



## RACE INFORMATION PACK

It is very IMPORTANT that you take time to acquaint yourself with the OLT race instructions below.

### Leybourne Lakes Country Park

The Country Park is a public area and you must always be courteous to other park users. There is no coffee shop on site. From the A228 access is via the Ham Hill roundabout and into the main entrance to the park. Please use the overspill car park first do not drive to the Watersport Car Park. To get to the lake and transition which is at the Water Sports Centre walk down the gravel track to the left of the car park. Do not go down Lunsford Lane or park on that road.

#### Litter:

Please do not drop litter on the roads or the park. Tonbridge and Malling Borough Council has a 'Take your litter home' policy.

#### Toilets:

There are male and female toilets in the main car park. There will be 2 portable toilets available near the transition area.

### The Health Commitment Statement

Our mutual agreements to this race were in the terms and conditions of acceptance when you registered on-line. A brief summary is given below.

Your health is your responsibility. The Organiser is dedicated to helping you take every opportunity to enjoy your participation in the Events safely. With this in mind, we have carefully considered what we can reasonably expect of each other. This event has a basic first aid cover and an emergency response Hospital 3 miles away.

Concussion within 4 weeks of the event, seek medical advice before racing, concussion within 14 days of start our recommendation is to withdraw and race another day. Some other useful information for medical conditions can be found from your GP and:

Epilepsy Society - <http://www.epilepsysociety.org.uk/swimming-and-water-sports#.VsGxiFnLITI>

Open Water Swimming and its effect on your body-

<https://www.outdoorswimmingsociety.com/category/features/survive/cold/>

### British Triathlon Competition Rules:

All competitors should be familiar with the latest version of the British Triathlon Competition Rules as our races follow these rules. <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2018.pdf>

### Registration:

Registration will take place on the day and will open at 06:00 on a Sunday, and 18:00 on a Wednesday. The registration desk will be located near the transition area. Registration will close 30 minutes before the race start time on Sunday and 15 minutes midweek. You will be issued with a chip for race timing and for the Sunday sprint race stickers for helmet, bike, bag and a race number. It is your responsibility to ensure your bike is roadworthy and safe. A marshal will visually inspect your bike before entry to transition to ensure your helmet is the correct standard and fitting, brakes must work, stop ends fitted into handlebars.

### Race Briefing:

A race briefing will be conducted 15 minutes before the race start time and you must attend.

### Race Start Time:

Our Sunday Sprint races start at **07:30** and our midweek aquathlon races start at **19:00**.

### Race Timing:

Should you withdraw from the race you MUST return the chip to the RACE DIRECTOR or the BTF Race Official as soon as possible. There is a £25 charge for failure to return chip.

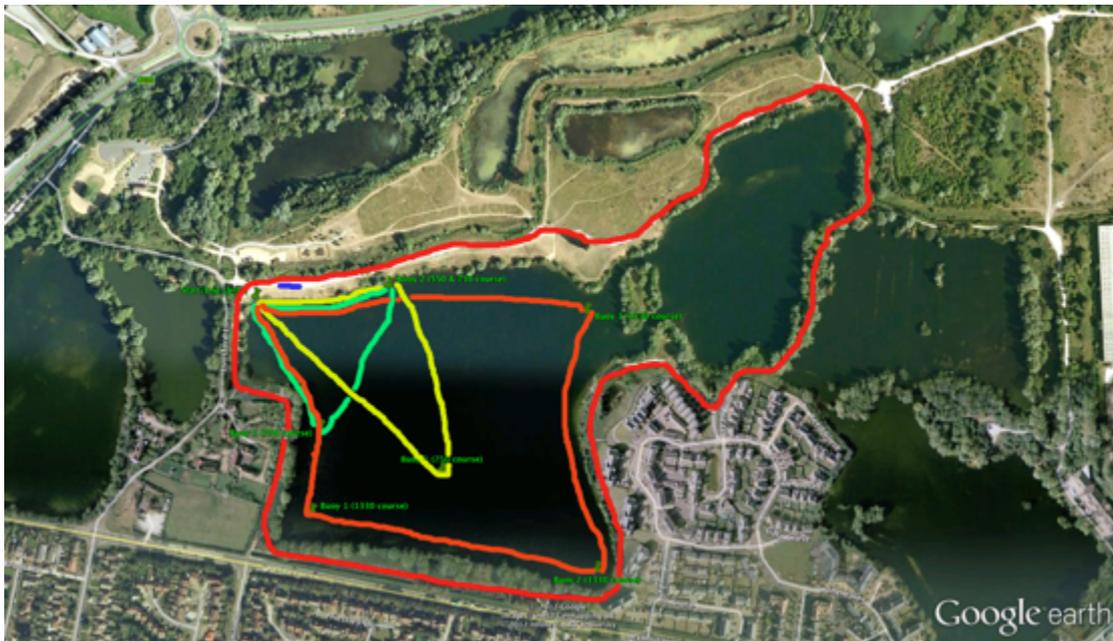
### Transition Area:

