

Club Relays Triathlon

Saturday 22nd August 2009

BTF NATIONAL CLUB CHAMPIONSHIPS

PROVISIONAL RACE INFORMATION



Welcome to the Club Relays.

We are pleased to announce that the Club Relays has been selected to act as host by the BTF as the 2008 National Club Championships

Future Updated race information

We would like to wish all of you who have entered this event good luck with your preparation and training for the race. We request that you read fully all the details outlined in this race information but please note that all information attached in this race information is currently **provisional**.

FINAL RACE INFORMATION will be posted on the web one week prior to the event. Please ensure that you download the updated race information at that time.

Confirmation of Entry

Clubs who enter online will be automatically forwarded a confirmation of entry by e-mail. Applicants who apply using a postal entry will not receive any form of entry confirmation and are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application.

Pace Setter Events can not be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

Directions to Holme Pierrepont

Holme Pierrepont, the National Water Sports Centre, is located just off the A52 on the outskirts of Nottingham

Sat Nav Detail: NG 12 2LU

Accommodation

There is a vast array of accommodation in and around Nottingham and close to the centre including accommodation at the centre itself and camping immediately adjacent to the course. Please ensure that you book well in advance if intending to use the camping site or accommodation at Holme Pierrepont

| | |
|-----------------------------------|-------------------|
| Holme Pierrepont – Venue/Accom | Tel. 0115 9821212 |
| Holme Pierrepont – Camping | Tel. 0115 9824721 |
| Additional Accommodation in Nottm | Tel. 08444 775678 |

Parking

Please follow the marshals and parking signs to the Official Triathlon Car Park. Competitors' parking is on the far side of the regatta course, 100 metres past the main entrance. It is vital that you do not use the car park at the main entrance, since this is part of the run course, and entry to this area is only possible with an officials parking permit. Overspill parking is also available on the Slalom Course, but please be aware this is a 10 minute walk from the Race HQ. All vehicles are left in all respects at owners' risk

Catering

Food will be available from various food vendors on race day. Please keep the area tidy and put all litter in the rubbish bins provided. Please note bar-b-q's are not permitted in the race village, which is the area immediately behind the finish line. This is a requirement of the venue under the health and safety rules.

Rules Governing this Event

BTF Rules and Regulations

The event will be held under the rules of the British Triathlon Federation and competitors are advised to familiarize themselves with the rules and regulations. That will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defense! If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

BTF National Championships Team Categories

This race is the National Relay Championships for the following categories. Male, Female, Male Vet 40+, Male Vet 50+, Female Vet 40+, Female Vet 50+, Male Junior, Female Junior and Mixed teams.

Team Category

The following are the requirements for the different team categories:

Male - Four males, any age

Female - Four female, any age

Mixed - Two male & two females

Male Vet 40 + - Four males all over 40 years as at 31/12/2009. British Triathlon Age Group H, I, J, K, L, M, N

Female Vet 40 + - Four females all over 40 years as at 31/12/2009. British Triathlon Age Group H, I, J, K, L, M, N

Male Vet 50 + - Four males all over 50 years as at 31/12/2009. British Triathlon Age Group J, K, L, M, N

Female Vet 50 + - Four females all over 50 years as at 31/12/2009. British Triathlon Age Group J, K, L, M, N

Male Junior - Four males all over 15 & under 20 years as at 31/12/2009. British Triathlon Age Group A, B, C

Female Junior - Four females all over 15 & under 20 years as at 31/12/2009. British Triathlon Age Group A, B, C

British Triathlon Licenses & Team Eligibility

Athletes wishing to compete for National Titles must be full members of the British Triathlon. Any team containing non - British Triathlon members will NOT be eligible for National Titles.

All non British Triathlon members will be required to £5 for a Day License at registration. Athletes wishing to be eligible for National Championship awards must race for the team/club that is shown on their British Triathlon License. It is possible to change teams / clubs 28 days before the event, please contact British Triathlon. There will be a British Triathlon information stand at registration for all British Triathlon queries but it is not possible to join the BTF on the day. For further information contact the British Triathlon HQ on 01509 226161 or www.britishtriathlon.org

Terms and conditions of Entry

Terms and conditions of entry are clearly stated on the website www.pacesetterevents.com. In making the application competitors have agreed to abide by these terms and conditions of Pace Setter Events and abide by the regulations of the governing body.

