

# RACE INFORMATION (Provisional)



- Event Date: 29<sup>th</sup> April 2011  
 Venue: Harpers at Meres Leisure Centre, Trent Road, Grantham, NG31 7XQ  
 Start Time: 8:00am  
 Race Registration: Saturday 28<sup>th</sup> Sept 5.00pm – 6.00 pm (near Transition Area)  
 Sunday 29<sup>th</sup> Sept 6:30am – 7:30am (near Transition Area)  
 Race Briefing: 7:30am (Transition Area)

## Grantham Sprint Triathlon

Point 7 Sports Ltd are pleased to organise the return of this popular Sprint Triathlon. It is a fast, flat course, ideal for novices and experienced racers alike. The distances are 400m Swim, 18km Cycle and a 5km Run.

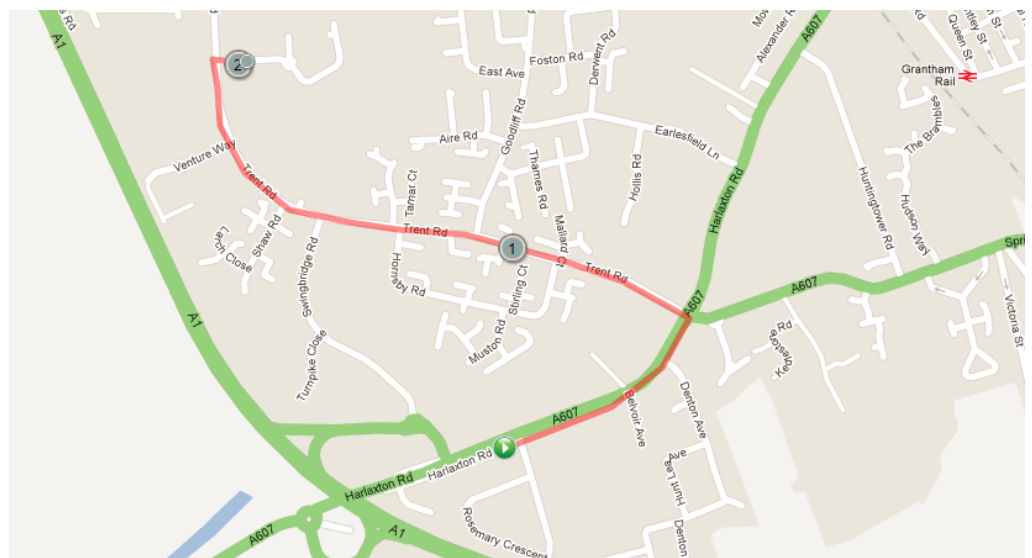
## Safety

The first and most important consideration is the safety of all competitors and volunteers. We have completed Risk Assessments and do our best to highlight any hazards etc. You as a competitor have a **Duty of Care** to yourself and others. You must also be sure of your abilities and fitness to compete in, and complete, the 3 disciplines. You MUST have regard for other competitors and officials, all of whom give their time for your pleasure and pain! **Please take time to carefully study the pre-race information to ensure you have a smooth and enjoyable day out.** The race starts at 8am and will be on set off in waves of five. Individual start times will be emailed prior to the race and also on display on the day at registration. Minimum age is 16 years.

## Venue

Harpers at Mere's Leisure Centre, Trent Road, Grantham, NG31 7 XQ.

Situated south west of Grantham centre, close to the A1, From A1 take A607 junction into Grantham, then turn left onto Trent Road, and turn right into Leisure Centre. Ample Car Parking is available.

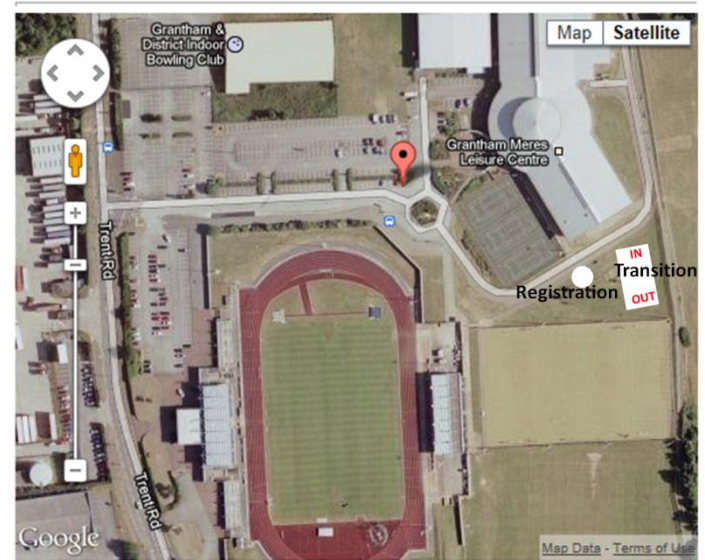


## Registration

Race registration will be open on Saturday & Sunday (times stated above) and is located close to transition (see map).

You will be issued with two race numbers for front & back of your race top, if you are wearing a race belt the number must be visible on the rear for the bike section and on your front for the run section). There will also be 2 sticky numbers for your race helmet (stick on the front) and your bike. You will also be issued (if not a BTF member) a BTF day license & a timing chip to place on your left ankle. All competitors will receive a goody bag at registration.

