

RACE INFORMATION PACK – Sprint Triathlon

Time	Type	Venue
6.00 am till 7.00 am	Registration	Top car park near Rangers Office
6.00 am till 7.15 am	Transition	Top of Water Sport CarPark
7.15 am	Briefing	By transition before water entry
7.20 am	GoTri start	In the water – standing start
7.30 am	Sprint start	In the water – standing start
8.30 am till 9.30 am	Finish	Inflatable arch near watersports centre

Parking – enter the Country Park via the Ham Hill Roundabout on the A228. There are HEIGHT RESTRICTION (caution bikes on roof or larger vans) barriers and a location for parking of over height vehicles. This is a public park and there is parking fee requirement to leave a vehicle. There are male and female toilets in the Lakeside Café building (parking fee is £1.20). There will be 2 portable toilets for athlete use available near the transition area.

British Triathlon Competition Rules:

All competitors should be familiar with the latest version of the [British Triathlon Competition Rules](https://www.britishtriathlon.org/competitionrules) <https://www.britishtriathlon.org/competitionrules>. Please remember –personal mobile devices, induction or in/over ear phones as NOT ALLOWED during the race or within transition whilst transition is live. Please do not drop litter on the roads or the park. TMBC has a ‘Take your litter home’ policy this is a disqualification rule.

Registration:

Registration will take place on the day and will open at 06:00. Please remember to bring your BTF licence if you registered with one and a bright coloured swim hat. Registration will close 7.00am – 30 minutes before the race start time. You will be issued with a timing chip, bib number and stickers for helmet, bike, bag and a race number. The chip should be on the left ankle and stickers applied before entering transition.

Race Timing:

Should you withdraw from the race you MUST return the chip to the RACE DIRECTOR or the BTF Race Official as soon as possible so every competitor can be accounted for. There is a £25 charge for failure to return chip.

Transition Area:

This is an athlete and event officials only area. It is your responsibility to ensure your bike is roadworthy and safe. A marshal will visually inspect your helmet is the correct standard and fitting of the chin strap and tilt stoppers by the ears (image) – it is your responsibility to make these adjustments for the helmet to be safe. No helmet no race. A visually check your bike before entry to transition to ensure it is legal, brakes work, stop ends (image) fitted into handlebars, no electronic pulsion etc. You will not be allowed to enter or leave with you bike without matching sticker numbers on the bike, helmet, body marking or race number. The marshal will advise where you can rack. This area will be marshalled and only competitors, marshals and Technical Officials will be allowed in the transition enclosure.

We have a tidy and safe transition Policy. You need to remove all none race equipment to the safe area that will not impend or hind you or other athletes.



SWIM:

Please remember to wear a **brightly coloured swim cap** at all times in the water. If this is your first event or you are not familiar with open water swimming or apprehensive please talk to the registration team and we will issue a white cap and any questions you may have. Our recommendation for slower swimmers or new to open water and mass starts is to congregate on the right side as you enter the water. Ideally you should have training in Open Water Swimming – see our additional information at the end of this pack. Let the others get away and then join in, this may only delay your time by a matter of seconds but make your Open Water experience more enjoyable.

Picture - LLWSC 750m Swim Course – with Transition and bike exit



Swimmers will be led around the **750m course** by a kayak or paddleboarder in a triangle format with two large bright yellow/green inflatable turn buoys.

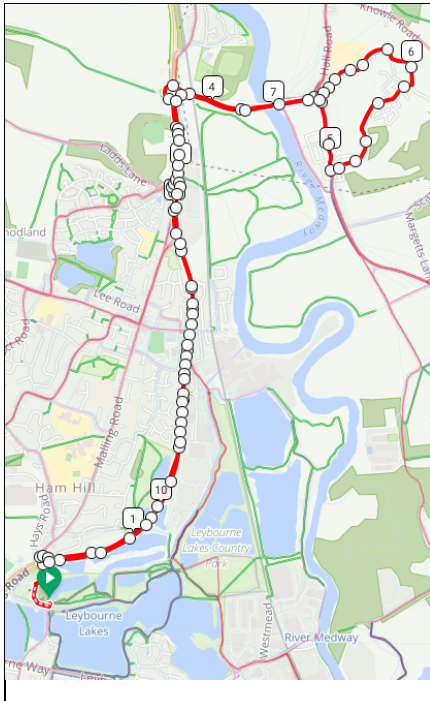
Should you require urgent assistance in the water, please turn onto your back and raise your arm to wait for assistance. Do NOT enter the safety boat, listen for instructions, wait and decide if you wish to continue. The kayaks are for course guidance. On finishing the swim give yourself time to regain balance and stability. A marshal will assist you to exit the lake via the steps at the jetty.