Course Etiquette

Please note that under no circumstances are any team officials or spectators allowed on the race circuit. For the purpose of both insurance and safety of competitors only officials with appropriate accreditation are permitted on the race circuit. If you are not acting in an official capacity on behalf of the race organisers, then you should neither walk on the inside of the course nor attempt to cross the circuit at any point on the course. Any team members or officials who do not comply with this ruling risk the possibility of time penalties being added to their team results

Competitor Conduct

Competitors are reminded that they share both the park facilities and the highway with other citizens who may or may not be fully aware of the event.

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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 both the venue and the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

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 seven metres long by three metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (metre 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 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back. Time penalties and DQ's 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.

Helmets

BSI, ANSI or SNELL approved hard shell 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 Numbers

Each team will be issued with four sets of TWO body numbers per athlete. These numbers are colour coded and must be worn in the following sequence. RED - WHITE - BLUE - YELLOW.

The numbers must be clearly visible on your back for the bike and your front for the run. - Please bring your own 8 pins. Do not cut or fold these race numbers as penalties will be issued for number mutilation. Elastic belts for race numbers are permitted.

BTF Licenses

DO NOT FORGET YOUR BTF LICENCE

For insurance purposes all team members are required to be in possession of either a current valid BTF License or for non BTF members a Day License purchased specifically for this event.

All athletes who are members of the BTF must produce their BTF race licenses at registration. If you forget your license, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day license at registration even if you claim to be a BTF member. Your license is THE ONLY ACCEPTABLE proof of your insurance.

Important information

BTF Status

If your team members are not already British Triathlon members each non British Triathlon affiliated athlete will be required to buy a BTF Day License for £5.

Whilst this license is used to cover insurance it does not entitle the athlete to full BTF membership rights and hence the team will not be eligible for the BTA national titles awarded on the day but instead the team will be placed in the non-affiliated category.

All teams which have a ratio of 3:1 either male to female or female to male will be placed into the Open Category. This is a non BTF category and as such is not recognised for National Titles. Any athlete not providing a current BTF license will be required to purchase a day license

Pre Event Team Registration.

Pre event registration listing the sequence of athletes racing must be completed in advance of attending the event. This is required to facilitate the smooth running of procedure on the day.

The sequence can be submitted on the Team Registration Sheet can be submitted electronically or on paper & faxed to our office at least 5 days before the event. The Team Registration Sheet is on the final page of this race information.

Registration Procedure and Timings

Team Captains only are to register teams

As Team Captain you will be required to ensure that all of your team knows & understands all the information about this event. As Team Captain, you will be required to ensure that we, the race organisers know all the required information about all of your team members, including any medical conditions of your team members.

We require you to complete a team registration sheet for each team separately; prior to entering the registration.

Registration

Registration will take place in the Patio Room in the main building at Holme Pierrepont. This is located on the first floor immediately beside the main reception desk.

ONLY Team Captains or other nominated persons are allowed into registration.

Registration Times

Friday August 21st 6pm and 8.30pm

Registration will be open for all categories
Please note: NO BIKE RACKING ON FRIDAY.

Saturday August 22nd

Morning Registration 6.45am and 8.30am
Open for [all categories](#)

Afternoon Registration 12.00 pm and 1.15pm

Open for male, male vet and male junior categories only between.

There will be no registration outside of these times. It is the responsibility of the team manager or another nominated party to register on behalf of all of their team members

Registration Procedure

1 Phase one - Number Identification

On arrival at registration, find your race number from the lists displayed at the entrance.

2 Phase two - License check

Here you will be required to hand in your Team Registration Sheets if you have made any changes to the people or sequence of your team already submitted.

