



## **Cotswold 113 2023 – Race Information Sheet**

### **Race date – 4<sup>th</sup> June 2023**

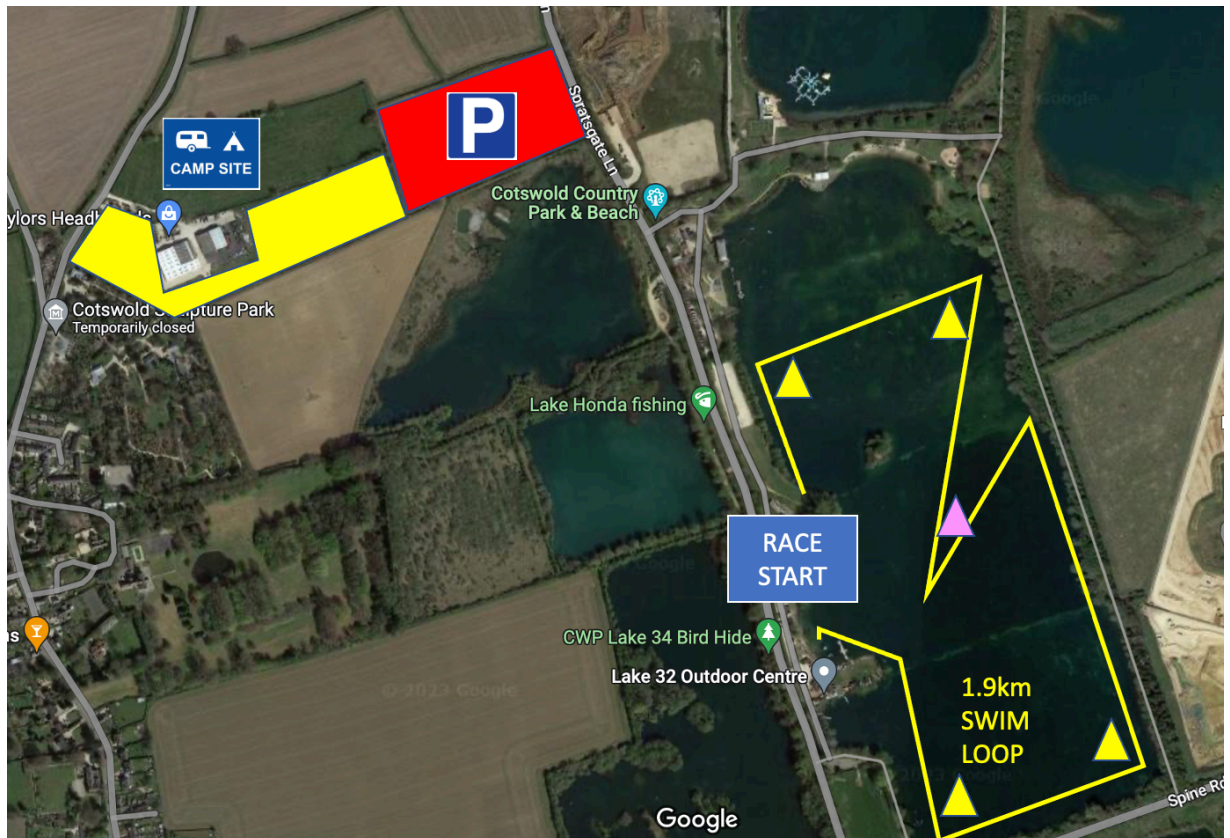
Dear Competitor

Please find as follows the full race information pack for competitors of the Cotswold 113 Middle Distance Triathlon on June 4<sup>th</sup> 2023

Within this race pack we will cover the following;

1. Location & Parking access
2. Registration schedule & details/requirements
3. Race day schedule Inc. Start times and waves
4. Race information
5. Rules and regulations
6. Points of contact
7. Age groups and prize allocation
8. First Aid & Emergency cover
9. Nutrition and Aid Stations
10. Race Photography
11. Marshal Support
12. Relay team specific rules

## 1. Location and Parking access



The race will start and finish at Waterland Outdoor pursuits (Lake 32) based on Spratsgate lane, Ashton Keynes, Gloucestershire. The postal code for this location is GL7 6DF and it's located just off the spine road intersection from the A417/9

