



EVENT INFORMATION

THE KIMBERLEY TRIATHLON

Sunday 22nd September 2019

The Kimberley Triathlon is a fantastic event for adults of all abilities aged 15 years plus.

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.

When does it start?

The first set of swimmers will start on the whistle at 7am. 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 on Thursday 19th September.

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.

Your timing chip will be given to you on poolside just before you start your swim. Please check that your timing chip matches your race number. This chip should be worn on your left ankle and be returned to a marshal at the end of the event.

How does the event work? - Race Briefing

Race briefings about the event will take place near the transition area at 6.30am, 7.30am and 9am.

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.

The pool manager will call you over before the start of your swim. The pool manager will give you your swim hat and timing chip and then tell you when to get into the water to start your swim. *For the Super Sprint Distance swim you must swim 200 metres. This is 10 lengths of the 20 metre pool. For the Sprint Distance swim you must swim 400 metres. This is 20 lengths of the 20 metre 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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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.

Super Sprint Distance

Exit the transition area onto Chestnut Drive. Turn left onto Beech Avenue and then right onto Ash Crescent. Continue on Ash Crescent for approx 200 metres and turn left onto Larkfield Road. Continue on Larkfield Road for approx 300 metres and turn left onto Main Road (B600).

Continue on Main Road (B600) for approx 1.7K and turn right onto Narrow Lane and then immediately left onto Church Road. Continue on Church Road for approx 1K and turn left onto Main Road (B600).

Continue on Main Road (B600) for approx 2.7K and turn right onto Larkfield Road. Continue on Larkfield Road for approx 300 metres and turn right onto Ash Crescent. Continue on Ash Crescent for approx 200 metres and turn left onto Beech Avenue. To finish the cycle section turn right onto Chestnut Drive towards the transition area.

Sprint Distance

Exit the transition area onto Chestnut Drive. Turn left onto Beech Avenue and then right onto Ash Crescent. Continue on Ash Crescent for approx 200 metres and turn left onto Larkfield Road.

Continue on Larkfield Road for approx 300 metres and turn left onto Main Road (B600). Continue on Main Road (B600), leading to Church Road, leading to Moorgreen, leading to Willey Lane, leading to Alfreton Road (A608), leading to Alfreton Road (B600), leading to Nottingham Road for approx 8.5K.



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After approx 8.5K turn left onto Middlebrook Road. Continue on Middlebrook Road for approx 250 metres and turn left onto School Road. Continue on School Road for approx 250 metres and turn right back onto Alfreton Road (B600). Continue on Alfreton Road (B600), leading to Alfreton Road (A608), leading to Willey Lane (B600), leading to Moorgreen, leading to Church Road, leading to Main Road for approx 8.5K. After approx 8.5K turn right onto Larkfield Road. Continue on Larkfield Road for approx 300 metres and turn right onto Ash Crescent.

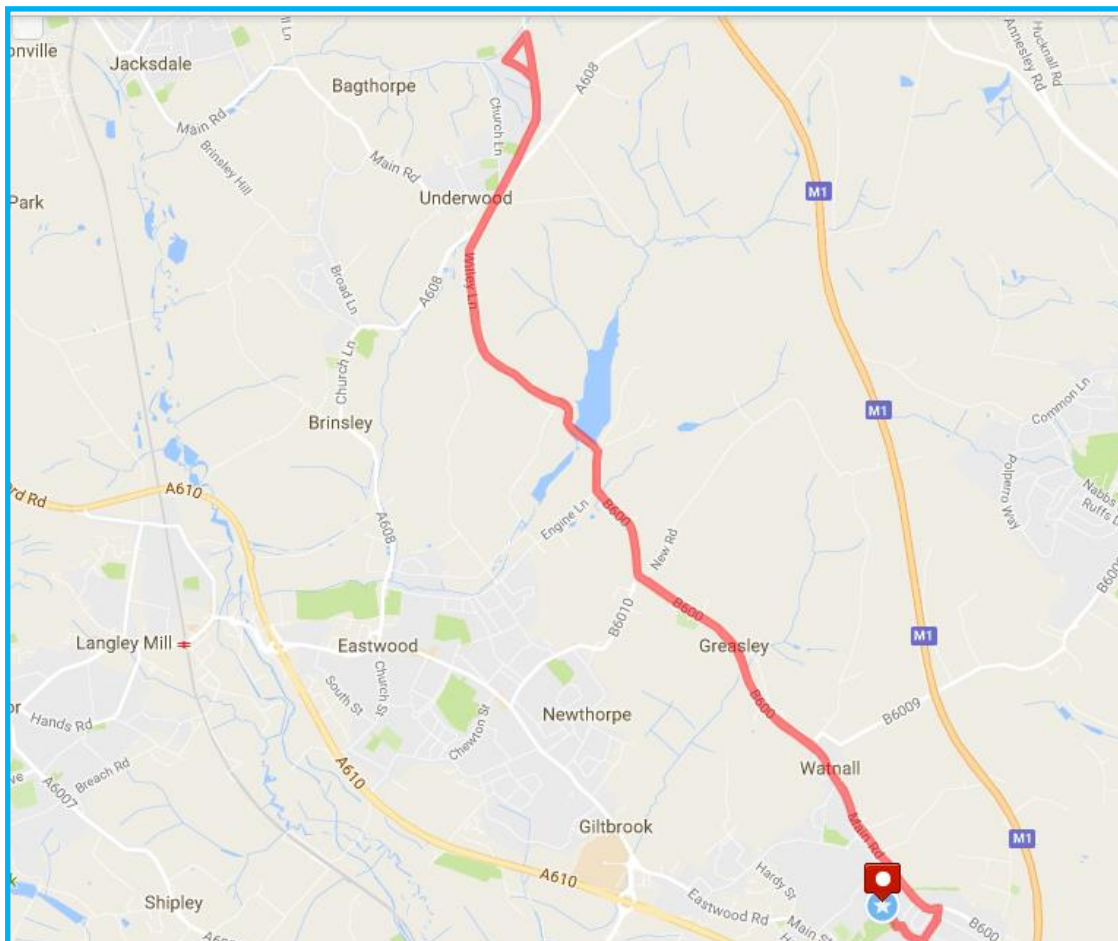
Continue on Ash Crescent for approx 200 metres and turn left onto Beech Avenue. To finish the cycle section turn right onto Chestnut Drive towards the transition area.

