the public, dog walkers etc and therefore care must be taken to avoid any incidents. Marshals and volunteers will be around on the course and will do their very best to keep the routes clear however diligence and awareness must be exercised when racing on the grounds.

## **REFRESHMENTS AND PHOTOGRAPHS**

Food and drink will be on available from the café at lakeside. Photographs by Crocodile Images will be available to view and purchase on-site throughout the day

## **LOST PROPERTY/CHILDREN**

Please report any lost property/Children to the Transition Managers who will be at the bike exit to transition throughout the event. The organisers are not responsible for the loss of personal property.

## **TO CONTACT US**

Write to: Try Tri Events, 18 The Central Precinct, Chandlers Ford, Hampshire SO53 2GB

Email: [events@trytri.co.uk](mailto:events@trytri.co.uk) Tel: 023 80 273657

## **A FEW RULES**

Race Numbers - One number must be worn on the front of your t-shirt. Numbers must not be folded, cut down or mutilated in any way.

Cycle Helmets - BSI, ANSI or SNELL approved helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to removing your bike from the rack and neither undone or removed until after re-racking your bike.

Transition - No riding is allowed in the transition area at any time. You must run with your bikes to the mount line and on your return to transition dismount in the zone before entering transition. Check out where mount and dismount lines are before the race.

Cycle Conduct - Competitors must make sure that their cycle is in a safe and roadworthy condition. All competitors must keep to the left and overtake on the right. Please take note of signs and obey marshal instructions.

Drafting - This is a non-drafting race for all categories. During the cycle section competitors must not take pace behind or beside another competitor or vehicle. You must be 7 metres behind the front wheel of the competitor in front, apart from when overtaking - there is no side-by-side riding. When overtaking you must pass the competitor in front within 15 seconds. It is the responsibility of the cyclist being overtaken to drop back once the overtaking cyclist's front wheel is ahead of his/hers. Competitors are not allowed to draft from any vehicle including the lead vehicle.

Disqualification - The following infringements will result in disqualification: Abusive language, breaking road traffic regulations, dangerous conduct/riding, failing to obey marshals or the police, nudity, outside assistance, unsporting impedance, 2 x drafting violations, course irregularities (short cut), tampering with other competitors' equipment. For further details of race rules see BTF Handbook or website: [www.britishtriathlon.org](http://www.britishtriathlon.org).

## **SPECTATING**

The main activities are centred around the swim start/finish and transition areas. Spectators are asked not to take their cars out onto the bike course. It is important that spectator traffic is not generated both for the safety of the competitors and also to minimise any inconvenience to other road users. Vehicles attending or following any rider will result in that rider being disqualified. There are also sections which are taped off to prevent spectators and competitors mixing. Please remain outside these areas as they are there for the safety of all concerned.

## **BIKE RACKING**

All bikes must be racked latest 15mins prior to your race on Sunday. Entrance can only be gained to the transition area with your race number. Your bike must have a sticker with your number on and you must show your cycle helmet upon entry. Only competitors with race numbers will be allowed back into transition to collect cycles after the event, which must be shown when leaving the transition area. Please rack according to your race number. Please do not leave your kit bags in transition, lock them away in your vehicle, as they can prove to be obstructive to other athletes. Bikes must be collected before the start of the next race, please be prompt collecting them when

you have finished your race. Be at the registration area in front of the lake 15 minutes before your start time for a final briefing before heading into the lake and start.

## **THANK YOU**

We would like to thank the people who have generously helped and supported this event: all of our sponsors, Eastleigh Police, Eastleigh Borough Council, The Highways Agency, Sussex Medical Services and of course the many volunteers, without whom we could not hold such an event.

## **VOLUNTEERS WANTED**

**We still need a few more people to help** All volunteers receive a T-Shirt, food and refreshments. You can still feel part of the event without racing. You will be individually briefed upon check in. Volunteer's registration 0730hrs. If you can help in any way please Call: Chris on 02380 273657 or 07894 790 441 email: [triathlon@thereesgroup.co.uk](mailto:triathlon@thereesgroup.co.uk)