

PSUK Championships 2016

Ullswater Triathlon

Athlete Guide



Sport in Action

Founded in 2012 – SiA aim to bring you a series of events with the needs of the athlete in mind. Bringing something different to the racing calendar we work with the local communities wherever we go to bring high quality, reasonable cost and safely ran events.



Welcome

We are pleased to welcome you to the A.W.Jenkinson PSUK Ullswater Triathlon 2016. www.awjenkinson.co.uk

A friendly standard distance triathlon, suitable for the novice and experienced racers alike set in a beautiful part of the Lake District

The following few pages are designed to give you all the information needed for the event. Updates and further info will be posted on our website. Any questions please email:

info@sportinaction.co.uk



Timetable

Friday 08/07/16

- **011:00 – 12:00** Athlete Registration (Event Marquee)
- **11:00 – 12:00** Transition Open (Aikbeck Field see map overleaf)
- **12:10** Mandatory race briefing (transition)
- **12:30** Race Start (deep water start at Lake access)
- **TBC** Presentation (Event field / Marquee)

Swim Start

Transition + Registration

Camping is available link below to book:
www.parkfootullswater.co.uk
Parkfoot Club
 Food + Refreshments + Camping enquiries
 Approx 5min walk to transition



Registration

- Registration will take place in the event marquee at Parkfoot Caravan and Camping Site. Friday 08th (11:00 – 12:00)

By registering for this event you agree to abide by the British Triathlon Rule Book when competing, special consideration should be given to section 27

http://www.britishtriathlon.org/britain/documents/membership/2013_btf_rulebook_revisions.pdf

- If entering on the day you will be required to show your home nations membership card when registering, or a day licence will need to be purchased for £5
- No bike racking will be allowed until transition opens on Friday 8th at 11:00am.
- Once registered you will be given your race numbers, swim cap, timing chip and a goody bag. It is your responsibility to ensure you have all items with you on the day of the race.
- Any lost timing chips must be reported immediately and a replacement purchased at a cost of £25.
- Parking is on the event field on race day, you will be given a permit when registering which **MUST** be displayed in your vehicle. Non permit holders will be charged £2.50 to exit the race field . Please be mindful of other campers and site users when parking.
- Athletes can use the facilities on the camping field, coin operated showers are available requiring 20 pence.



Transition (opens 11:00)

- Before being allowed into transition with your bike and equipment you should be wearing your helmet fastened and expect the following checks:
 - :Visual inspection of the bike
 - :Demonstrate the brake systems work
 - :Race numbers visible on bike and helmet
- Once permitted to enter transition you should rack your bike on the corresponding number.
- Please be aware that some bikes may be turned or moved if not in the correct location and orientation.
- Marshals will be in place to control entry and exit from transition with only athletes allowed within the transition area.
- Bike removal is only possible with your race number.
- All equipment must be stored neatly and within the confines of your race racking number.
- No large plastic boxes or bags are permitted in transition after 11:45
- Any athlete wishing to store dry clothing can do so in the event marquee located next to transition.
- In the event of extreme weather, athletes will be permitted to change from their wetsuit into cycle clothing in the marquee.
- Sport in Action take no responsibility for any athletes personal belongings either during the race or at any other time. They will however have marshals on transition entry and exit points.

Swim Course

The walk from transition is approx 150m mostly on grass. Where the footpath is used this will be covered from the waters edge.