At this point, please show ALL corresponding 2009 British Triathlon Race Licenses. Please ensure that your competitors are registered in the right order, since failure to do so could result in disqualification. If you have a query, please see the HELP DESK

If you have applied for a BTF Day Licenses when entering, these will be issued to you at this point. If you did not apply for a BTF Day Licenses, then you will be required to show ALL YOUR TEAM 2009 British Triathlon Federation Race Licenses. If you are unable to do this, for any reason, then you will be required to purchase one for each non member at a fee of £5 per license before being allowed to register. There will be NO exceptions to this ruling

3 Phase three - Race documentation

Collect your race envelope, this will contain 2 x race numbers and 1 x frame sticker Please keep these safe, as they are required to allow entry into the transition area. 1 Helmet sticker.

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4 Phase four – Timing Chip & Wrist Band

Continue forward, collect your Timing Chip. Do not lose your Timing Chip as you will need it to race. You will also be provided with one wrist band which must be used in transition and passed from each subsequent team member to the next by way of assuring a clean transition between team members.

5 Phase five – Race Goody Bag

Next collect your event Goody Bag. Please note that Registration will operate a "one way" service, please enter in one door, collect your race numbers, etc and exit through the other door.

Race information and Timings

Course Reconnaissance

You are not permitted to swim in the regatta lake at any time, other than during the race. However, you are permitted to cycle the bike course up to 8.15 am after which the course will be cleared of all competitors.

Race Briefing 8.45am & 1.50pm

There will be a compulsory race briefing for all competitors at 8.45am for the morning wave.

1.50pm for the afternoon wave in the transition area. This will be heard over the PA system. This will take place in the start / finish area of the course immediately below the tower.

Transition Area Timings

For teams competing in the morning, transition area will be opened from 8am on Saturday morning. We recommend that the first two team members of each time rack their bikes before 8.30am. Transition will close at 8.45am. No bags or race kit (other than your cycle helmet) can be taken into transition.

For teams competing in the afternoon transition area will be opened from 1.30pm on Saturday afternoon. This will be confirmed by PA announcements. We recommend that you arrive at transition immediately it is opened so as not to delay the race start.

Transition for the first two team members will close 10 minutes before the race starts. The following team members may not enter their transition area until their previous team member has commenced that discipline.

Team Order

Each team will be allocated a race number, which can be found on www.pacesetterevents.com 5 days prior to race day.

At registration, your team will be issued with four colour coded race numbers which relate to the sequence of your team members in the race which should correspond to the order of competitors as submitted on your entry form or Team Registration Form.

Please confirm all details to info@pacesetterevents.com regarding team members & sequence at least one week before the event. Failure to comply with this request will result in delays in registration for your team on the day

The sequence of colours is:

Red [1] – white [2] – blue [3] – and finally yellow [4] which also corresponds with your swim hats

Transition Area Rules

This is a high security area. Only competitors wearing their number will be allowed in any of the transition areas. No spectators or press will be allowed in.

You must rack your bike with your cycle helmet in the allocated numbered space if there is a problem please approach an official.

No riding is allowed in the transition area at any time. You will mount your bike at the designated line outside of the transition area on your way out and dismount on the road just outside the transition area when you return.

Course Reconnaissance

You are not permitted to swim in Rutland Water at any time other than during the race. The bike and run course will be set up from Friday afternoon.

Start Times

Morning 9.00am wave

The first wave will take place in the morning and will consist of: Female, Female Vet 40+, Female Vet 50+, Female Junior, Mixed & Open teams. Mixed teams must consist of 2 females. Open teams are those that do not fit into any of the British Triathlon categories & will not be eligible for National Championship Awards.

Afternoon 1.45pm (approx) wave

The second wave will take place in the afternoon and will consist of: Male, Male Vet 40+, Male Vet 50+, Male Junior teams & a small number of Open teams.

