



EVENT INFORMATION

KIMBERLEY GO-TRI FAMILY TRIATHLON

Sunday 10th June 2018

The Kimberley Go-Tri Family Triathlon is a fantastic event for families of all abilities aged 8 years plus. One adult must be included in the team.

PRE-RACE

What will you need?

For the event you will need:

- Swimming costume/trunks or Tri Suit.
- Goggles (if you have them).
- A road worthy bike (mountain or road).
- A helmet.
- Footwear and clothing for cycling and running.
- Drinks and snacks.

Sponsored by:



When does it start?

The first set of swimmers will start on the whistle at 11.30am. The pool manager will start swimmers at intervals of 3 – 5 minutes. You will be allocated a swim time in advance of the event. Swim times will be emailed to competitors one week before the event.

What happens at registration?

Registration will take place upstairs in Studio 3. Please register at least 1 hour before your start time. This will allow you time to collect your race numbers, rack your bike and familiarise yourself with transition.

Before registering please make sure that you know your race number. Your race number can be found prior to the event on your email, on our website or on the notice board once you arrive at registration.

At registration you will collect your race pack and have your number marked on your leg. Your race pack will include two race numbers and a sticker for your bike. Please write any medical conditions you have on the reverse of both race numbers. Your number should be pinned to your back for the cycle part of the event and to your front for the run part of the event. You may use a number belt if you have one.

This event is not timed, so there will be no timing chip issued. If you wish to record a time, please use a suitable, waterproof, gps device or watch.

How does the event work? - Race Briefing

A race briefing will be held at 10:45am or on the completion of the Adult triathlons taking place before this event.

The race briefing will be an opportunity to ask any questions you might have.



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Where do I leave my things? – The Transition Area

The transition area will be located on the field. Only competitors will be allowed into the transition area. Spectators may watch from the outside. To enter the transition area you will need your race number. You must enter through the competitor entry opening. From transition there will be various exits for the run and cycle section of the event. Please familiarise yourself with transition so that you know where you are going once the race starts.

The transition area will be in constant use with competitors racking and collecting their bikes at various times. Please give the advantage to racing competitors whilst you are racking your bike.

Before you start your swim you must set up your bike, cycling and running equipment/clothing in transition. In transition you will need your bike, helmet, footwear, your race numbers and any additional clothes you wish to put on after your swim for the cycle and/or run section of the event.

THE RACE!

THE RACE!

Swim it!

The swim will take place inside the pool at Kimberley Leisure Centre. Please arrive on poolside at least 15 minutes before your start time.

Your swim time has been worked out from your estimated swim time that you submitted on your application. It is hoped that this will mean that you will swim with swimmers that are of similar ability to you. When submitting your time, please ensure you base it on the slowest member of your team.

The pool manager will call you over before the start of your swim. The pool manager will give you your swim hat and then tell you when to get into the water to start your swim. *You will be completing 80m which is four lengths of the pool.*

You must count your own lengths. We hope to have lane counters to help to count your lengths but if this is not possible, swimmers will be responsible for counting their own lengths. If this is the case there will be one marshal doing a spot count of some competitors.

There will be 5 lanes of swimmers. In your lane you may overtake other swimmers if you wish.



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If you are completing this as a team, then all three of you will enter the water at the same time. If one member of your team is faster than the others, they must wait on poolside for the rest of the team before exiting towards transition.

If you are completing this as a relay, then the person completing the swim will be required to run to transition to tag their next team member.

Once you have completed your lengths please exit the pool through the fire doors. There is to be no nudity in transition so if you wish to change please use the swim changing rooms on poolside.

Bike it!

After exiting through the fire doors from the swim, follow the matting and tape towards the transition area.

After finding your bike you can start to prepare for the cycle section. You **MUST** put on and fasten your helmet before you touch your bike.

There is strictly no riding in transition. You **MUST** run/walk with your bike towards the bike exit. Once you get to the mount line you may mount your bike.

The cycle section will be a loop on grass. There will be no cycling on any roads or pavements. Exit the transition area and cycle onto the field. Follow the tape around the perimeter of the field to complete one lap. All competitors will need to complete 2K which is three laps of the field. All competitors will be responsible for counting their own laps. You **MUST** dismount your bike at the dismount line after returning from the cycle section. You **MUST** then re-rack your bike before removing your helmet.

Please note that there will be marshals and signage on the cycle course. Marshals will be present around the course to direct competitors and to ensure all competitors cycle safely.

Please also note that the event is a non-drafting race. Please see the full rules on the BTF's website or contact us for further details.

Run it!

The run section will be a loop on the grass.

Exit the transition area and follow the tape in an arc towards the finish line.



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Beginners and Sprint Run Route – 2.5K



FURTHER RACE INFORMATION

Insurance

For insurance purposes you are required to hold a BTF (British Triathlon Federation) membership on the day of the event. You can purchase a day membership when entering the event. A copy of your BTF day membership will be emailed to you on receipt of entry. You are not required to bring a copy to the event, but you should keep it safe until after the event to ensure you have the appropriate insurance cover for competing. If you are an existing BTF member you will be required to show proof of membership on the day of the event using your BTF membership card.

Race Rules

The event will follow the rules as set out by the British Triathlon Federation. If you require further information please visit www.britishtriathlon.org Please note that iPod's and MP3 players are not permitted throughout the race or in transition. This is a BTF Ruling.

Directions to the Event

Kimberley Leisure Centre is located on Newdigate Street in Kimberley. From Junction 26 of the M1, take the exit for the A610 Nottingham (heading towards the City Centre). At the first roundabout take the first exit onto the B600. Continue on the B600 and take the first right (opposite the Three Ponds Pub) onto Watnall Road, to continue along the B600. Continue along the B600 (please note this is a 30mph zone) and then take the third exit onto Newdigate Road. Kimberley Leisure Centre can be found on the left hand side. The post code for the venue is NG16 2NJ.

Car Parking

There will be parking at Kimberley Leisure Centre for competitors and spectators.



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First Aid

First Aid will be provided onsite by St Johns.

Photography

Steve Ingers Photography will be taking photographs of the event on the day. Images can be viewed and purchased after the event by visiting www.steveingersphotographer.co.uk

Images can also be viewed by visiting www.facebook.com/libertyleisure If you do not wish for your photograph to be taken, you must inform the Race Director on the day of the event.

Cycle Surface

The cycle element takes place entirely on grass. Please ensure that you have a suitable mountain or hybrid bike (or tyres) to compete with.

Distances

80m Swim / 2K Bike / 200m Run

Additional Information and Questions

For further information please contact the Perfect Motion who are organising the event on our behalf on lleisure@perfectmotion.org or call 0115 9784 3588.