



### KENDAL SPRINT TRIATHLON

Kendal Leisure Centre [LA9 7HX](#)

We would like to wish all of you who have entered this event good luck with your final preparations for the race, we request that you read all the details outlined in this race information and email with questions before the event day.

### PARKING

Parking is available at the Leisure Centre.

### REGISTRATION

Registration will be open from 06:30 and takes place outside to the right of reception as you enter the Leisure Centre. Please produce photo ID.

Ideally you should attend registration at least 45 minutes before your wave start time.

You will be given a race pack at registration with the following:

- One race number, please use a race belt, ensuring you turn it round to the back for

the bike and front for the run. These will be available to purchase for £5.

- Labels are for your bike and helmet.

At registration write on your hand your race number to collect the correct timing chip at the poolside briefing.

Rack your bike, cycling and running equipment in the transition area. Please be aware that other waves may be racing already when you come to rack your bike.

Report to poolside, shallow end 15 minutes prior to your start time for race briefing.

**ALL RELAY MEMBERS ARE TO ATTEND THE BRIEFING – CYCLISTS AND RUNNERS WILL NEED TO BE ON POOLSIDE**

Your timing chip will be allocated on pool side after your briefing and should be worn on your left ankle throughout the race.

### SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event.

### TRANSITION

Transition has changed this year and is now in the car park area. This will be open from 06:30 you should register first and then rack your bike on your bib number.

### COMPETITOR CONDUCT

Competitors are reminded that they share both the pool 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. 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 Event 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 meaning competitors are not allowed to take shelter behind

or beside another competitor or motor vehicle during the cycling segment of the race.

### **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.

### **START TIMES**

Wave times have been allocated by estimated time and will be confirmed by the Wednesday prior to the event. It is estimated that women will start from 07:15 with the visual impaired wave taking place at around 08:00 followed by the male waves. Please note, once the swim times have been set, you cannot swap waves – please don't email and ask.

### **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 entry of transition 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 confirmed by the following tuesday.

## COURSE DETAILS

### SWIM 400m



The 400m swim will be conducted in a series of waves. The wave times have been selected using your submitted estimated swim times (Slowest first). Each lane will contain three to four swimmers, set off by a countdown at 10 second intervals in a specific order.

Lane 1 will swim anti-clockwise, Lane 2 clockwise and so on.

**ALL COMPETITORS WILL PUSH START IN THE WATER, DIVING INTO THE POOL IS NOT ALLOWED AT ANY TIME. TUMBLE TURNS ARE ALLOWED.**

The lane order has been selected on swim times, however, if you do catch the swimmer in front, please tap their feet a couple of times, it is then the responsibility of the swimmer in front to let you pass at the end of the current length. Please be patient and do not attempt to overtake during the length.

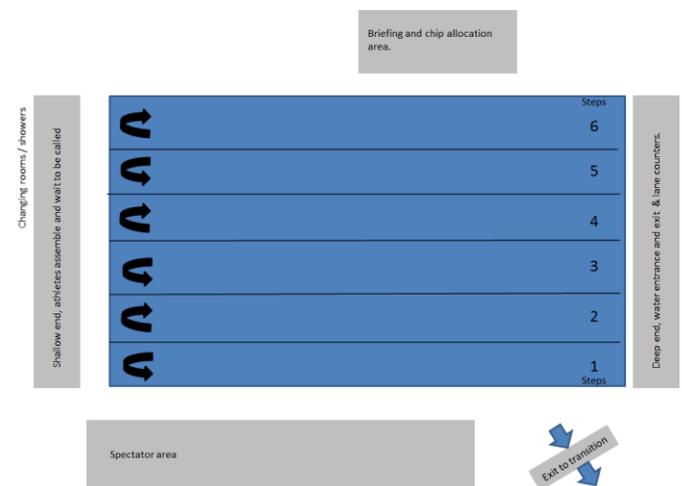
On completion of 14 of the required 16 lengths a "2 laps to go" board will be placed into the water in front of you.

**YOU ARE ULTIMATELY RESPONSIBLE FOR COUNTING YOUR OWN LENGTHS DO NOT RELY ON THE LAP COUNTER.**

When leaving the pool you do so by the fire exit to the front of the Leisure Centre and proceed to the transition area. Please be careful running barefoot. Be aware of runners from earlier waves exiting transition.

**ALL CLOTHING MUST BE IN TRANSITION, IT IS NOT ALLOWED ON POOLSIDE.**

**There is a swim cut off time of 15 minutes. If you fail to swim your required distance in that time you will be asked to leave the pool. You will be allowed to continue the event and your swim time will be recorded as 15 minutes.**





### **BIKE 11.5 Miles (18.5km)**

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

After exiting the bike transition area push your bike to the Zebra crossing and mount as instructed. You will ride a neutral section through two sets of traffic lights. This will ensure you take no unnecessary risks. A timing map will be placed after the second traffic lights and your effort can start up hill towards Oxenholme. It is an out and back course so the same neutral zone is repeated on your way back towards the leisure centre from the traffic lights.



The roads are not closed and it is your responsibility to ride according to the Highway Code at all times.

View the bike course here:

[Kendal triathlon neutral zone | 0.7 km Road Cycling Route on Strava](#)

[Kendal Sprint Triathlon Bike Route | 18.7 km Road Cycling Route on Strava](#)



### **RUN 3.3 miles (5km)**

For the run section signs will be in place similar to those pictured right. There will also be spray markings on the path "TRI" There is another even taking place on a similar course at 11:00 so please stay alert and make



sure you are following the correct course. 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.

After racking your bike you will proceed along the cycle track towards Parkside road. Take care when crossing this road and continue along the canal path. The track then changed from tarmac to gravel and could be more suited to trail shoes. The run is around the castle followed by a steep descent so please take extra care here. The event will finish behind the leisure centre to avoid a concentrated gathering of people around the centre.

View the run course here:

[Kendal Sprint Triathlon Run | 4.9 km Trail Running Route on Strava](#)

We thank you for your entry and support and look forward to sharing the event with you.

Kind wishes

Tasha and the T2Event Team