Please check that you have been allocated to the correct team category as failure to do so will result in problems with the results. **Please note that any athletes / racing in the wrong wave will be automatically disqualified.**

Cut Off Times

In order to facilitate the smooth running of the event in terms of timings we are forced to place restrictions of times to 4 hours and 45 minutes. Taken on historical data this establishes that over 95 % of all teams racing in previous years have come inside that cut of time. We hope that this will not inconvenience any teams on the day. Should your team be outside of that time the last two runners in a team will be permitted to run together, though their final time will not count in the results which will show a DNF. Officials will advise teams in T2 when this ruling applies

Timing and Results

Electronic Timing

To ensure quicker and more accurate times and results your team will receive a timing transponder to use whilst racing. Please note that this transponder is to be worn only by the 4th competitor in the team.

When fitting your transponder it is useful to smear a small amount of lubricate around your ankle to stop any chaffing. Using this cutting edge technology will mean results, discipline splits and category positions will be updated live as teams pass the finish line. There will also be a large display providing live results to all competitors and spectators in the expo area. When you have finished the race, please remember to return your timing transponder to our officials in the transition area. Failure to do so will result in a £25 charge being made to the team for the loss of equipment.

Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

DO NOT RE-CROSS THE FINISH LINE AGAIN ONCE YOU HAVE FINISHED.

Results

Provisional results will be updated constantly on the plasma screen in the race village. A set of provisional results will be available to download later the same day from www.pacesetterevents.com. Any queries relating to provisional results posted on the web must be e-mailed to relays@pacesetterevents.com by Wednesday 26th August 2009, after which time all results will be deemed as final and complete.

Time Penalties & Appeals

The issue of time penalties will be posted on the results board by the race referees. (No other officials have the right to award a penalty and all penalties must be directed through the race referee). If you have a query over any results please inform us immediately on the day. All appeals must be issued in writing to the BTF appointed referee within 1 hour of the penalty being posted

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Prizes and Presentations

Prize Giving

Prize giving for all morning categories will take place in the race village immediately adjacent to the finish line, immediately after the completion of the morning race at approximately 1.30pm or whenever the last team crosses the line. Presentation for the afternoon waves after the completion of the afternoon wave as soon as the last competitor crosses the line which is anticipated to be 6.30pm.

Trophies

Trophies will be awarded to the following categories outlined below along with BTF National Championship medals (please note BTF National Championship medals are issued subject to all team members having valid BTF membership.)

BTF and Pace Setter Awards will be presented in first second and third overall in the following categories Male, Male vet 40+, Male Vet 50+, Male Junior, Mixed, Female, Female Vet 40+, Female Vet 50+, Female Junior., Pace Setter Events awards will be presented irrespective of BTF Membership

Athletes are required to attend the presentation to receive their awards.* Age category shall be determined as at 31st December in the current year.

Course Details

Swim 400m (1 lap) - Bike 15km (3 lap) - Run 5km (1 lap)

Swim - 400 metres

On exiting the swim after 1 x 400 metre lap all swimmers are requested to leave their swim hats on until they have tagged their next team mate. Individual competitor timing splits will not be issued, but the whole team swim split will be given in the results based on the first cyclist leaving the transition area. The regatta lake may be cold and triathlon wetsuits may be compulsory subject to the water temperature as determined by the referee on the day in line with BTA rules.

Water Safety

There will be numerous canoes in the lake to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. Remember keep the buoys to your right. All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. Be careful entering the open water swim if you are unwell. You are advised not to drink the lake water.

Bike - 15km (3 laps)

This is a 5 km lap course and competitors are required to complete three anticlockwise circuits. The bike course is flat and fast but has some extremely tight right angle corners. Please note that the first team member (the red team member) starts from a different transition area immediately in front of the grandstands. See attached transition map for details.

BIKE ON THE LEFT AT ALL TIMES! RUNNERS WILL ALSO BE USING THE SAME COURSE.

Approved hard shell helmets will be compulsory must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until you have dismounted. This race is a non-drafting race for all categories out on the bike course and the 'two minute time penalty rule' will be in force. Please ride on the left and overtake quickly on the right before returning to ride on the left.

Run - 5km (1 lap)

This is a one-lap circuit that runs clockwise around the perimeter of the regatta lake and encompasses some grassed sections. Runners were possible should run on the grass verge to avoid conflict with

oncoming cyclists. Please note once again that the first team member (the red team member) starts from a different transition area. See enclosed transition map for details.

