



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

COVID19 update

We are delighted to be back at the centre and can't wait to see you all. A few points before reading on. Please if you feel unwell or think you have symptoms of the virus stay at home, get a test, drop me an email and I will happily transfer you to a later event in the season.

To avoid a gathering of people on the day a video briefing is viewable on line. Please ensure you watch this.

Self registration will be outside the building near transition / finish area. You will give your name to Val and be highlighted in here you will be told your race number. You can then collect a timing chip which is on the racking at your transition place. Please bring your own swim caps.

There will be no mass start, we aim to have athletes filtered in over the start line which will be on the slip way. This enables us to spread you out around the course. This of course has its own implications; you may find yourself alone during the event. We will be marking the bike and run route to the high standards we always have, but please take time, refresh your memory. We will have a sweep vehicle should you need help. We encourage you to ride with your mobile and call for assistance should you need too.

Its been a while but we hope you can join us and enjoy the evening.

Tasha

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 will be open from 17:30 and will take place outside near transition.

At registration you will give your name and be told your bib number. Please bring your own swim cap.

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 T2.

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 17:30. 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.

The transition area also includes those taking part in the Aquabike and Aquathlon.

RACE BRIEFING

Video briefing

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. Results will be live and a text will confirm your finish time.



COURSE DETAILS

SWIM 500m



Due to the rolling start you won't have much time to acclimatise so if you need pop in the water before 6:50, after this time we will call everyone out in preparation for the start. If you experience any problems to alert a member of the safety team float on you back and wave your arms.

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



BIKE 10 miles

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>



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.

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

The run route adopted for last years events is remaining. Please visit the web site for a written and photographic description.

View the run course here:

<https://www.strava.com/routes/2710811878523382756>

STRAVA

You can join the club here:

<https://www.strava.com/clubs/T2Events>

On behalf of T2.Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

RUN 5km

For the run section signs will be in place similar to those pictured right. 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.

