



# A W Jenkinson Ullswater Triathlon 2014

## **Registration**

Registration will open on Saturday at 09:30 in the event marquee. You will be given your race numbers, timing chip and goody bag at this point. Inside your bag will be bike and helmet numbers and also your swim cap. Numbers should be placed on your rear brake cable or similar visible position on the bike, and on the front of your helmets. You will be given two race numbers; the first is for the rear of your bike top and second for the front of your run top. You will only need one number if you are using a number belt. Please complete the emergency contact info on the rear of the number.

## **Information**

Any marshal will be happy to help but may not be able to answer your query, if you need any help or information please go to the event HQ at the trailer stage.

## **Parking**

Parking will be in the main event field. Marshals will direct you where to park, please be patient and follow their directions as this will aid your departure after the event. Once all riders and bikes have left transition (T1) vehicles will be permitted to leave the transition field for up to 1hr. Once riders are returning, this exit will be closed again until all riders are back and are out onto the run course.

## **Toilets/Showers**

As part of your entry to the event a payment has been made to allow you to use the Park foot campsite facilities. A shower and toilet block are located in the South East corner of the Aikebeck camping field. There are also toilets in the transition field and on the run course.

## **Transition Area**

Transition has been laid out to try and enable a quick entry and exit. Can all competitors please refrain from blocking routes with large PVC boxes and bags. We would ask for bikes to be racked in alternate directions and on your race number. Marshals will be there to help and direct you but please be patient as they are volunteers.

## **Race Briefing**

A mandatory race briefing will take place in transition at 13:50. It is your responsibility to be there and listen to any last minute updates. In the event of bad weather we will use the event marquee. After the briefing is over you will be asked to head straight to the swim start, where you will be cordoned through two entry points, this is to allow us to count swimmers in and out of the water, please do not enter via any other point.

## **Swim**

There will be two swim waves; wave 1 at 14:15pm is for individual males. The second wave is at 14:20pm for all females and relays will be in the 2<sup>nd</sup> wave. One of the Ullswater Steamers is due into Pooley Bridge at 14:00. It is requested that all athletes refrain from entering the water until after the race briefing, there will be no safety craft in the water until this point. It is hoped to start the race at exactly 14:15, giving 20 minutes before the Steamers departure, they will steer a course well away from swimmers! They are aware of the event and will slowly depart creating little swell in the water. Kayaks will be on the water for your assistance. Simply raise your arm in the air and remain calm and listen to their instructions. If you need to be



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removed from the water a safety boat will be ready to do so. At the water's edge marshals will help you get onto your feet and steady you.

## **Transition**

There is no nudity permitted in transition. You are asked to try and keep your area neat and tidy and safe for the athletes behind you. Marshals will be on hand and all entry exit points will be signed clearly. British Triathlon rules state you must put your helmet on and fasten it before moving your bike from the racking.

## **Bike**

Once on to the bike course you are reminded that you **MUST** obey Highway Code rules of the road. The marshals on the course can not and will not stop the traffic. They will do their best to warn of any dangers and slow oncoming vehicles.

Once you have completed two loops of the Lowther section you return to Pooley Bridge and back into T2. At this point some runners may be already on the run section of the race. Caution once onto the campsite for other athletes and campers alike.

Please avoid the temptation to drop litter. If you use gels or bars please bring them back with you. Events such as this can only take place if we all help minimise the disruption and litter is one of the biggest complaints. We appreciate your help with this.

## **Run**

The run course has 3 identical loops. The course will be well marshalled and all gates opened for you. Please again avoid dropping litter. The route is open to other walkers and tourists alike, advance warning signs will be erected and marshals will try and pre warn of any dangers. We can not however predict where and when people will appear, it is your responsibility to look after yourself and others while on the route.

## **Medals**

Once finished you will be requested to return your timing chip at which point you will be awarded your finisher medal. Light refreshments will be available in the event marquee for athletes. Only competitors will be permitted into the event marquee and transition. Bikes and equipment can be removed under the direction of the marshals and only with your race number. No number means no bike! This is for everyone's protection to ensure your pride and joy is there when you return.

## **Prizes**

The results will be printed and displayed as soon as possible. We can not however give individuals their times in the event field. Please do not be offended if you ask and are refused. Prize giving will take place in the event field or marquee depending on the weather. Prizes as advertised and some spot prizes also. Sport in Action operate a fixed prize policy, please see attached document. We hope you choose to stay and enjoy the evening with us at Park Foot, food will be able to be purchased in the club house on the night.

WE HOPE YOU HAVE A FABULOUS RACE IN THIS STUNNING LOCATION AND ENJOY EVERY MINUTE.

Good luck and see you at the finish.  
Phil, Ade and Brian.