



## Cotswold226 2017 - Race Information Sheet

Race date – 25<sup>th</sup> June 2017

Dear Competitor

Please find as follows the full race information pack for competitors of the Cotswold226 Long Distance Triathlon

Within this race pack we will cover the following;

- **Location & Parking access**
- **Registration schedule & details/requirements**
- **Race day schedule & Registration pack info**
- **Race information**
- **Cut offs and finish info**
- **Rules and regulations**
- **Spectators information and guidelines**
- **Points of contact**
- **Age groups and prize allocation**
- **First Aid & Emergency cover**
- **Nutrition and Aid Stations**
- **Finish line area / post race Massage and Recovery Area**
- **Race Photography**
- **Marshal Support**
- **Relay team specific rules**

- Location and Parking access



The race will start in Waterland Outdoor Pursuits on Spratsgate lane, Ashton Keynes, Gloucestershire. The postal code for this location is GL7 6DF and it's located just off the spine road from the A417/9

Parking access on Saturday will be made via the gate on Spratsgate lane for competitors for registration. Race day parking will be made through the entrance into Ashton Keynes Beach, which is the third exit from Spratsgate lane. All entrances will be signposted and marshaled on both days.

Parking on Sunday is controlled by Watermark, and they will charge £5 per car on entry. Please have the correct change available as fumbling for coins in the dark at 03:30 is not much fun

The parking areas will be open on race morning from 03:30 & 11:00 on Saturday for registration.

- **Registration schedule & details/requirements**

Registration will be open from 12:00 to 17:00 on Saturday the 24th June at the lake. If you do need to register earlier than 12:00 due to legitimate commitments, please get in touch and we'll try to accommodate you individually where possible.

Registration packs will be ready by around lunchtime on Thursday the 22nd, so if you're passing Swindon within race week, then you're welcome to come to our house and collect in advance - We're 2mins from J16 M4 and our kettle is always on and there may even be some biscuits left.

At registration, you will receive your Race Number, timing chip/strap, Swim hat & goodie bag.

When registering, please ensure you bring your up to date 2017 BTF Photographic License – If you are not a current BTF member, or do not have your BTF license with you, then you will need to buy a day license from us for £5 Cash (unfortunately, we cannot take credit cards or cheques) and provide some photographic ID (i.e. passport or driving license), so that we can validate that you are who you are. Without this, you will not be able to register – no exceptions.

You will be able to get a friend to register for you, but they will need a note from you saying it's ok for them to sign on your behalf, a photocopy of your photo ID (BTF license, driving license, passport) and if you're not a BTF member, then £5 cash for your day license

There will be no Sunday registration available

- **Race day schedule & Start time – Sunday June 25th**

03:15 Car Park opens

03:20 Transition Opens for bike racking and kit placing

05:10 Transition Closes

05:15 5min Mandatory race briefing takes place at start line

05:30 Race starts (one wave, mass start)

22:30 Overall Race Cut off

23:45 Transition disassembly begins – All bikes to be collected by this point

Please ensure when entering transition, that your bike is labeled up with the supplied race number bike sticker and that you are wearing your helmet fastened so that the safety marshals can check it. (Only competitors with a race number will be allowed to enter transition)

There are portaloos located by Transition. There are also a male and female toilets/changing rooms located in the building by the gates that you use for car parking.

The transition will also house male and female changing tents should competitors wish to get fully changed between swim/bike or bike/run.

The transition will close for all competitors at 05:10 and there will be a five minute race briefing that must be attended by all athletes (this includes all members of relay teams also as it will contain important safety information about Swim, bike and run courses) This will take place at the entrance to the water on the other side of the trees to the transition.

At 05:20 Athletes will be able to enter the water, warm up and line up for the start of the race. Please ensure your timing chip is on your left ankle, secured properly either below or under your wetsuit (not over it) and that you are wearing your supplied swim hat.

The race will start at 05:30 on the sounding of a horn from the shallow water.

When collecting your bike from transition, please provide the marshal with your race number so that they can match it to your bike label. Without this, you will not be allowed to remove a bike from transition

## Race Information

The 3800mtr swim will be two marked anticlockwise laps of the course marked out on the day. You will start in Shallow water in a line marked out between two buoys. The course will marked using small sailing boats.



Once exiting the water on your second lap on the ramp marked out by flags, swimmers will make their way into transition through the marked route into the far right hand corner of transition.

The bike route is two loops of 56miles each,



The above shows elevation for 1 lap of the 2 lap course

Detailed/interactive version of the bike and run laps are available at <http://113events.com/cotswold-226/course/>

The run course is 5 laps of 5.2miles, which has a small out and back section in the north east corner of the course.