Parking access on Saturday the 3<sup>rd</sup> and Sunday 4<sup>th</sup> June will be at the above marked Parking Field, which is accessible from both directions on Spratsgate Lane  
The area will be open on race morning from 04:15 and 12:00 on Saturday the 3<sup>rd</sup>  
**Parking is owned by a local farmer, who donates the profits to a local charity (Last year was Wiltshire Air Ambulance), and carries a charge £5 for each day. This is payable in cash only, so please have the correct change in your hand on arrival as fumbling for cash at 4:30am in the dark is not much fun.**

**You can buy Sunday's parking pass on the Saturday to save time Sunday am**  
This car park will accommodate all competitors and a handful of spectators, so if you can lift share, this would be very helpful

If it is a sunny day on the day of the race, the waterpark car parks will be full very early, so please be mindful of this if you have people arriving later

## **2. Registration schedule & details/requirements**

We will have registration on Saturday the 3<sup>rd</sup> June at the lake between 12:00 and 17:30.

For registration, you will need either your 2023 British triathlon Photo membership card (the online phone version is fine) or PhotoID (Passport, driving license etc.

Again, a phone photo is fine) and £5 cash for a BTF Day membership.

You can register for someone else, but you will need to bring a printed version of either their BTF photoID, or a printed version of their PhotoID, and this must have written consent from them on it to say it's fine for you to register on their behalf.

For those registering for someone else, we have to retain the print of the photoID, and in line with the BTF rules, the BTF referee will check the photo ID against the person turning up to race Sunday morning.

All printed ID's retained by 113 Events will be destroyed post race

At registration on Saturday the 3<sup>rd</sup>, you will collect your swim hat, timing chip & bike sticker

## **3. Race day schedule & Start time**

04:15 Car Park opens

04:20 Registration/Transition opens for bike racking

06:30 transition Closes

Mass start wave 06:25

Rolling start waves:

Wave 1 06:30-06:40

Wave 2 06:40-06:50

Wave 3 06:50-07:00

Wave 4 07:00-07:10

Wave 5 07:10-07:20

Wave 6 07:20-07:30

After 07:30 you will not be allowed to enter the water and start your race, so please be prompt with your arrival at Swim start during your allocated mass start time, or wave start window.

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)

\*Bike sticker can be anywhere on the bike, and it's purpose is to match a bike to competitor when collecting after the race – You'll need to bring your race bib number

to transition to collect your bike

There are 30 x portaloos near to the race start.

There will be 2 x portaloos in transition, but these will not be open until the race starts, and will be for use during the race if you need to go in transition

**The transition will close for all competitors at 06:40 and must be cleared.**

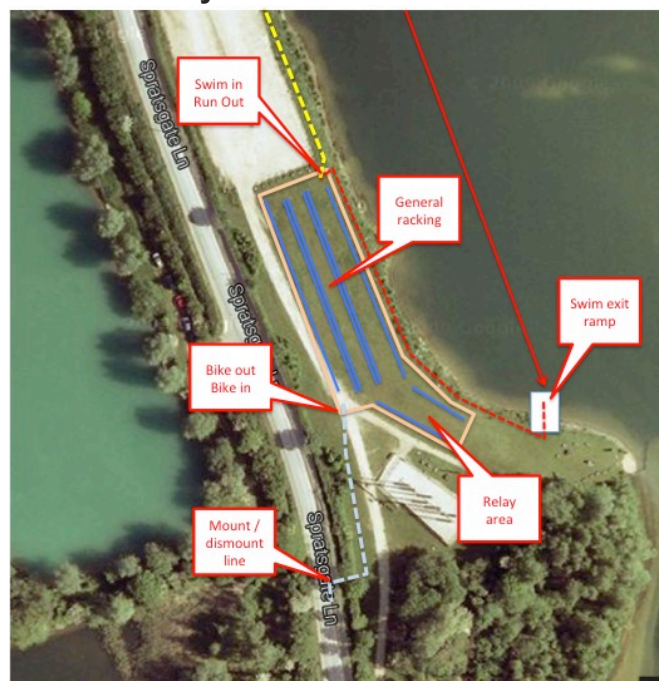
Each wave will have a ten minute window in which to start, and there's no specific order within that wave. There will be chutes marked for the start and a timing mat will start your race at the point you leave the chute to get into the water.

Each of the two adjacent chutes will have competitors going off at around 3-5 seconds to each other

Once you have finished the race, when collecting your bike from transition, please show the marshal your race bib, so that they can match it to your bike label. Without this, you will not be allowed to remove a bike from transition

#### 4. Race Information

##### Transition layout:





### Swim Course :



The 1900mtr swim will be one marked anticlockwise lap of the course marked out on the day. You will enter the water in the shallow area from the starting mat on exit from the start chutes

Once exiting the water 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.