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 and follow the Highway Code. Marshals will not be stopping traffic, so please ride to the Highway Code at all times. YOU MUST GIVE WAY!

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

Sprint Cycle Route – 19K



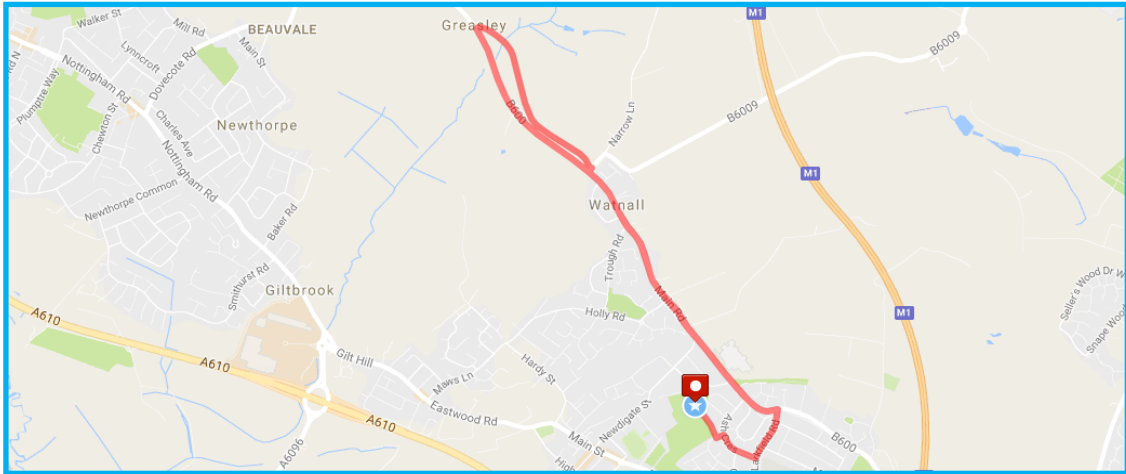


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Super Sprint Cycle Route – 7K



Run it!

The run section will be an out and back looped run.

Exit the transition area and head towards the run course. Follow the tape around the field for approx 550 metres and turn left through the gap in the fence onto Noel Street. Continue across the end of Noel Street onto a footpath for approx 120 metres and turn right at the play area. Continue along the footpath past the play area for approx 110 metres and exit left onto Nottingham Road. Keeping on the left of the pavement at all times, continue for approx 620 metres to the turn around point. At the turn around point, turn around and retrace the route back down Nottingham Road. After approx 620 metres, turn right at the medical centre to head back towards the play area. Continue along the footpath towards the play area for approx 110 metres and then veer left to join the footpath back to Noel Street. Continue along the footpath to Noel Street for approx 120 metres and turn right through the gap in the fence onto the field. Follow the tape on the field for approx 270 metres towards the finish / lap point. *Beginners Distance competitors will need to complete one lap of the run route. Sprint Distance competitors will need to complete two laps of the run route. The lap point will be on the field near the 11 aside football pitch.*

Super Sprint and Sprint Run Route – 2.5K





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POST RACE

Final Results

STU WEB will be providing all competitors with the opportunity to check their times instantly on the screen in the van at the finish. Times will be added to STU WEB's website as soon as possible after the event. Please visit www.stuweb.co.uk for the results.

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.

First Aid

First Aid will be provided onsite by St Johns.

Photography

Photographs will be taken at this event. Images can viewed and purchased after the event by visiting www.steveingersphotographer.co.uk



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Images can also be viewed by visiting www.facebook.com/lleisure 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

Please note the cycle route may have some defects and depressions and it is not possible to guarantee a perfect surface for the route.

Distances

Super Sprint: 200m Swim / 7K Bike / 2.5K Run

Sprint: 400m Swim / 19K Bike / 5K Run

Additional Information and Questions

For further information please contact LLeisure on getactive@lleisure.co.uk or 0115 917 3572.