Venue Map



## Transition Area (opens at 6.30 am)

The Transition Area for the cycle is located close to registration on the right of the Leisure Centre (see map). Please ensure that numbered sticker (provided) is clearly displayed on cycle and you have an approved (ansi/snell) cycle helmet (stickered), before entering the transition area.

The cycle racking is numbered and we ask competitors to number accordingly. Please approach your numbered position with the number facing you. Rack your cycle on the seat post with the front wheel facing you. Then place your transition gear near the front wheel of your bike, please remember to keep your transition area tidy as space is limited. Cycles and your gear can only be removed after the race by showing your race number.

**Please note: Competitors only in the transition area.**

## Changing Facilities

Changing areas and showers are available within the Leisure Centre.

## Race Briefing **All competitors must attend.**

There will be a short pre-race briefing at 7.30 am near in the transition area

## Swim (400m)

The event will start at **8am** please enter the swim area via the normal pool entrance in the Leisure Centre at least 10 minutes prior to your start time. You will start at 20 second intervals, the pool is 25m in length and 8 lanes wide, therefore you will start at the shallow end of lane 1, swim 2 lengths, when returning to the shallow end you will start your 3<sup>rd</sup> length by pushing off & ducking under the lane ropes to lane 2, swim 2 lengths, then on returning to the shallow end, start your 5<sup>th</sup> length by again pushing off & dipping under the lane ropes into lane 3 and so on. This means you do not have to count lengths and once you have completed 2 lengths in lane 8 you will have completed 16 lengths (400m) and you can exit the water.

All start times and lane numbers will be advised approximately 1 week prior to race day on [www.point7.co.uk](http://www.point7.co.uk)

Please remember that you will not be in a lane by yourself, if a faster swimmer taps your toes please let them through at the end of the next length. Faster swimmers may also over take down the middle of the lane but please take care of oncoming swimmers.

On completion of your swim you must exit the pool via the doors indicated, please **DO NOT** run while still on the edge of the pool as this is slippery. Once outside the leisure centre follow the route left out of the doors, across the delivery road and into transition through the swim/ bike IN gate.

## Cycle (18km) 2 laps

In transition ensure that you put your helmet on and fasten the strap before touching your cycle. Collect your bike and leave the transition area via the OUT gate pushing your bike until you reach the designated area to mount your cycle on the delivery road.. Follow the road to the leisure centre exit where it meets the main road taking care of any traffic. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM YOUR LEFT & RIGHT** before joining the main road at the roundabout and turning right to join the bike course.

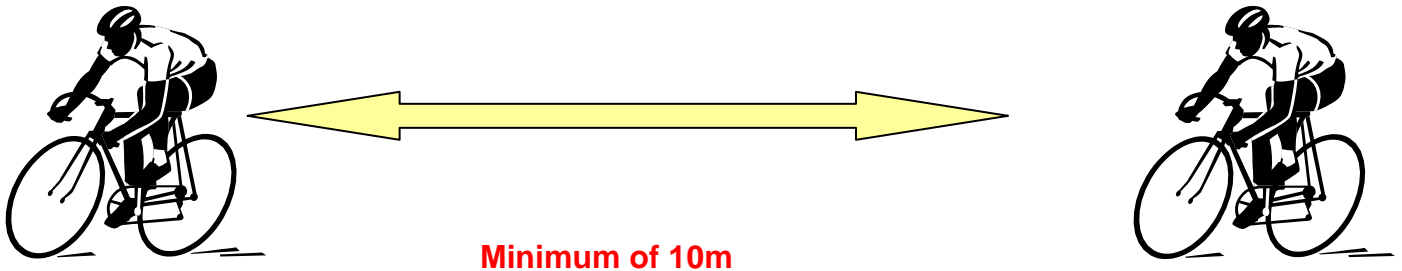
Continue to the end of Trent Road, then turn left (taking care of traffic approaching from the right) onto Dysart Road. The route turns left just before Barrowby following The Drift towards Harlaxton, turning left onto the A607 Grantham Road, follow the route signs to bring you back onto Trent Road and towards the Leisure Centre, where you will pass the leisure centre and repeat the loop a second time. On completing your 2<sup>nd</sup> lap, turn right into the Leisure Centre carefully watching for traffic and other competitors, and follow the road back towards transition, dismount where indicated and enter transition through the swim/ bike IN gate. **DO NOT REMOVE YOUR HELMET (OR UNSTRAP YOUR HELMET) UNTIL YOUR BIKE IS RACKED SECURELY.** Rack your bike at your previous numbered position and have respect for your fellow competitor.

**Please abide by the HIGHWAY CODE and remember that marshals are not permitted to stop the traffic.**

## No Drafting Rule

HELP TO STOP DRAFTING, ACCEPT RESPONSIBILITY FOR YOUR OWN RACE

Please do not ride closer than this



## THE DRAFT ZONE IS 10M (4 bike lengths)

What happens if I want to pass a competitor in front?

- You have 30 seconds to enter the draft zone and to overtake
- If you have not passed within 30 seconds **YOU** must drop back to outside the draft zone

What happens if another competitor passes me?

- **YOU** must drop back to outside the draft zone

Can I ride side by side with another competitor?

- **NO** unless the roads are closed

**Only 1 person can be first over the line, but everyone can win by holding their head up and saying they were not guilty of drafting. Penalties will be imposed on competitors breaking these rules.**

