



GOSFIELD LAKE TRIATHLON

GOSFIELD LAKE RESORT,
CHURCH ROAD, GOSFIELD, HALSTEAD, ESSEX, CO9 1UD

STANDARD DISTANCE TRIATHLON

SPRINT DISTANCE TRIATHLON

AQUABIKE

AQUATHON

Sunday 7th July 2019 - 08:30 Race Start

Born2Tri looks forward to welcoming you to this race and we hope you enjoy the venue.

This standard distance triathlon event incorporates a 1500m lake swim (2 laps) followed by a 40km (2 laps) cycle ride on a fast but undulating course, finally a 10km run (4 laps) course– back to finish by the lake.

The sprint distance involves a shorter 750m (1 lap) lake swim, one lap of the bike course and a 5km run (2 laps) course - back to finish by the lake.

The AquBike event involves a 1500m lake swim (2 laps) followed by a 40km (2 lap) cycle ride to finish on re entering Transition.

The Aquathon event involves a 1500m lake swim (2 laps) followed by a 10km run (4 laps) course - back to finish by the lake

There will be trophies for the 1st Male and 1st Female in the, Open (20-40) and Vet's (over 40) for all events.

Please read the following notes carefully, to assist you on race day.

BTF Rules - You are recommended to familiarise yourself with the BTF rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence!

The Gosfield Lake Resort is situated just off the A131 north of Braintree within easy reach of the A120, M11 and A12. Full address is Gosfield resort, Church Road, Gosfield, CO9 1UD

Gosfield Lake Resort has excellent camping and caravanning facilities with purpose built showers, toilet facilities and electric hook-up available for novice and experienced campers alike. If you would like to book a camping slot for the triathlon please contact Linda at Gosfield Lake Resort on **01787 475043 / 479984**

Gosfield Lake Resort has resident catering that offers the usual range of food and drink. There are toilet facilities, both fixed and additional portaloos on the day and on site showers

Parking

Parking on the race day will be situated in a field approximately 500m from Gosfield Lake Resort. Please follow the parking signs on race day to ensure you park in the right place and allow sufficient time to walk from the car park to the race venue.

PLEASE NOTE: Parking WILL NOT be available within the Resort on Race Day. Please do not park on the main road near to the Lake as this will create a risk to competitors on the bike course and may lead to a delay in starting the race!!

This event is supporting the Meningitis Now charity. A donation bucket will be available on entry to the car park and at registration.

Registration – Please note there will be no entries on the day.

Registration will take place within the Gosfield Lake Resort close to the transition area and open at 6am. Please ensure you are registered by 08:00 a.m. to ensure you have time to prepare your equipment and complete any warm up prior to the start.

BTF Home Nation members will be required to produce their current race licence. If it is not produced a day licence will need to be purchased. Non Home Nations members will receive an electronic Day Licence with this information in the days leading up to the race (NO NEED TO PRINT).

You will be provided with an envelope which will include your race numbers and stickers. You will also receive a swimming cap. Stickers need to be applied to your bike (clearly visible position) and helmet. You will also receive your timing chip and this needs to go on your left ankle.

Do not discard your race number after you finish as you will need show this number to collect your bike and equipment from transition at the end. No number means you have to wait until yours is the only bike in transition before collecting it.

Cycle helmets will be checked as you enter transition, for condition and suitability (ANSI/BSI standard or similar) prior to your race. Your helmet strap must also fit snugly under the chin with no more than two fingers able to be passed horizontally between the chin and the strap. If you do not do this before the event starts, the race official will stop you and you will have to adjust the strap regardless of how long this takes. **Remember: no cycle helmet no race.**

Transition Area

Boxes and bags are not permitted to be left in the Transition Area. Only bring into Transition equipment that will be required during your event.

A secure bag drop area will be provided to deposit boxes and bags during the event.

Aquathon Event: An area will be available sold for this event for the placing of shoes and other equipment that may be required. This area will be used for the depositing of your wet suits.

Sprint Distance, Standard Distance and AquaBike Event: Please rack your bike in the space allocated to your number, keep your equipment in your racking space and do not interfere with any other competitor's equipment. Please remember you are not allowed to mark your space in transition in any way. Only competitors and officials will be allowed in the transition area.

Race Numbers - You will be issued with TWO body numbers, which must be clearly visible on your back for the bike and your front for the run. **Do not cut or fold these race numbers as penalties will be issued for number mutilation. Elastic belts for race numbers are permitted.**

We request that all competitors write their next of kin and emergency contact details on the back of their race numbers. This is not just an administrative

request; it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident.

Timing - The race will be chip timed and we will endeavour to provide you with accurate split times along with your overall race time and position. At registration you will be provided with a timing chip to wear on your ankle, please follow the fitting instructions supplied so it is not lost on the course. Lost timing chips will be subject to a £5 fee for replacement.

Race Briefing - There will be a race briefing at 08:10 near registration and transition for all competitors. Please attend this race briefing for any last minute changes, as well as any questions which will be answered there.