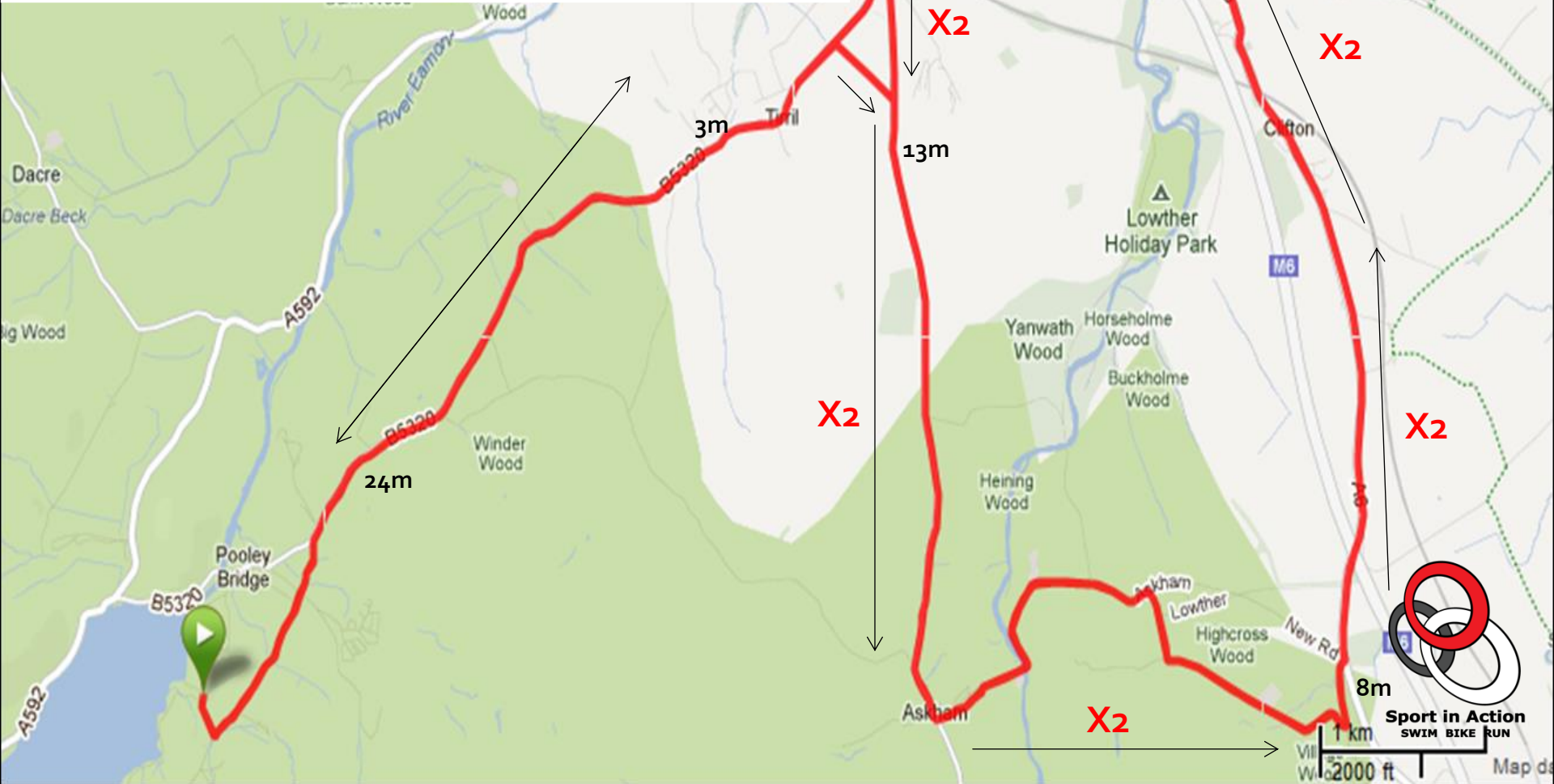
Steamer Path for 14:40 departure
Path for 14:40 departure

2 X Loops
750m

Transition



Bike Course



Run Course (4 loops = 10km)



Anti Clockwise

Drink Station

Gale Bay

1

Park Foot Caravan
& Camping Park

Aik-Beck

www.sportinaction.co.uk



Sport in Action
SWIM BIKE RUN

Afterwards

- Prize giving to take place in the event field/ marquee as soon after the event completion as possible.
- Prizes will be awarded according to PSUK guidance.
- All finishers will receive a finisher medal after crossing the finish line.
- We hope you choose to stay and enjoy the evening and surroundings.
- Food and refreshments can be purchased throughout the day and in the evening from the Parkfoot Clubhouse.



Safety Info

Swim

- Wetsuits are compulsory.
- If you get into difficulty, stay calm, relax and raise your arm in the air. A kayaker will come to your assistance. Listen to their advice. It is virtually impossible to sink in a wetsuit!!
- Ensure you wear the allocated swim cap, it is brightly coloured and has your race number on.
- Competitors are asked to be careful on entry and exit from the lake, there is a wire fence to the left on entry and right on exit. It will be marked but please take care to avoid.

Bike

- The cycle course is all on public highways so you must obey the Highway Code. Marshals will not and cannot stop traffic.
- The course includes 5 right turns. Most are from minor road to minor road, you must still give way.
- One right turn is on the busier Tirril to Yanwath road onto a quiet country road. This will be well signed for motorists BUT you must ensure you check before moving to centre of road and give way to approaching traffic.
- The bike course includes a descent through the village of Askham at the bottom of which is a narrow bridge and sharp left bend. You must take care at this location. There will be a marshal with a red flag here; this is just to warn you of the impending bend.

First aid cover will be in force for the entire event and a ambulance will be on the course throughout the day. All event staff will be able to summon assistance at short notice.



Good luck with your training and we look forward to seeing you on the 8th of July.

Best regards

Sport in Action

For further information and event updates visit

www.sportinaction.co.uk