Transition 1 (T1):

On leaving the water take care as the route is a stepped incline and may be wet and slippery. Make your way to the 'SWIM IN' across the small public bridge and through the Water Sport car park around the top end of transition. Bike helmets must be fastened before removing your bike from the rack. On leaving transition proceed on foot with your bike to the 'Mount' point which is AFTER the speed hump.

BIKE:

THIS IS DRAFT ILLEGAL RACE – please ensure you are familiar with The British Triathlon Competition Rule 5.5. Motorbike Officials will be on the course and will be reporting anyone drafting and you may receive a time penalty for the offence. This is not a closed road route so it is very important for



This is a two-loop course.

<https://ridewithgps.com/routes/42067524>

This is probably the flattest road sprint course you will find. Only 120m across the 20km.

From the park exit to A228, athletes must have a foot unclipped and be prepared to stop at main junction out of park to roundabout (O#1). Proceed onto the roundabout with caution and turn right heading north along A228, dual carriageway. There is a light controlled pedestrian crossing. Highway code applies and your compliance is compulsory.

Go straight over the Holborough Roundabout (O#2), straight on (north) to Peters Village Roundabout (O#3) and turn right, cross the bridge to roundabout(O#4). Here you go around to 3rd exit into Village Road then left into Keepers Cottage Lane to end then left into Worrall Road and back to rndbt 4 and then follow route back to Rndbt 1 and second lap.

At the end of the second lap athletes keep left and return into the park at round about O#1 and proceed with caution back to transition.

your safety that you have awareness and consideration of other road users and members of the public at all times following all Road Laws. Road hazards may include gravel, pot-holes, ruts and unsociable drivers so ride safely and sensibly and only overtake when safe to do so. The route directions are signed posted along the route and marshalled at key points, marshals are for monitoring purpose they are not required to issue directions and indications are given in good faith and it is the participants responsibility to know the course fully.

In the event of an emergency or equipment breakdown please make your way to the nearest position of safety or near marshal and follow instructions from a Motorbike Official. If you pass a competitor in difficulty, please report this to the next marshal (your help will be very much appreciated).

The bike course starts exiting transition and following the route out of the park. You will pass over a few speed bumps on leaving the Country Park - please take care. The exit from the park to Ham Hill roundabout #1 is a FOOT UNCLIPPED point at the junction. This must be adhered to even if it takes time out of your event. This is for your safety as you are entering a main A Road. Take the 4th exit continuing along the A228 as shown above.

When you have completed your **2 laps** of the bike course please dismount your bike **BEFORE** the speed ramp and then continue into Transition.

GOTRI Participants follow similar but shorter route to above except you will return direct from roundabout 3 to transition as 1 lap.

Transition 2:

Please re-rack your bike, then remove your helmet before commencing the run. Exit at the ‘Run out’ point and then run with the lake on your left side.

RUN:

You will need to complete **2 laps** of the lake, this surface is a mixture of path and hard packed solid type finish.