PLEASE RUN ON THE LEFT AT ALL TIMES! CYCLISTS WILL ALSO BE USING THE SAME COURSE.

All competitors will have to run one loop before tagging the next team mate in the appropriate transition area. When your final runner has completed their lap they should continue through the finish straight and under the finish gantry.

High 5 feed station

There will be a drinks station on the run loop on either side of the regatta lake and on the finish line which will be serviced by High 5 sports nutrition

Other Relevant Information

On Course Nutrition by HIGH5

High5 are once again providing the on-course drinks at this year's Vitruvian. High5 have a range of new high performance drinks that are leading the world. Follow the link at www.highfive.co.uk to watch a short video and to download the **Triathlon Race Faster Guide** from High5.

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application. Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request. It could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day - don't race!

Photography

Revolution Images will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to www.revolutionimages.co.uk

Race Office Closure

The Pace Setter Events race office will be closed from 18th August at 5pm. Please do not send emails regarding this event, as we will be on site setting up and unable to answer your messages.

Relays Volunteers - Can You Help

The Club Relays can not run smoothly without the help of many volunteers. All volunteers will receive an exclusive event shirt, food & drink. If you have friends or family that will be supporting you at the race, why not ask them if they would be willing to give up a few hours to get involved & help. Volunteers are required in and around transition, on the bike and run course as well as on the feed stations. You do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day. If you would like further information about becoming a volunteer please contact us from the website or by e-mail on relays@pacesetterevents.com

And Finally

On behalf of Pace Setter Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event. Whatever your reason for racing we hope you Race Hard and Race Well as well as Race Safe and Race Fair.

Yours in sport

MARK SHAW & IAIN HAMILTON

e-mail relays@pacesetterevents.com
Website www.pacesetterevents.com

NB. These details are true and correct at date of publication but are subject to change without notice

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TEAM ORDER SEQUENCE CONFIRMATION

Club Relays

Saturday 22nd August 2009

To be forwarded to Pace Setter Events no later than 17th August 2009

| | |
|--------------------------|-----------------------|
| Team Captain First Name: | Team Captain Surname: |
| Address: | Club |
| Tel: | E-Mail |

Team Details

| | | | | | | |
|-------------------------|--------|----------------|----------------|---------------|-------|------|
| Morning Race - | Female | Female Vet 40+ | Female Vet 50+ | Female Junior | Mixed | Open |
| Afternoon Race - | Male | Male Vet 40+ | Male Vet 50+ | Male Junior | | |