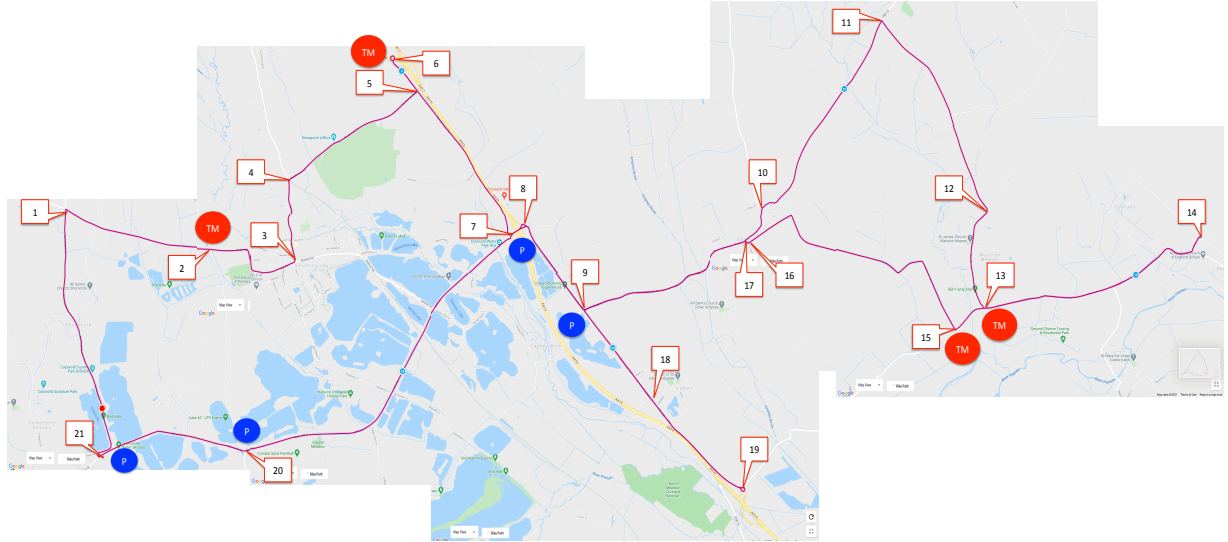
In accordance with the BTF regulations, competitors must not remove their bikes from the racking until they have put on and fastened their helmet

Bikes must not be mounted until you reach the mount point approx. 30mtrs from transition exit – The surface is suitable for running in both bike shoes and barefooted should you so wish.

## Bike Course

More info and downloadable GPX File for the bike course at

<https://www.mapmyride.com/routes/view/5479670401>

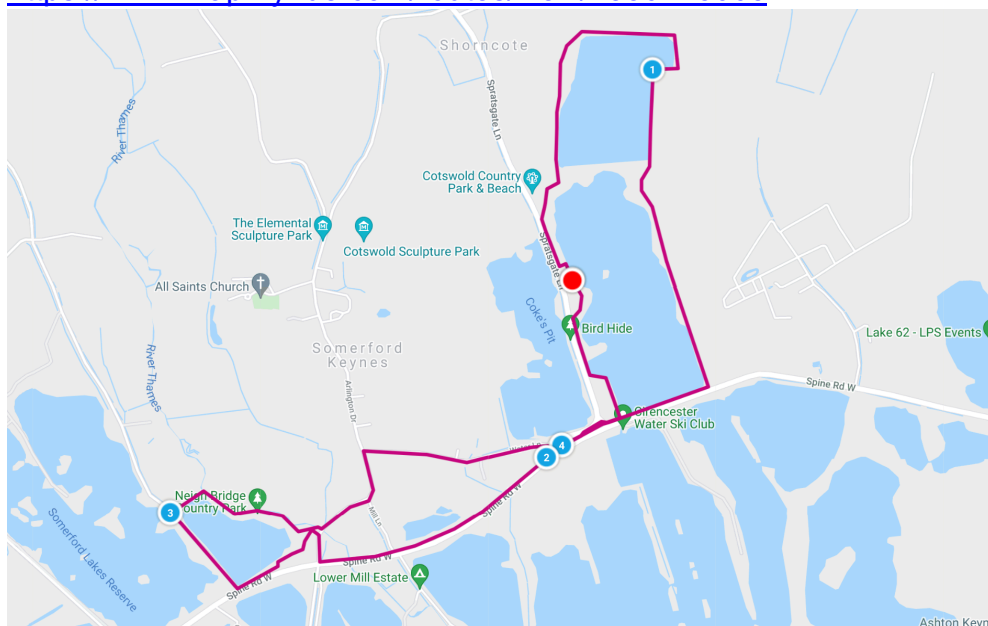


The bike route is two loops, and comes back past the lake for the start of lap 2. There will be an aid station located on the Latton road section of the return leg of the lap. You will only be allowed to access the aid station on the return leg (around 24 miles and 51 miles) and cyclists must not attempt to use the aid station on the outbound leg of the course as crossing the road at this point is both dangerous to yourself and also to cyclists moving at high speed in the other direction.