You will not be allowed to enter or leave with you bike without matching sticker numbers on the bike, helmet, body marking or race number. The marshal will advise where you can rack. This area will be marshaled and only competitors, marshals and Technical Officials will be allowed in the transition enclosure. The area must be free of all bags before the start of the race so it is **clear and safe** for all competitors. Your changes of shoes etc must not protrude from outside your bike area. Remove all none race equipment to the safe baggage location -container to right of transition. No phones or other mobile devices can be used in transition whilst the race is live. No earphones can be used during the race.

### SWIM:

Please remember to wear a **brightly coloured swim cap** at all times in the water. If this is your first event or you are not familiar with open water swimming or apprehensive please inform the registration team and we will issue a coloured cap and discuss any issues you may have. Our recommendation for slower swimmers or new to open water and mass starts is to congregate on the right side as you enter the water ideally. Ideally you should have training in Open Water Swimming – see our references on page 1 of this pack. Let the others get away and then join in, this may only delay your time by a matter of seconds but make your Open Water experience more enjoyable.

Picture 1: Swim Course – Yellow



Swimmers will be led around the **Yellow 750m course** by a kayak in a triangle format with two large bright yellow/green inflatable turn buoys.

Should you require urgent assistance in the water, please turn onto your back and raise your arm to wait for assistance. Do NOT enter the safety boat, listen for instructions, wait and decide if you wish to continue. The kayaks are for course guidance. On finishing the swim give yourself time to regain balance and stability. A marshal will assist you to exit the lake via the steps at the jetty.

### **Transition 1 (T1):**

On leaving the water take care as the route is a grass incline and may be wet and slippery. Make your way to the 'SWIM IN' around the top end of transition. Bike helmets must be fastened before removing your bike from the rack. On leaving transition proceed on foot with your bike to the 'Mount' point AFTER the speed hump.

### **BIKE:**

THIS IS DRAFT ILLEGAL RACE – please ensure you are familiar with The British Triathlon Competition Rule 5.5. This is not a closed road route so it is very important for your safety that you have awareness and consideration of other road users and members of the public at all times. Road laws must be obeyed at all times and you must keep left, near to the curb and only pass others when it is safe to do so. The route is marshaled at key points and will be signposted along the main carriageway.

It is the responsibility of the competitor to safely navigate the course, stop at any traffic lights etc. In the event of an emergency or equipment breakdown please make your way to the nearest marshal. If you pass a competitor in difficulty, please report this to the next marshal and give your race number. Motorbike Officials will be on the course and will be reporting anyone drafting and may receive a time penalty for the offence.

Unless otherwise stated this course is on UK roads and as such there may be areas of gravel, pot-holes, road wastage, ruts, unsociable drivers and other such areas of cyclist concerns therefore ride safely and sensibly and only overtake when safe to do so.

