



Skipton Triathlon 2009

Sunday 19th April 2008
Craven Swimming Pool, Skipton, North Yorkshire, BD23 1UB



Race Information – Contains essential bike route updates!

Venue & Directions -

Aireville Park is located 1 mile outside of the historic market town of Skipton, North Yorks. The park provides the perfect setting for the triathlon with a brand new 6 lane swimming pool, café, 'pitch & putt and wide, 'undulating' parkland. The main entrance to the park is located off Gargrave road. The best approach to this is from the A59/A629 roundabout. From here, turn onto Gargrave road with the little chef restaurant on your left. Aireville Park is the right turn approx ½ mile up Gargrave road.

Car Parking – **VERY IMPORTANT, PLEASE READ**

Unfortunately, due to a diary clash, we have been unable to secure the Auction Mart car park as in previous years. This means there will be limited car parking available immediately around Aireville Park; **Please download the 'Skipton Tri 2009 Car Parking map, which details all our official Triathlon car parks and suggested Pay and Display car parks.**

The majority of competitors will be required to use one of the many pay and display car parks throughout Skipton.

Please note: 4Life Events and Craven Council have worked very hard to secure the parking we have and all competitors are expected to respect this situation. Competitors are requested to use only the official triathlon car parks or the suggested pay and display car parks. Under no circumstances should cars be parked in the surrounding streets as these are for residents only. Competitors need to be aware of the impact the event has on the local community and be under no illusions that this event can only go ahead if we continue to adhere to the wishes of Craven Council and its residents. Any competitors found 'abandoning' cars outside of the car park areas, will be disqualified.

Registration – 6:30am onwards

Weather permitting, this years registration will take place in the marquee next to swimming pool entrance. We advise all competitors to register at least 1hr before your start time. Registration will stay open throughout the event for later starters to register. Before registering, please find your race number on the start entry list available on www.4lifeeventsuk.co.uk and on entering the registration area. If you are a BTF member, please show you BTF Licence or you will be asked to pay the day licence fee (£5). If you are not a BTF member then you pick up a day licence from registration. All competitors will receive two race numbers (to be pinned at all 4 corners back and front of your race top, or back to back on a race belt. Please bring your own safety pins). You will also receive a numbered sticker, for your bike frame and a timing chip and strap.

Race briefings -

Race briefings will take place at 7am, 8am, 9am, 10am, 11am, next to the Finish/transition area. This will be your best opportunity to ask questions to the event directors and race referee.

Race Start – 7:30am

The first wave of competitors will be off at 7:30am. Swimmers will be set in groups of 6 (1 per lane) at 2-3mins intervals.

Please note: It is your responsibility to be on poolside 10-15mins before your allocated start time. If you miss your start time, you will be asked to wait till the end. Please note that as this year we are using Timing Chips, it is imperative that you start at the correct allocated time. **Only competitors will be permitted on poolside.**

Transition Area – (Download map from website) Open from 6:30am

This will be located in the middle of the park area. Entry to the transition area will require you to show your race number and bike frame number. Should you wish to take a bike out (this is for security reasons) there will be one main entrance to the transition area, next to the SWIM IN. The transition area will only be open to competitors and will remain open throughout the duration of the event so if you are preparing to race or have finished racing, please be aware of competitors who are, they will have right of way!!! It is important that you understand where all the entrances and exists are and where your bike is in relation to these! Also make sure you set out your equipment, so that when you come into transition from the swim, your bike gear is ready to go and similarly, when you return from the bike leg, your running gear is ready to go.

Racing as a Team?

Only one person from each team will be expected to register. Each team will receive 2 race numbers (one for the cyclist's back, one for the runner's front), 2 x number stickers for the bike and helmet and a coloured rubber band that must be passed between competitors at each change over. The 1st change over will be at the bike. The swimmer will run to transition area and tag the cyclist (next to the bike). The cyclist will then be able to un-rack the bike and make their way out of transition on the bike leg. On returning, the cyclist must first rack the bike and then tag the runner (waiting next to bike rack number.). The runner will then complete his/her leg and finish at the finish line.

THE EVENT-

Swim – 400m (16 lengths)

The swim will be in a brand new 6 lane, 25m pool. Competitors are expected to be on poolside 10-15mins before their start time. The swim marshal will group the swimmers into waves, with 6 swimmers to a wave and each wave starting every 2-3mins.

Please note: It is the swimmers responsibility to count the number of lengths; there will be NO lane counters. There will however be a marshal counting swimmers at random. Your start time is based on your estimated swim time submitted on entry. The swimmers around you will be of a similar standard, but if you need to overtake then please check the opposite direction as there may be up to 5 swimmers per lane and we don't want any collisions! You will be told which direction to swim in, on entering the lane. On completion of your 16 lengths, exit through the marked fire exit. If you need to get changed, then please use the changing rooms provided, just off poolside, but be advised that this is a continuous event and clock will still be running,

even if you are not! Follow the signs for the transition area (this is a 500m run on tarmac paths, please be careful) and find your bike.

Bike – 21km Essential late Changes **(Download map from website)**

Due to essential road works taking place on Gargrave Road, we have been forced to redirect the Bike In and Outs. Obviously this is not ideal but we have spent a lot of time looking at all possibilities and come up with what we feel is the safest solution for all competitors.

