

# A.W.Jenkinson Ullswater Sprint Distance Triathlon Athlete Guide 2020



**Sport in Action**  
SWIM BIKE RUN



# Sport in Action

Founded in 2012 – Sport in Action 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 Ullswater Sprint Distance Triathlon 2020.** Visit or sponsors website at [www.awjenkinson.co.uk](http://www.awjenkinson.co.uk)

**A friendly sprint 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: [events@sportinaction.co.uk](mailto:events@sportinaction.co.uk)**



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# Timetable

**Saturday July 11<sup>th</sup> 2020**

<b>11:30 – 13:30</b>	<b>Athlete Registration (Event Marquee)</b>
<b>13:00 – 14:00</b>	<b>Transition Open (Aikbeck Field see map overleaf)</b>
<b>14:05</b>	<b>Mandatory race briefing (transition)</b>
<b>14:30</b>	<b>Race Start (deep water start at Lake access)</b>
<b>18:30</b>	<b>Presentation (Event field / Marquee)</b>



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Swim Start

Transition + Registration

### Park Foot LAKE ULLSWATER

	ELECTRIC PITCH TENT		SHOWERS & TOILETS	L1 - PARKLANDS
	TOURERS & MOTORHOMES		CYCLE HIRE	L2 - ELDERBECK
	STATIC PITCH		TELEPHONE	L3 - AIRBECK
	BUILDINGS		PLAY AREAS	L4 - PARK
	LODGES / COTTAGES		SHOP	L5 - BARTON
	WOODSIDE COTTAGES		TENNIS	L6 - CHERRY
	OTHER BUILDINGS		POSTBOX	L7 - REDWOOD
	FOOTPATH		PONY TREKKING	L8 - BECKSIDE
	DOG WALK		PARKING	

Camping is available link below to book  
[www.parkfootullswater.co.uk](http://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.

Saturday July 11<sup>th</sup> between 11:30 – 13:30

By registering for this event you agree to abide by the British Triathlon Rule Book.

[BTF Rules 2019 HERE](#)

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 at 13:00am.

Once registered you will be given your race numbers, swim cap and timing chip. 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. 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 20p



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# Transition

**Before being allowed into transition with your bike and equipment you should be wearing your helmet fastened.**

**Once permitted to enter transition you can rack your bike anywhere on the racking provided.**

**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 giving consideration to your fellow competitors.**

**No large plastic boxes or bags are permitted in transition after 14:00**

**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.**



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# Swim Course

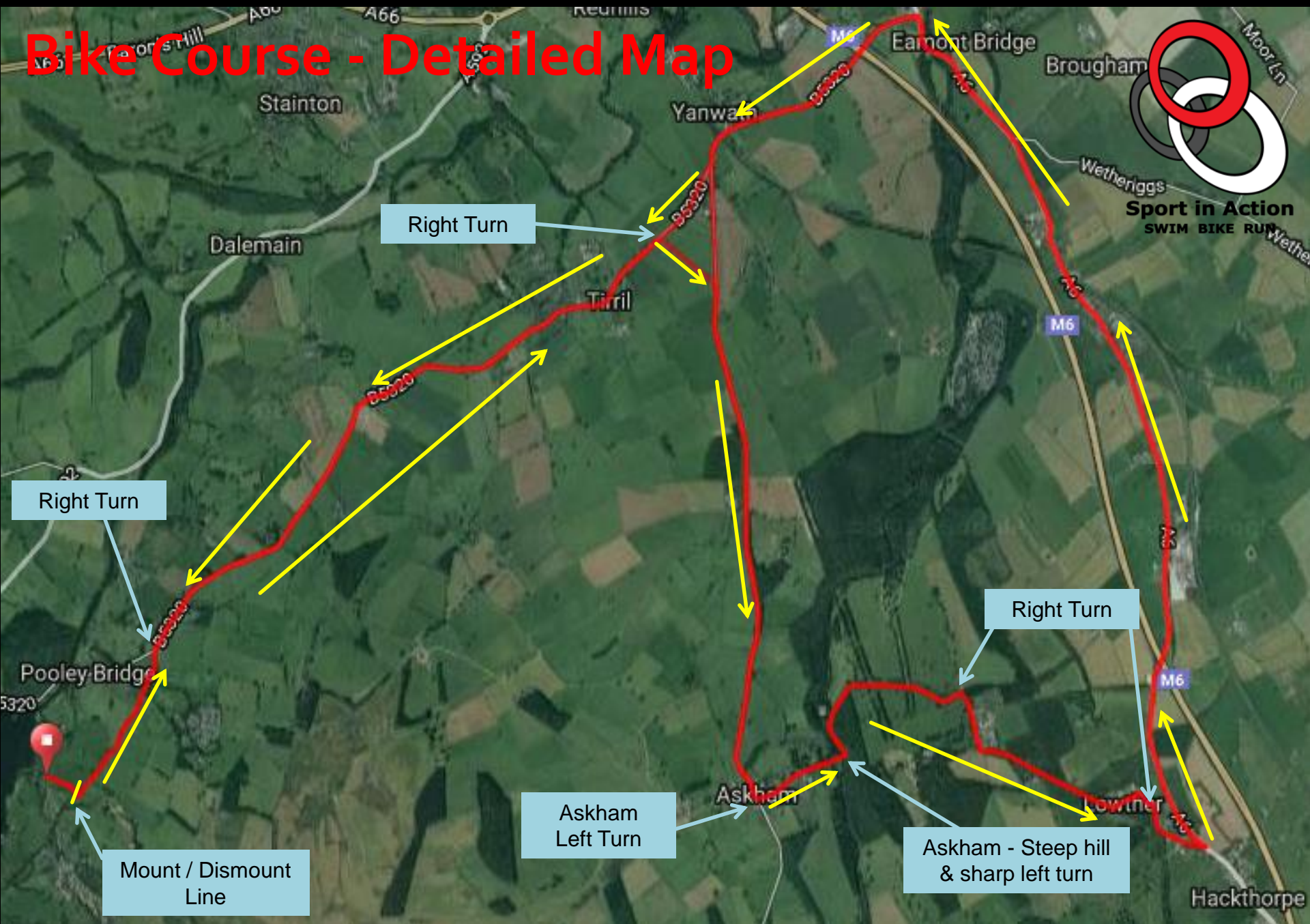
The walk from transition is approx 150m mostly on grass. Where the footpath is used this will be covered from the waters edge.



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# Bike Course - Detailed Map







2 Laps  
To the finish

Transition  
Run out

Run through the  
main gate and  
round caravan  
park to the left





# Afterwards

Prize giving to take place in the event field/ marquee at approx 18:30pm

Prizes will be awarded for Open Male/Female and in all age groups in line with our standard prize policy

<http://sportinaction.co.uk/prize-policy>

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 at the campsite bar and shop a short walk from the event field.



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# Safety Info

## Swim

Wetsuits are compulsory.

If you get into difficulty, stay calm, relax lay on your back 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 red slow signs to warn you of the impending bend.

## Run

The run course is multi laps on grass, lakeside paths and public highways. Please be mindful of other users on the section that goes along the lakeside and through Waterside campsite. Extra care should be taken when leaving Waterside campsite and joining the country road that takes you back towards the event field. Please keep to the left while running on the public highway.

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



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**Good luck with your training and we look forward  
to seeing you on the Saturday July 11<sup>th</sup>.**

**Best regards - Sport in Action**



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**For further information and event updates visit**  
**[www.sportination.co.uk](http://www.sportination.co.uk)**



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