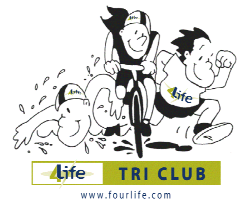




East Leake Triathlon

Sunday 25th March 2012
East Leake Leisure centre, Lantern Lane,
Near Loughborough, LE12 6QN



Provisional Race Information

Please read all of this important information

Venue & Directions -

This well-established event is now in its 9th year held at East Leake leisure centre, which is located five miles north of Loughborough and ten miles south of Nottingham, with easy access to Loughborough, Nottingham, Leicester and Derby.

M1 junction 24, head for Kegworth/Kingston on Soar/Gotham. Visit www.4lifeeventsuk.co.uk for a map of the area.

Please read all of this race information!

Car Parking – If you are arriving after 8.30am PLEASE use the car parks in East Leake Village, NOT THE LEISURE CENTRE – opposite the fire station and the Cop. Please do not approach Lantern lane in your cars after 8.30am you will be turned away & probably obstruct competitors (YOURSELF) and increase the risk of accidents TO YOURSELF. Please do not jeopardise the future of this event AND OTHER EVENTS.... Thank you.

Car parking will be available in the Leisure centre grounds **before 8.30am**. Please remember that cyclists will be on the cycle course if you are arriving after 8am, so please drive carefully on your approach to the Lantern Lane. Please allow plenty of time to park, register, rack your cycle and get to the swim start. However it is advisable to attend the race briefing for any last minute route changes and safety points.

Registration – 7am – 10.15am

This will take place in the Schools Hall which will be sign posted from the Leisure centre main entrance building. 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 your BTF Licence or you will be asked to pay the day licence fee (£5 – adults and £2 - under 16 years). 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 least all 4 corners back and front of your race top, or back to back on a race belt). You will also receive 2 number stickers, one for your bike frame and one for your helmet. Timing chips will be used at East Leake for the first time; please don't forget to secure on your left ankle before going to the pool! If you lose your chip you will be charged. Before you leave registration ensure you have your **race number marked on both calves**. Please ensure your race number is visible at all times & do not fold your numbers! You may receive a 2-minute penalty if you do. You have been warned!

Race briefing – 7:30am. ONLY ONE BRIEFING!

There will only be one briefing at 7:30am **in the transition area**. It is not compulsory but if you are new to triathlon or haven't done this event before then it is strongly recommended that you attend. This will be your best opportunity to ask questions to the event directors and race referee and be notified of any changes or safety issues.

Race Start – 8am

The first wave of competitors will be off at 8am. Swimmers will start in groups of 4 (1 per lane) at 4mins intervals.

Please note: It is your responsibility to be on poolside 15mins before your allocated start time. If you miss your start time, you will be asked to wait till the end. **Only competitors will be permitted on poolside.**

Transition Area – Open from 7am onwards

This will be located in the car park next to the Schools Hall near registration. Entry to the transition area will require you to show your race number and bike frame number. Should you wish to take your bike out (this is for security reasons) there will be one main entrance to the transition area, through 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. The 1st change over will be at the bike. The swimmer will run to transition area and handover the baton (timing chip) 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 hand over the baton (timing chip) to the runner (waiting next to bike rack number.). The runner will then complete his/her leg and finish at the finish line.

Under 15's can race completing the swim or run leg in a Team of 3. Swimmer minimum age is 11yrs & runner is 13yrs. Age on 31st Dec.

THE EVENT-

Swim – 400m (16 lengths). No wetsuits needed!

The swim will be in a 4 lane, 25m pool. Competitors are expected to be on poolside 15mins before their start time. The swim marshal will group the swimmers into waves, with 4 swimmers to a wave and each wave starting every 4mins.

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 4 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 150m run on paths & grass, please be careful) and find your bike. The surface is tarmac & grass & will be swept clean, but if you want to wear shoes for this section then place your shoes outside near the fire doors on exiting the pool.