## Run Course:

More info and downloadable GPX file on the run course at :

<https://www.mapmyride.com/routes/view/4386445063>



The run course is 3 laps and finishes in a chute adjacent to the race start.

## **5. 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

**Littering will not be tolerated in any shape of 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 and all marshals will have a bin bag, so please hold your gel wrapper etc and discard appropriately.

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 !

## **6. Points of Contact**

During the day, if for any reason you or your family need to get hold of the organisers, then the following contact numbers should be used ;

07595 591612 Graeme Hardie, Race Director

07879 048417 Nicci Hardie, Registration Manager

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

- Male Senior (18-49yrs on race day) 1/2/3
- Female Senior ((18-49yrs) 1/2/3
- Male Vet (50yrs and above) 1/2/3
- Female Vet (50yrs and above ) 1/2/3
  - Relay 1st place

Results will be available almost immediately 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 <http://113events.com/cotswold113/results/>

Prizes and trophies will be posted out after the race.

## **8. 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

## **9. Nutrition and Aid Stations**

On the bike course, there will be one aid station located in the layby on the Latton Road

You will need to slow right down to collect aid from this station, and as it's a layby off the side of the carriageway, please give way to any bikes or other road users when rejoining the course

This aid station on the bike course will hold 750ml Bike bottles containing High5 Carbo drink and Water

There will also be High5 Gels (Gel type = High5 AquaGel – Previously known as High5 ISO gels)

Located just before the aid station will be a bottle drop area. Please ensure that you discard of any unwanted bottles here.

Discarded bottles will be collected up and placed in a pile near to the race HQ after the race, so if anyone wants to collect any bottles that are special to them, this is your opportunity. After this, they will be binned assuming the wasps and ants haven't already eaten them

The 3 lap run course will have 3 aid stations roughly equidistance around the course  
These Aid stations will have Cupped Water and High5 Gels, with the 2<sup>nd</sup> Aid station also having the following:

Cupped Flat CocaCola (red, full fat)

Cupped High 5 Energy drink

Half Cut Bananas

Jelly babies

Salted Crisps (Normally Discos as they're the saltiest)

Salted Pretzels

Jamaican Ginger Cake

Chocolate Cookies or something similar

## **10. Race Photography**

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

<http://www.charleswhittonphotography.com>

## **11. 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 113 team tech shirt, a £40 113 events 2023/2024 voucher or £20 cash and a free cups of tea, burgers and an ice creams 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)  
No experience is required, just the ability to shout support and to know your left from right.

## **12. Relay team Specific Instructions**

Relay team members must line up in their area of transition awaiting the team member from the previous section. The baton will be the timing chip. The swim member of the relay team need not wear a number and the cyclist can wear this waiting for the swimmer to pass the timing chip as he enters transition

In line with Social Distancing measures, the timing chip must be wrapped to the transition rack from one side, that person step back, before the next person takes the timing chip from the rack on the other side and then continue on with their race.

If team members are from the same household, they can cross the line together. If not, then a 2m distance must be maintained in the finish chute. The team time will be recorded by the person wearing the timing chip, and any delay for member 2 and 3 is not recorded

Bike and run relay team members must wear their number bibs at all times, and these bibs must be marked on the reverse with the competitors name, and any relevant medical information

## **Final Note**

This is the UK, and although it's June and supposedly summer, it can still be cold, windy and wet, 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.

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

**On Sunday morning, you'll need to register and have photographic ID with you (BTF license is fine) – If you don't have your 2023 licence 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.**

**Absolutely no littering – Any littering will be instant disqualification if spotted**

**Parking on Saturday and Sunday will cost £5 each day cash payable on the gate, so please bring change in hand ready so as not to delay the parking process – You can buy Sunday's parking pass on Saturday to save time Sunday AM which makes everyone's life a little easier, and makes Sunday morning parking a much quicker affair.**



Anyway, I hope I haven't put you all to sleep, so happy racing and 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 and the 113 Events Team**