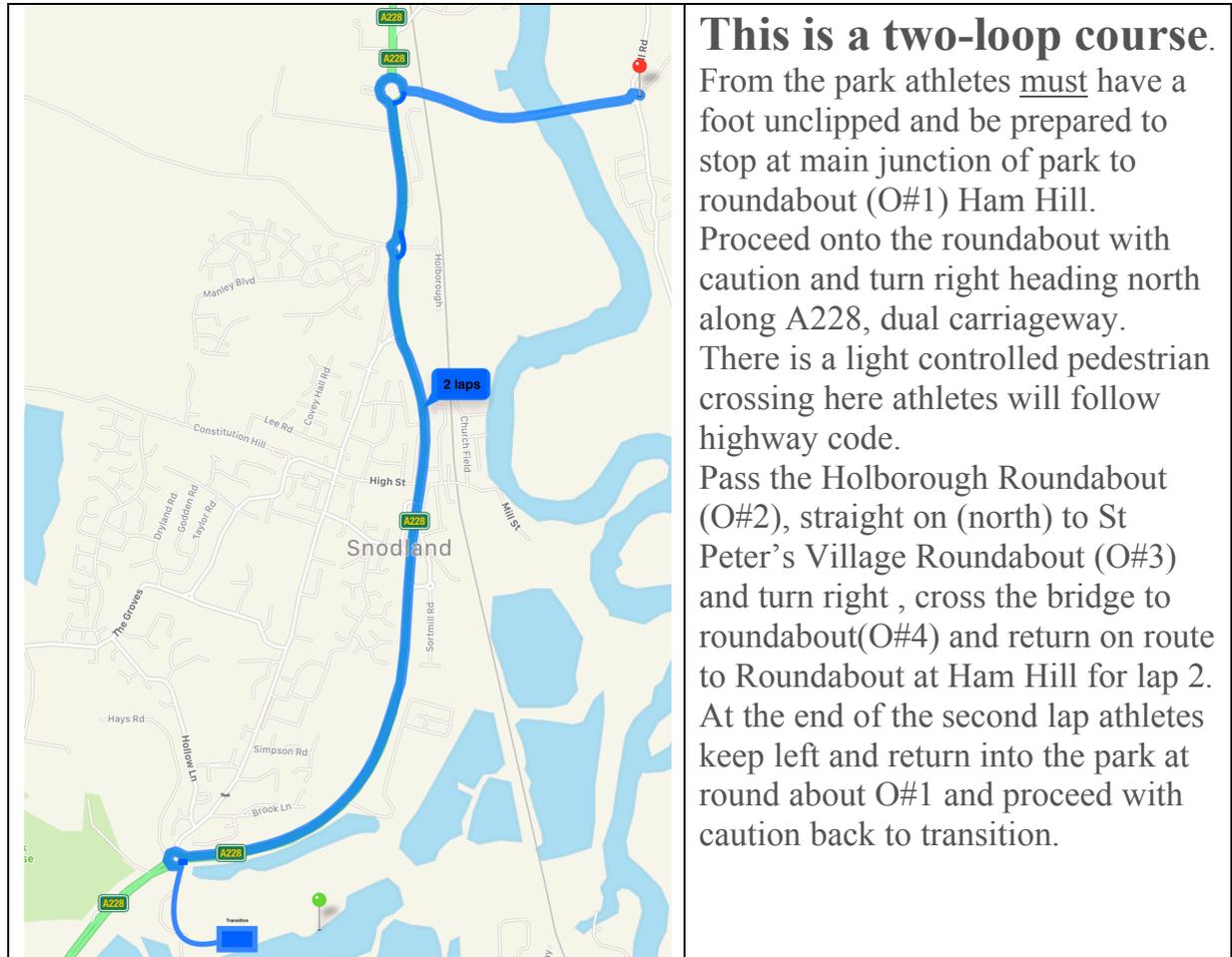
The bike course starts by crossing the wooden bridge to the gravel access road – care must be taken as it may be slippery. You will pass over a few speed bumps on leaving the Country Park - please take care. The exit from the park to Ham Hill roundabout #1 is a FOOT UNCLIPPED at junction rule. This must be adhered to even if it takes time out of your event. This is for your safety as you are entering a main A Road. Take the 4th exit continuing along the A228. Full details are in on the next page.

When you have completed your 2 laps of the bike course please dismount your bike BEFORE the speed ramp and then continue into Transition.

### **Transition 2:**

Please re-rack your bike, then remove your helmet before commencing the run. Exit at the 'Run out' point and then run with the lake on your left side.

Picture 2: Bike Course



### This is a two-loop course.

From the park athletes must have a foot unclipped and be prepared to stop at main junction of park to roundabout (O#1) Ham Hill. Proceed onto the roundabout with caution and turn right heading north along A228, dual carriageway. There is a light controlled pedestrian crossing here athletes will follow highway code. Pass the Holborough Roundabout (O#2), straight on (north) to St Peter's Village Roundabout (O#3) and turn right, cross the bridge to roundabout(O#4) and return on route to Roundabout at Ham Hill for lap 2. At the end of the second lap athletes keep left and return into the park at round about O#1 and proceed with caution back to transition.

### RUN:

On our Sunday Sprint races you will complete 2 (2.5km) laps of the lake. There may be members of the public in the park and loose dogs. Please run on the left side of the track and take care when passing. Please be courteous at all times to other park users. The track is gravel and a bit chalky but drains well if it is wet. It is even in most places but there is a camber at the start of the run.

Picture 5: Red Run Route 2.5kms around lake perimeter (lake on left shoulder)



At the end of the first lap go to the left of transition and start your second lap – there will be a drink station at the water sport centre. At the end of your second lap go to the right of transition and then to the finishing line.

**Finish:**

As you cross the finish line please move to the left to clear the area for other competitors to finish. Please return your timing chip and collect your medal.

Remember to take all your kit and dispose of rubbish. If anyone leaves equipment then it will be left at the Water Sports Centre for collection however this will only be held for 1 week.

**Penalties:**

Penalties will be posted at race HQ at the end of the race. Right of appeal against a penalty will only be allowed if British Triathlon Competition Rule 3.9 is adhered to.

Thank you for reading to the end. We hope you enjoy the race.