- **Cut offs and finish info**

We will not have an official cut off for the Swim section and the water safety crew will allow swimmers to take as long as they like as long as they are still making reasonable forward motion and they're not considered a danger to either themselves or others around them.

The bike course Aid stations, marshals and Police wind up their support from around 10hours after the start of the race.

There is a strict overall cut-off of 17hrs from the start of the race for finishers. The BTF referees will be making a judgment on the courses during the day and will not allow competitors to continue on the run course if they feel they will not make the next cut off (ie they have 11 miles to run and 1hour remaining or are looking in a condition where they could be a danger to themselves or others around them) – We cannot control this judgment and it is final.

Unlike the 113 and Classic races, we have to be reasonably strict on the cutoff for the race as it's not fair on residents or marshals to have people still racing on the course after 17hrs

As the run course contains road crossings and narrow sections, competitors will not under any circumstances be allowed to wear earphones as they will need to be able to hear instruction from police, marshals and other runners. In the two-way sections of the loops, runners must always run on the left hand side and allow space for oncoming runners to pass safely

- **Rules and Regulations**

The race is a non-drafting event and will be run in accordance with the rules set out by the British Triathlon Federation

Cyclists must ride in accordance to the general highway rules, and must be responsible for avoiding poorly surfaced road sections and other road users

226 specific rules - Littering will not be tolerated in any shape or form, and any competitor caught littering will be instantly disqualified - No exceptions.

We will aim to provide as many bins as possible on the course, so please hold your gel wrapper etc and discard appropriately or leave with a marshal. The courses for this event are through a beautiful part of the country and one complaint for a resident could see the permit for this event cancelled for future years. Please don't spoil it for the rest of us. Sorry, rant over !

- **Spectators information and Guidelines**

The entire site around the lake has public access on this day, so spectators can view the race from any location on the race site.

On the outward section of the run course, approximately 200m after transition, is the Waterpark facility play area, adjacent to their café and also baby change / toilet



facilities. This is a good run spectator spot along with many other picturesque parts of the lake and local village – If your spectators are not sure, please get them to call me – 07595 591612

If you wanted to cycle or drive out on the bike course, then as follows is a map and postcodes of what we'd consider to be the best spots



If supporters are looking for other activities during the day within the immediate vicinity of the race start, then the Swimming lake has a variety of watersports available during the day (<http://www.ukwatersports.co.uk>) and the area of the lake where transition is held has a man made beach, crazy golf and a cafe/shop (<http://cotswoldcountrypark.co.uk>) There is also a head for heights climbing centre based literally over the Swim exit and transition (<http://www.head4heights.net/activities.html>)

## 7. Points of Contact

During the day, if for any reason you or your family need to get hold of the

organisers, the points of contact are as follows ;

- 07809 569903 Will Whitmore - Race Director (Timing)
- 07595 591612 Graeme Hardie – Race Director (Courses)

## **8. Age Groups and prize Allocation**

We will be publishing results in 5 year age group slots and there will be trophies for presentation available in the following categories • Male Senior (18-49yrs on race day) • Female Senior ((18-49yrs) • Male Vet (50yrs and above) • Female Vet (50yrs and above), Fastest Relay

As we have around 110 competitors in this years race, only first place in each category will receive a prize & Trophy

Results will be available immediately and we will have live tracking accessible through our timing partners – [www.dbmax.co.uk](http://www.dbmax.co.uk)

If your family and friends want to track you live during the day, then we will post a link up to DBmax's online tracker on the race website over race weekend under the results section. This app style page works with both apple and android phones and allows you to track the competitor live throughout the day

Prize giving will take place as the winners cross the line

## **9. First Aid and Medical Cover**

The medical details provided in competitor entry forms have been provided to our Medical partner company, who are providing first aid cover at the event. This information will not be quickly accessible should there be an accident, so please can all competitors mark any medical condition or medication on the reverse of their race numbers

## 10. Nutrition and Aid Stations

The bike course will have two aid stations out on the road and one aid station at mile zero of lap 2 (5 aid stations in total)

These will mean they're at

<u>Mile</u>	<u>Location</u>
18	Layby on road in to Tetbury
36	Sherston High street
56	Start of lap 2 (Drinks and gels only)
74	Layby on road in to Tetbury
92	Sherston High Street

Location	Section	Mile	750ml Water	Bike Bottle High5	Bananas 1/2	High5 Gels	Zero Tabs	9Bar Energy bars
Tetbury	Lap 1	18.0	Y	Y	Y	Y	Y	Y
Sherston	Lap1	36.0	Y	Y	Y	Y	Y	Y
Mile 0	Lap 2	56.0	Y	Y	N	Y	N	N
Tetbury	Lap 2	74.0	Y	Y	Y	Y	Y	Y
Sherston	Lap 2	92.0	Y	Y	Y	Y	Y	Y