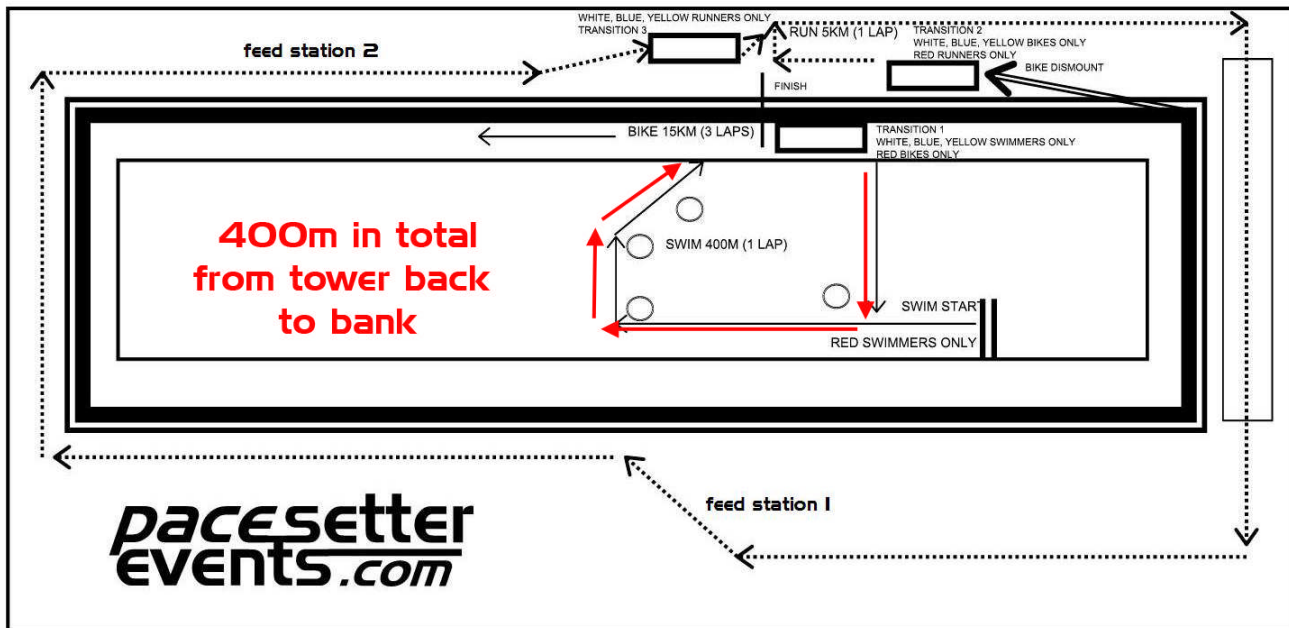
Sequence of Team Members

| No. | Surname | First Name | BTF Number |
|-------------|---------|------------|------------|
| 1 Red | | | |
| 2 White | | | |
| 3 Blue | | | |
| 4 Yellow | | | |

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PLEASE FAMILIARISE YOURSELVES WITH THIS MAP PRIOR TO THE RACE START: PLEASE NOTE THAT THE FIRST ATHLETE (RED) ALWAYS STARTS FROM A DIFFERENT LOCATION TO THAT OF THE REST OF THE TEAM



CLUB RELAY TRANSITION AREAS

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Other Events for 2009

| DAY | DATE | EVENT | LOCATION | PROMOTOR |
|-----------|-------------|------------------------|----------------------|--------------------|
| SUNDAY | 8-Feb-2009 | TCR 10K RUN | SANDOWN PARK, ESHER | ONE STEP BEYOND |
| SATURDAY | 7-Mar-2009 | CLUMBER PARK DUATHLON | NOTTINGHAMSHIRE | PACE SETTER EVENTS |
| SUNDAY | 5-Apr-2009 | MANSFIELD TRIATHLON | NOTTINGHAMSHIRE | ONE STEP BEYOND |
| SUNDAY | 26-Apr-2009 | SOUTHWELL TRIATHLON | NOTTINGHAM | ONE STEP BEYOND |
| SUNDAY | 10-May-2009 | WOODHALL SPA TRIATHLON | LINCOLN | ONE STEP BEYOND |
| SUNDAY | 24-May-2009 | DAVID LLOYD LINCOLN | LINCOLNSHIRE | ONE STEP BEYOND |
| SAT / SUN | 7-Jun-2009 | ROTHER VALLEY | ROTHERHAM | ONE STEP BEYOND |
| SATURDAY | 20-Jun-2009 | DAMBUSTER TRIATHLON | RUTLAND WATER, LEICS | TRANSITION SPORT |
| SAT / SUN | 19-Jul-2009 | WAKEFIELD TRIATHLON | WAKEFIELD | ONE STEP BEYOND |
| SAT | 22-Aug-2009 | CLUB RELAYS | NOTTINGHAM | PACE SETTER EVENTS |
| SUN | 23-Aug-2009 | NOTTINGHAM TRIATHLON | NOTTINGHAM | PACE SETTER EVENTS |
| SATURDAY | 5-Sep-2009 | THE VITRUVIAN | RUTLAND WATER, LEICS | PACE SETTER EVENTS |
| SUNDAY | 20-Sep-2009 | LAST MINUTE TRIATHLON | NOTTINGHAM | ONE STEP BEYOND |
| SATURDAY | 11-Oct-2009 | ROBIN HOOD 10K | NOTTINGHAMSHIRE | ONE STEP BEYOND |

LES-STABLES.COM

Triathlon Holidays - Dordogne France

Book Now for 2009

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