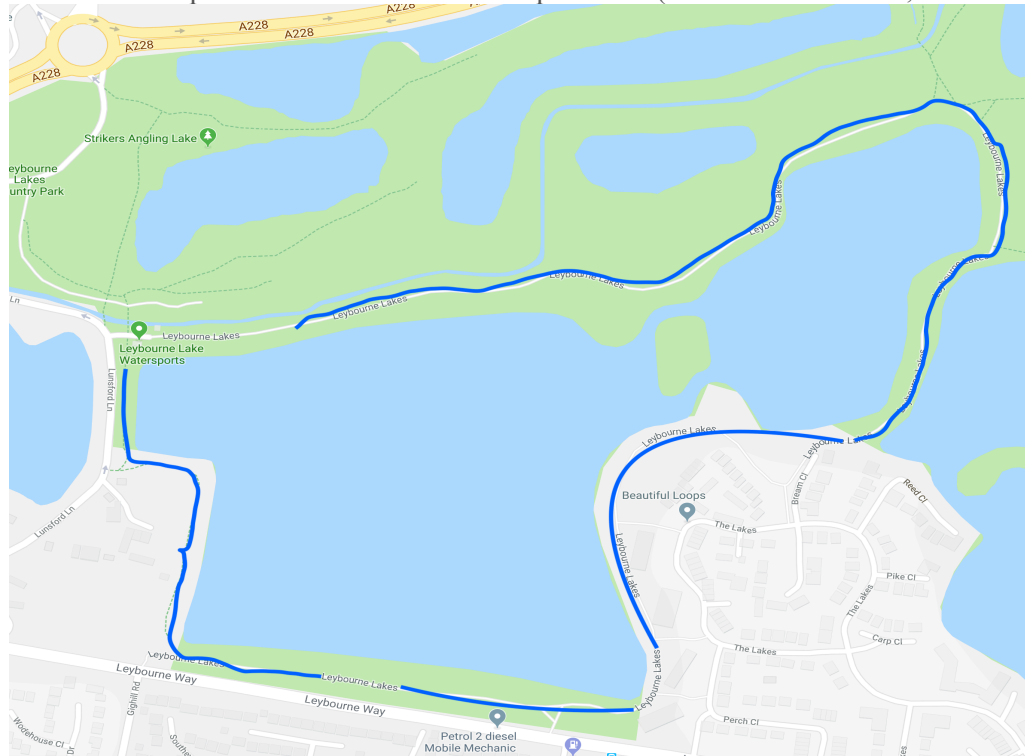
Exit transition and follow run route signage taking you left over the small bridge across a stream and straight ahead on to park trail. There may be members of the public in the park and dogs off leads be careful around dogs and polite at all times to other park users. Please run on the left side of the track in a counter-clockwise direction and take care when passing. Please be courteous at all times to other park users. The track is gravel and a bit chalky but drains well if it is wet. At the end of the first lap go to the **left of transition and start your second lap** – there will be a drink station at the water sport centre. At the end of your second lap go to the **right of transition** and then to the finishing line.

Finish:

As you cross the finish line please move to the left to clear the area for other competitors to finish. Please return your timing chip and collect your medal.

Remember to take all your kit and dispose of rubbish. If anyone leaves equipment then it will be left at the Water Sports Centre for collection however this will only be held for 1 week.

Picture : Run Route 2 laps of the 2.5kms around lake perimeter (lake on left shoulder, counter-clockwise)



Penalties:

Penalties will be posted at race HQ at the end of the race. Right of appeal against a penalty will only be allowed if British Triathlon Competition is adhered to and the appeal fee paid.

Leybourne Lakes Country Park

The Country Park is a public area and you must always be courteous to other park users. There is a new café open next to the watersport centre where you can get hot drinks, refreshments and food. From the A228 access is via the Ham Hill roundabout and into the main entrance to the park. Please use the overspill car park first do not drive to the Watersport Car Park. **Do not go down Lunsford Lane or park on that road.**

The Health Commitment Statement

Our mutual agreements to this race were in the terms and conditions of acceptance when you registered on-line. A brief summary is given below.

Your health is your responsibility. The Organiser is dedicated to helping you take every opportunity to enjoy your participation in the Events safely. With this in mind, we have carefully considered what we can reasonably expect of each other. This event has a basic first aid cover and an emergency response Hospital 3 miles away if you have any medical concern or a condition that could manifest during an endurance event you must record it in the on-line entry, making the event organiser and team aware.

Concussion within 4 weeks of the event, seek medical advice before racing, concussion within 14 days of start our recommendation is to withdraw and race another day. Some other useful information for medical conditions can be found from your GP and:

Epilepsy Society - <http://www.epilepsysociety.org.uk/swimming-and-water-sports#.VsGxiFnLITI>

Open Water Swimming and its effect on your body-

<https://www.outdoorswimmingsociety.com/category/features/survive/cold/>

Feedback

We welcome any feedback about our races and how we can improve so please contact us. Thank you for reading to the end. We hope you enjoy the race. The OLT TEAM.