



Capernwray Dive Centre, Over Kellet, J35 off the M6, Postcode: LA6 1AD

We would like welcome you to the quarry and are certain you will have a great experience swimming in the famous clear spring water.

PARKING

Parking is available at the Dive Centre, please note the centre can get extremely busy so please follow instructions given as you enter the Centre.

REGISTRATION

Registration for the June, July and August events will be open from 17:30 and takes place in the Cafe. The September event will be from 16:30. Please allow yourself plenty of time to register and rack your bike. At registration you will be given a timing chip, swim cap and your number written on your arm and leg. You will also be asked to check your emergency name and number.

FASTENING OF TIMING CHIPS

Please fasten the timing chip strap around your LEFT ankle. The strap is a simple Velcro strap. Please ensure is it fitted securely to your ankle.

TRANSITION

Transition is in the car park and will be easily identified. Please rack your bike according to your number.



COMPETITOR CONDUCT

Competitors are reminded that they share both the facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event 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 the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

RULES GOVERNING THE HIGHWAY

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 and follow the Highway Code. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ. It is also illegal and may result in a prosecution by the police.

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

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law.

NON DRAFTING

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring ten metres long by three metres wide, which surrounds every cycle on the cycle course (approximately the size of an estate car). The front edge of the front wheel defines the centre and top edge of the rectangle. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone.

A maximum of 20 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and DQs will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

CYCLE HELMETS

Cycle helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

BIKES

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon Federation.

RACE INFORMATION AND TIMINGS

Transition area opening times are 17:45 for the June-August events, from 16:45 for the September event. Only competitors will be allowed into the transition area. The Transition area will remain open for bike collection, please be aware of people in transition who are still racing.

RACE BRIEFING

There will be a short race briefing by the waters edge at 18:45 for the June, July, August events. For the September event race briefing will be 17:45. Please attend this race briefing as any last minute changes, as well as any questions will be answered here.

TIMING AND RESULTS

Please ensure your timing chip is in place on your left ankle for the duration of the race using the strap provided. There will be a timing mat on the swim exit, transition exit and at the finish line. When you have crossed the timing mat at the finish, please remove your chip & strap and place in the bucket provided or pass to a member of the team. Results will be live and a text will confirm your finish time.

PRIZE PRESENTATION

There will be prizes presented as the athlete's finish. Prizes will be awarded for the following categories: Open Male 1st, 2nd and 3rd. Open Female 1st, 2nd and 3rd.

COURSE DETAILS

SWIM 500m (ALL COMPETITORS)

Deep water swim starts allows you time to acclimatise and position yourself according to your ability. Please note the turn buoys do get congested. If you experience any problems to alert a member of the safety team float on your back and wave your arms. Please note the water temperature prior to entry and swim socks and gloves are permitted. Wetsuit hire is also possible. Please email tasha@t2.events with your height and weight.

There is a 25m run to the transition area, please be careful running barefoot.

BIKE 10 miles (TRIATHLON ONLY)

For the bike section signs will be in place similar to those pictured right. After leaving transition push your bike to the mount line, which is at the entrance to the Dive Centre. There may be traffic from the right or left, so listen to the directions of the marshal. When clear mount your bike, moving onto the left hand side of the road.

If you experience any mechanical issues on the bike alert another event participant who will then alert the next marshal they come into contact with. They in turn will then contact the sweep vehicle who will attend. Please stay on the course.

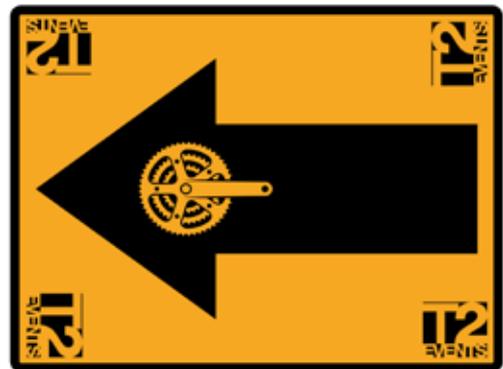
View the bike course here: <https://www.strava.com/routes/15485621>

RUN 5km (TRIATHLON & AQUATHLON)

For the run section signs will be in place similar to those pictured below. There are no drink stations on the run course, so please ensure you carry sufficient provision or you are suitably hydrated before you commence the run.

Please be careful when crossing the road outside transition area.

The majority of this course is on the canal path so traffic free but can be slippery under foot if it has been raining.



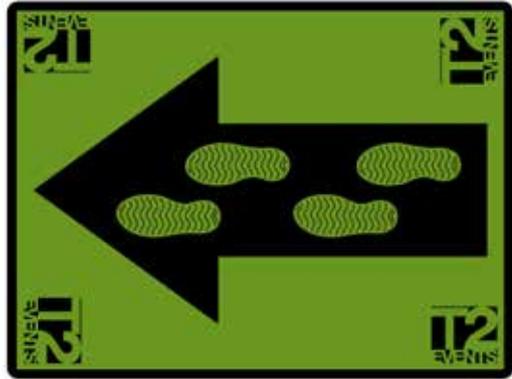
RUN 5km

Please ensure you run on your left to avoid any collisions.

This is an out and back course at the turn go around the marshal and retrace your steps to transition area and finish line.

View the run course here:

<https://www.strava.com/routes/16028201>



STRAVA

You can join the club here: <https://www.strava.com/clubs/T2Events>

On behalf of T2.Events all the team we would like to wish you good luck and hope you have a safe and enjoyable event.