Race Start – All competitors (Sprint Distance, Standard Distance, AquaBike and Aquathon events) will start with a rolling start, with your time starting as you cross the timing matt at the lakes edge. You will then complete 1 or 2 laps depending on your race.

Swim

The Standard Distance, Aquathon and Aquabike events will complete two laps of the 750m swim course (1500m)

The Sprint Distance event will complete one lap of the 750m swim course.

All competitors please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, swimmers may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming, therefore if you are unwell or have any open wounds you should seriously consider the implications of racing. The lake temperature varies and triathlon wetsuits will be compulsory if the temperature is below 14degrees C. Wetsuits will not be allowed to be worn if the water temperature exceeds 22degrees C with the temperature being taken 1 hour before the start. You are advised not to drink the lake water

Route – Please see image below and note this is not to scale. In essence, the swim will be as:

Sprint – 1 lap starting at shore side. Swim between the 1st yellow buoy and red buoy with the yellow buoy on your right. Then swim clockwise around the buoys keeping them on your right hand side. To complete the lap, you will swim towards the red buoy keeping it on your left, then return to the shore / transition area.

Standard, Aquathon and Aquabike – 2 laps starting at shore side. Swim between the 1st yellow buoy and red buoy with the yellow buoy on your right. Then swim clockwise around the buoys keeping them on your right hand side. You will then pass through the yellow buoy / red buoy gate to start a 2nd lap. To complete the lap, you will swim to the final red buoy keeping this on your left, then returning to the shore transition area.



Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn onto your back and raise one arm; a canoe will then escort you to the bank or call for the safety boat. If you appear to be struggling in the swim, or you have been in the water for a long time, you may be pulled out. **The lake is generally 5-6 feet deep so if you do get into difficulty, try to stand up first as you should be able to put your feet down** (although the bottom may be a bit squelchy!!).

Bike Route:

SPRINT DISTANCE - 1 LAP

STANDARD DISTANCE AND AQUABIKE EVENT - 2 LAP

You are responsible for ensuring your cycle is fit for the road and you have an approved hard shell cycle helmet. You must be wearing your cycle helmet, securely fastened, before you remove your cycle from the racking. Ensure your clothing is appropriate for the weather. Your chest must be covered (**front fastening tri suits and tops must be zipped up fully for the bike and run sections**). Take your cycle to the bike out exit and up a slight gradient to the line where you may mount the cycle. Riding in the transition area at any time is dangerous and will not be permitted. Your race number must be clearly displayed to the rear for the bike section. Number belts are permitted; the number must be fixed full size, not cut or folded.

Cycle helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to taking your bike from the racking and not unfastened and removed prior to racking your bike at the end of the cycle section.

Please take care for other competitors in the transition area as this will be busy.

IMPORTANT NOTE There is a **compulsory** single foot down for all athletes as they exit the resort, WITH A RESTRICTED VIEW TO THE RIGHT.

Turn left onto the road.

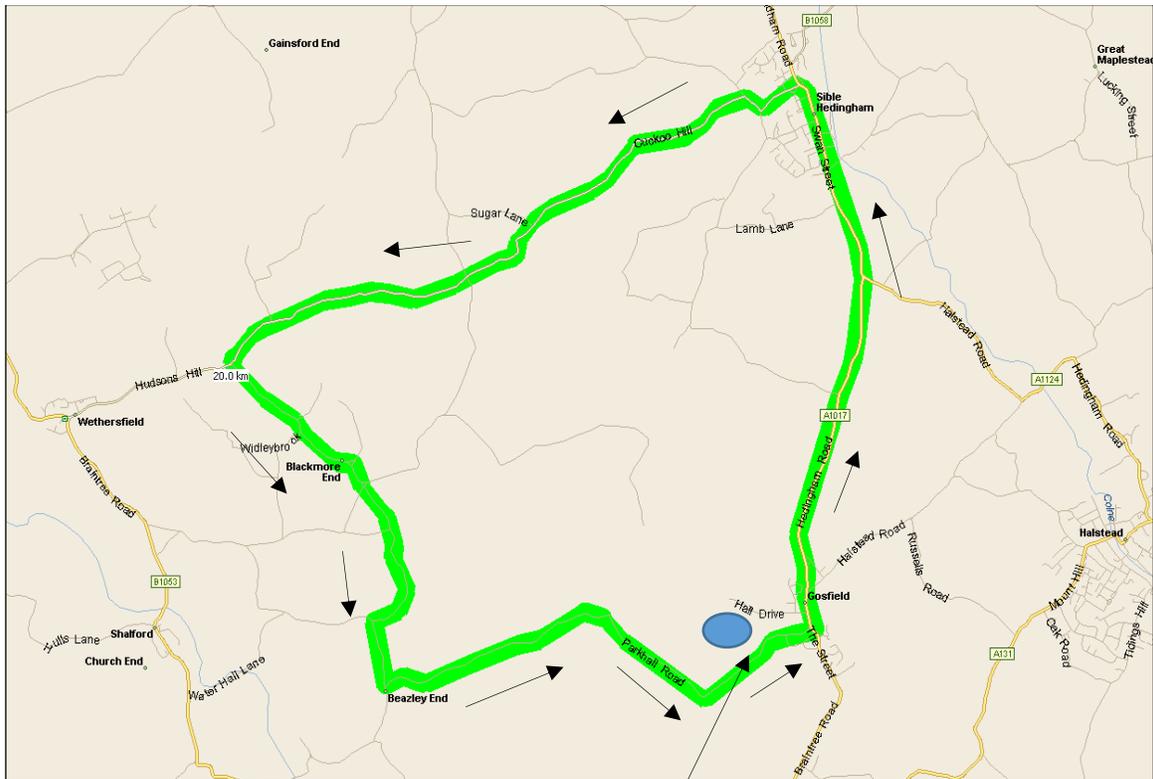
This junction will be marshalled and a **failure to come to a complete stop and put to a foot down will result in disqualification.**