Bike – 20km (Download map from website)

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!!!!**

The bike course will be an out & back undulating course. See map on website – www.4lifeeventsuk.co.uk

Turn left out of transition onto Lantern Lane & **turn right** at the first Round about please take care at this point, giving way to oncoming traffic. From here, follow the road down across the next round about and head towards Gotham & turn left at the mini about. Take a left at the next mini round about & head for Kingston on Soar. Through the village & turn left at the T-junction under the bridge, continue for approx ½ mile & turn left before the bridge, after cycling over another bridge, turn left at the x roads & follow the same route back to East Leake turning left at the very first round about onto lantern lane & head for the transition area. Please respect the fact that all volunteers/Marshall's have given up their day so that you can race and the event would not be possible without them, so please abide by their decision - they are there for everyone's safety. Dismount at the DISMOUNT LINE and then run with your bike into transition and rack it in exactly the same place you left from. Once your bike is racked, you are permitted to take off your helmet, change to your running gear and head out of transition. **Dangerous cycling will not be tolerated at 4Life events – you have been warned!**

Run – 5Km (3 laps). NO BANDS TO COLLECT!

Exit transition through the RUN OUT gate and join the run course. Again, as in the swim, it is your responsibility to make sure you have completed the required 3 laps!

On leaving the transition area, follow the race marshal's directions & signs onto the paths near the school turning right leading onto the quite country roads and bridle paths. At the top of the track turn around traffic cone and marshal and head straight back down the same track returning to the school grounds. On returning to the schools grounds, be careful at the crossing where you join the path completing a lap around the primary school. The route will be 3 out & back flat laps. Turn around points will be marked by RUN TURN signs & race marshals. Please be aware that although these lanes are very quiet, it is possible that occasional motor vehicles may be using them.

Grays Cycle Maintenance will be at the event (early Sunday morning) offering **PRE - RACE GEAR & BRAKE CHECK/ADJUSTMENT ONLY £5*** For **Pre-Race Day** servicing and repairs please contact: **Mark Gray 07889522482**

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 BTF Day Licence or as part of the BTF Membership. If you need any more information on these please visit

www.britishtriathlon.org

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Results –

Timing chips will be used on this event for the first time making it possible for you to view your time soon after crossing the finish line. Please hand your timing chip back at the finish. If you lose your chip you will be charged! A provisional set of results will be published on the day; any disputes or amendments must be made immediately via the race directors/referee **ON THE DAY**. A full set of FINAL results will be available on www.4lifeeventsuk.co.uk the Monday following the event.

Prizes –

The presentation will be approx 30mins after the last finisher. Prizes will be awarded to **3 Males & Females overall, 1st Team and 1st, 2nd & 3rd Male & Female in each age group 15-19yrs, 20-29yrs, 30-39yrs** and so on. **Please try & stay for the presentation, we will not post trophies after the event.**

Refreshments –

Hot & cold snacks will be available throughout the race near the transition area.

Further information –

Please note that will not be checking emails 4 days prior to the event so contact 4Life Events before on www.4lifeeventsuk.co.uk or call Dean (**IF URGENT**) on 07719386447. Please understand that we will be busy the week before the event!

Thanks –

4Life events would like to thank all the marshals/volunteers, whom without the event would never happen. All the staff at East Leake Leisure centre, Specialists running retailer Up & Running, 4Life Tri Club & all those that made it possible to run this event. Please respect the fact that all volunteers/Marshall's have given up their day so that you can race and the event would not be possible without them, so please abide by their decision - they are there for everyone's safety.

4Life events and 4Life Tri Club again would like to thank all marshals and volunteers and Leisure centre staff for all their hard work and support. **Thank you.**

Have Fun & enjoy the event!

Dean & Rich
4Life Events Race Directors



If you enjoy the event & are looking for a friendly and competitive Tri Club to join, train more regular & receive coaching on all three disciplines, why not join 4Life Tri Club at East Leake and Keyworth Leisure centres. Visit www.fourlife.com for more details.



www.purpleharry.co.uk



Triathlon holidays



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