The run course will have two aid stations per lap. Aid station 1 you will pass only once per lap, but aid station 2, you will get in both directions, so twice per lap

Lap	Mile	Water	High5	Flat Coke	High5 gel	NineBar	1/2 banana	Sweets	Cake	Salty Snacks
1	1.65	Y	Y	Y	Y	Y	Y	Y	Y	Y
1	2.45	Y	Y	Y	Y	Y	Y	Y	Y	Y
1	4.49	Y	Y	Y	Y	Y	Y	Y	Y	Y
2	6.85	Y	Y	Y	Y	Y	Y	Y	Y	Y
2	7.65	Y	Y	Y	Y	Y	Y	Y	Y	Y
2	9.69	Y	Y	Y	Y	Y	Y	Y	Y	Y
3	12.05	Y	Y	Y	Y	Y	Y	Y	Y	Y
3	12.85	Y	Y	Y	Y	Y	Y	Y	Y	Y
3	14.89	Y	Y	Y	Y	Y	Y	Y	Y	Y
4	17.25	Y	Y	Y	Y	Y	Y	Y	Y	Y
4	18.05	Y	Y	Y	Y	Y	Y	Y	Y	Y
4	20.09	Y	Y	Y	Y	Y	Y	Y	Y	Y
5	22.45	Y	Y	Y	Y	Y	Y	Y	Y	Y
5	23.25	Y	Y	Y	Y	Y	Y	Y	Y	Y
5	25.29	Y	Y	Y	Y	Y	Y	Y	Y	Y

### 11. Finish line area / post race massage and recovery area

After you cross the finish line there will be an area with masseurs who will be providing post race massage for your tired legs. These ladies are fully qualified and are provided Free of Charge to competitors.

### 12. Race Photography

Race photography will be provided by Charles Whitton Photography. They will have race photographs and finish line pictures quickly after the race from their website.

The first downloaded photo is on us

We will post the link to the relevant page over race weekend

### 13. Marshal Support & Day instructions

The Marshals make this event what it is, and without them it just wouldn't be able to happen. So with this in mind, please can I ask that all competitors (if safe to do so) try and say thanks to at least one marshal on the way round the course to show them they're appreciated? It can be a thankless job at times for them stood on a junction guiding you super fast guys and girls on your way to a new PB, so this could

be your way of giving something back and showing your appreciation.

Also, we're always after more marshals, so if your wives, husbands, sisters, brothers, friends, colleagues, enemies etc are coming with you on the day and want to earn a special race tech shirt, a £50 113 or DB Max voucher or £20 cash and a free cup of tea, burger and an ice cream as well as a great view of the race and to be part of the event, then please email me at [graeme@113events.com](mailto:graeme@113events.com)

## 14. Relay team Specific Instructions

Relay team members must line up on the far side of transition awaiting the team member from the previous section. The batten will be both the timing chip (swim to bike and bike to run) and the race number (bike to run only). With this in mind, then I suggest you use an elastic race belt to hold your race number. These can be bought for less than a fiver from most triathlon shops. You could also pre-order one from Performance cycles who will bring it for you on Saturday to their stand by registration - The swim member of the relay team need not wear the number and the cyclist can wear this waiting for the swimmer to pass the timing chip as he enters transition

All relay members must attend the safety briefing next to the water @05:15 as this contains important information about the day.

### Final Note

This is the UK, and although it's July and supposedly summer, it can still be cold, windy and wet as was proven with the 2014 race, which was hit by Hurricane Bertha. So with this in mind, please bring clothing for the bike and run that will stop you from freezing just in case. You can always leave them in transition if you don't need them.

Typically, in this area we get very little rainfall and a normal June Day would be around 18-20deg, but you never know, we could have snow or 40deg or both

Please let me remind you quickly of a couple of main points from above ;

- On Saturday, you'll need to register and have photographic ID with you (BTF license is fine) – If you don't have your 2017 license or are not a member, then you'll need to buy a day license from us for £5 cash and provide alternative photo ID (Passport, driving license etc.) – No ID or license, then no registration – No exceptions, sorry.
- All competitors must attend the safety briefing near to the swim start at 05:15 on Sunday morning
- Absolutely no littering – Any littering will be instant disqualification

Anyway, I hope I haven't put you all to sleep, so if anyone has any questions or wants more information in the meantime, please feel free to get in contact with us on 07595 591612 or [Graeme@113events.com](mailto:Graeme@113events.com)

Cheers and Happy racing

**Graeme, Nicci, James and the 226 team.**

**If you're unsure of anything, please call me – 07595 591612**