The cycle course follows an undulating route that will be using some main roads and a number of smaller roads.

All major junctions will be signposted BUT competitors should familiarise themselves with the route prior to competing.

Please see below a map of the Bike Course.

Gosfield Lake Triathlon Bike Course



Start / Finish. Also Foot down point.

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, WILL result in either penalty or disqualification. Failure to adhere to the Highway Code is not only a danger to yourself and other road users but also threatens the

continuation of races as the authorities are becoming increasingly critical of races on the highway. **Please do not damage our sport by riding recklessly.**

Please note that **Race Marshals are not permitted under British Law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only and not instruction. THEY WILL NOT ADVISE YOU AS TO WHETHER IT IS SAFE TO GO.**

Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

Drafting on the cycle course is not permitted, **drafting is cheating**, any rider seen to breach this rule will be reported and may be subject to a time penalty or disqualification. If you are unsure of this rule please ask at registration or speak with the race director or referee at the briefing.

Water will **not** be available on the bike course; ensure you have sufficient for your needs if it is a hot day.

On completion of required number of laps (Sprint 1 lap - Standard and Aquabike 2 laps) re enter the lake Resort to dismount before the dismount line, You must get off your bike and enter the transition area on foot. Take care of any cars accessing or leaving the park area. Rack your bike before removing your cycle helmet.

The Aquabike event will be Completed and Finishing time taken on crossing the timing mat on re entering the Transition 2.

***IMPORTANT NOTE* It is your responsibility to know the course and how many laps you are required to complete. Take care when returning and re entering the Lake Resort for Transition 2.**

Standard Distance and AquaBike event - 2 laps

Sprint Distance - 1 lap.

Run Course:

Sprint Distance - 5km (2 laps)



The run course uses grass / field tracks and public footpaths. Please see the map above showing the run route. There will be an aid station on the run course at the end of the lap section.

Runners must take care for uneven surfaces, slippery surfaces and natural hazards such as rabbit holes and small ruts.

From Transition a grass section (green line) takes you to the start of the loop section (red line) which is completed twice, then to retrace the route back to the Lake Resort (yellow line) and a dog leg to the finish.

Standard Distance and Aquathon Event - 10km (4 laps)



The run course uses grass / field tracks and public footpaths. Please see the map above showing the run route. There will be an aid station on the run course at the end of the lap section.

Runners must take care for uneven surfaces, slippery surfaces and natural hazards such as rabbit holes and small ruts.

From Transition a grass section (green line) takes you to the start of the loop section (red line) which includes a small down towards the Lake Resort and back to continue onto the next lap. The lap (Red line), is completed 4 times. At the end of the 4th occasion, you retrace back to the Lake Resort (Yellow line) and a dog leg to the finish.

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the race. Please write all medical details on the back of your race number and put a small indelible red cross on the front of your number.

Whether you have a medical condition or not, if you feel unwell on race day – don't race.

Competitor Conduct

Competitors are reminded that they share both the Bike and run facilities, paths and roads with other citizens who may or may not be fully aware of the event. We request

that you treat members of the public including other road users, marshals, other competitors, BTF technical officials and venue staff with respect.

Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by Born2Tri. Please try to remain courteous on the road even if some other road users do not offer you the same respect.

The use of personal stereo type equipment is prohibited at all times.

Results

Provisional results should be displayed at the conclusion of the event and will be available on the web site www.stuweb.co.uk/results.html as soon as possible.

Course Reconnaissance

It is possible to swim the swim course on Tuesday evenings and Sunday mornings as part of the open water swimming sessions put on by the Gosfield Lake Resort. It is possible to cycle the bike course from the resort as the course is all on public roads.

And Finally

On behalf of Born2Tri all the team would like to wish you well with your race and hope you have a safe and enjoyable event whether a novice or experienced athlete alike.

We would also like to thank the following for supporting us and enabling us to hold this event:

Linda & Vince at Gosfield Lake Resort
StuWeb Race Timing Limited
Euromed Ambulance
Braintree Canoeing Club

Have a safe and enjoyable day.
Born2Tri