

EPWORTH TRIATHLONS

EPWORTH POOL, BURNHAM ROAD, EPWORTH,
DONCASTER, DN9 1BZ



Welcome

Welcome to Epworth Triathlon jointly run by Race Hard Events and Adwick Triathlon Club.

Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site to confirm and start times. Race Hard Events or Adwick

Tri Club cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

Race Rules

The event will be held under the rules of the Triathlon England. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. If you require further information about Race Rules, please visit <http://www.britishtriathlon.org> or telephone the Triathlon England on 01509 226161.

British Triathlon Licences

Please note that all athletes will be required to show some form of photo identification on entry to bike racking– Current year BTF Race Licence – or other, photocopies are fine.

If you have applied for a BTF Day Licence when entering, this will be issued to you at registration. If you did not apply for a BTF Day Licence, then you will be required to show your Current British Triathlon Federation Race Licence. If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register. There will be NO exceptions to this ruling. If you have a current British Triathlon Federation Race Licence, please bring it with you.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 15 years old on or before the 31st December. In addition anyone

under 18 years old must have parental permission to take part in the event. For more information visit:

<http://www.britishtriathlon.org/uploads/files/Competition%20Rules%202006.pdf>

Lockers & Showers

There are no changing or showers available. Toilets should be available but please be COVID aware 2mts face coverings and hand washing.

Finding Epworth Pool

Epworth Pool, Burnham Road,
Doncaster DN9 1BZ

Car Parking

May not be available at school adjacent to pool/leisure centre you are advised to allow time to use free park 300metres away. Please note there is no parking in leisure centre car park.

Registration Times

Registration is by post and race numbers and bike/helmet stickers will be posted out on Monday before the event please plan your arrival at transition 40min before swim start time.

Transition

Transition will open to competitors from 6.30am. Racking will only be allowed by 40min prior to your start time and you must rack where your racking slot is numbered please do not rack anywhere else unless directed by marshalls. There will be 2mt distancing and limited persons allowed into transition. T1 and T3 the times between swim/bike and bike/run will not be included in your total time to allow social distancing and a safe race. We advise the use of face coverings where possible before and after racing this will be posted out with your race number a week before the event.

Race Briefing

There will be a short brief before each 4 competitors go to poolside to start this will be in transition.

Timing chips will be available to pick up on poolside please use hand sanitiser on pick up. Race numbers must be visible on your back when on the bike and on the front when on the run (number belts are acceptable). Timing chip should be around your left ankle at all times during the race. Competitors who lose chips will be charged £25. You will need to deposit your own chip in bin provided at finish if you leave with your chip it will need to be posted back or you will be charged for it.



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Race Start Times

From 7:00am to 9:30am. Swim time will be posted on the website the week before the event.

Race Format & Distances

Swim 400 metres 20 lengths or Max 10min duration

For your swim start you will be moved forward in 10min intervals to each Station from pool building entrance this is **Station 1**. PLEASE BE THERE 30MIN BEFORE YOUR START TIME.

Station 2 in the Foyer this will be done in groups of 4. 10min later next **Station 3** poolside, (chip pick up) the next **Station 4** is your start in the pool please take direction from starter you then have maximum of 10min to complete 20 lengths if not you will be whistled out end of swim is at fire exit door.

Bike – 20km

Leave Transition as instructed time starts here in Time Trial format. Turning left keeping on the left until reaching main road were you will be allowed to mount your bike, Turn left and in approx 100m take care at zebra crossing marshalls are in attendance but you must follow rules of highway and stop if in use by public.

Turn left immediately after crossing and following signs to next T jct turn left with care as tight turn this road is narrow and twisty please take care and look for warning signs. Continue for 4.9km turn left be aware of uneven surface and narrow bridge, continue at 9.7km T jct turn left continue 3km at roundabout turn left caution road narrows then bends to right 2km further on at church road again narrows and there maybe parked cars. At next T jct turn left at a further 5km turn left in school grounds were you dismount and push your bike into Transition. **At all times you must follow rules of highway and give way, motorcycle refs with DQ anyone not.**

The marshalls cannot stop traffic.

Run – 5km - 1 laps

You exit transition by single gate keeping left on footpath left out of Leisure Centre entrance onto footpath keep to left footpath turn left into fieldside road keeping to left footpath all way for 500m cross onto right hand side of road before bridge so you are facing oncoming traffic, at 1800m turn left onto footpath and follow signage at 2220m narrow crossing into meadow

please keep single file for approx 100m follow sign-age to main road turn left on footpath approx 200m turn into Leisure centre car park and finish area.

Course Reconnaissance

The bike and run course are on public roads/footpaths and can be cycled at any time at your own risk.

Medical Conditions

Please write on the back of your race number any medical conditions, prescription medication and next of kin contact details that may be useful in the case of an emergency.

Prizes

There will be no prizes as the aim is for you to complete the course and collect your medal although all 3 times added together and completed times will be posted on website asap.

Refreshments

There maybe some refreshments on the day but we are to discourage spectators and ask competitors to bring there own refreshments..

Withdrawals

If you have to pull out at any point during the race please make yourself aware to one of the marshalls.

Volunteers

These events cannot be run without them, you get a snood and a drink and the thanks from all the competitors so if you are wanting to assist at any race hard event please send an email to

Andy at racehardevents@sky.com