You must have your helmet fastened, before you can touch your bike and make your way out of the BIKE OUT channel. On exiting the bike out channel, you will mount your bike at the MOUNT LINE. DO NOT mount your bike before this point; or you will be disqualified as this is for your own safety.

Please note; All the roads used in this route are open to the public. You are expected to adhere to all rules of the Highway Code, this means giving way to traffic at junctions and all roundabouts. Any competitors seen to not be adhering to these rules or riding dangerously will be disqualified. **It isn't worth taking unnecessary risks for the sake of a couple of seconds!!!!!!**

Make your way out of Aireville Park using the bike out channel. On exiting the Park and mounting your bike you will be immediately turning left onto Gargrave Road, please take care when joining the main road **(Due to the road works you will be exiting via the main entrance to Aireville park. Possible road work queues, coupled with the event traffic means extra care should be taken on exiting to the bike route)**. Approach the little chef round about at take the second exit on to the A59 towards Broughton. Stay on the A59 for approx 3miles until you reach the roundabout after Broughton. Here, take the second exit, staying on the A59 towards Gisburn & Clitheroe. Stay on the A59 through East Marton to West Marton. Here take left onto the country lane towards Thornton-in-Craven and stay on here for approx 2.5miles. At the end turn left onto Church Road, again towards Thornton-in-Craven. After 0.5 -1mile you will reach a busy junction with the A56. Turn left onto the A56 and head back towards the roundabout at Broughton. At the roundabout take the second exit onto the A59 back towards Skipton. Stay on this road for the next 3 miles until you come to the main roundabout just outside skipton. **Take the second exit up the A65 towards Addingham. Approx 1 mile up this road you will come to roundabout. Head around the roundabout to the 4th exit (Raikes road). Follow this road down through the estate. Although this road will not be too busy, it will mean you turn across the path of traffic left onto Raikeswood drive, please take care at this point, giving way to oncoming traffic. Turn left again onto Rockwood drive and follow this road down to join Gargrave Road. Again for safety you will be asked to dismount at the DISMOUNT LINE at the bottom of Rockwood drive. You should then push your bike across gargrave road (at the crossing point). and then run with your bike into transition and rack it in exactly the same place you left from. One your bike is racked, you are permitted to take off your helmet, change to your running gear and head out of transition.**

Run – 5Km (2 x out and back)

Exit transition through the RUN OUT channel and join the run course. In a late change the new run route will be a 2 out and back runs!

The Run course will be marked and marshalled. At the turn around cones, please stay to the left of the cone. When you have completed 2 out and backs please continue straight on into the finish area, well done you are a TRIATHLETE!!! **Upon finishing, please hand your timing chip to the marshal. Any competitors, who do not return or lose the timing chip, will be subject to £5 charge.**

Spectators –

At 4Life, we are always conscious of trying to make our events as spectator friendly as possible. All we ask it that spectators don't jump fences and respect the barriers put in place. This is as much for your safety as the competitors. We will put in place specific crossing points to ensure you can get to see the Swim, Transition, Run and the Finish area as safely as possible, thank you.

Race Rules –

This event will be held in accordance with the BTF rules. Approved helmets and road worthy cycle are mandatory. All competitors will require third party insurance either via a BTA Day Licence or as part of the BTF Membership. If you need any more information on these please visit www.britishtriathlon.org

Results –

A provisional set of results will be published on the day; any disputes or amendments must be made immediately via the race director. A full set of results will be available on www.4lifeeventsuk.co.uk the Monday following the event.

Prizes –

The presentation will be approx 15mins after the last finisher (Approx around 2pm)
Prizes will be awarded to the top 3 Males & Females overall, 1st Team overall and then to the 1st Male & Female in each 10 year age group.

Massive thanks to our new partner 'Dirt Wheels' for supplying prizes for this event.

Refreshments –

As mentioned earlier there is a café at the Swimming Pool serving hot and cold food for the duration of the event.

Skipton Tri Partners –

Dirt Wheels – www.dirtwheels.co.uk –

As well as supplying prizes, Dirt wheels will be on site with a stand showing off latest Tri specific clothing and bikes.

Bodyfix Physio – www.bodyfixphysio.co.uk –

Katherine & her physio team will again be on hand to sooth all those post event aches and pains. Be sure to book early as this is always popular!!!

SIS – www.scienceinsport.co.uk –

SIS will be providing essential refreshments to all competitors during and after the event.

Rayner Photo – www.raynerphoto.com –

Our official event photographers will e a various point on the course (make sure you smile all the way round!!) . Photos will be available from there website.

Further information –

Please note that will not be checking emails 3 days prior to the event so contact 4Life Events before on info@4lifeeventsuk.co.uk or call Rich on 07815937558.

Thanks –

4Life events would like to thank all the marshals, whom without the event would never happen, Craven district council for been so supportive and helpful with getting the event 'off the ground' and also Craven Swimming Pool and staff for a fantastic facility. Thanks also to the North Yorkshire Ambulance Service, Dirt Wheels, Bodyfix Physio and of course...

All the competitors and spectators, who are crazy, enough to actually want to do the event!

**Rich & Dean
4Life Events Directors**

