

LEGER MAN HALF AND HATFIELD SPRINT TRIATHLONS

HATFIELD WATER PARK
HATFIELD, DONCASTER DN7 6EQ

Welcome

Welcome to Hatfield Triathlon jointly run by Race Hard Events and Adwick Triathlon Club. Competitors are requested to Register at the water park

Finding Hatfield Water Park

Sat Nav DN7 6EQ

Race Rules

The event will be held under the rules of the British Triathlon Federation. 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 have purchased a Day Licence when registering. If you require further information about Race Rules, please visit <http://www.britishtriathlon.org> or telephone the British Triathlon Federation on 01509 226161.

British Triathlon Licences

Please note that all athletes will be required to show some form of photographic identification current BTF Race Licence – or other, photocopies are fine.

NON Tri England members have prepaid for a Day Licence when entering, this can be downloaded from website link.

If you are a Tri England member you will be required to show your current 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 Triathlon Federation Race Licence, please bring it with you.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in Sprint event competitors must be at least 15 years old or 17 years old for Half 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

Male and female shower and changing Facilities are available within the Reception, free of charge to competitors. There is a few lockers but advise keeping kit with you as you will be allowed to store in transition during the event. Additional toilets for athletes in transition/bike feed station and for spectators they are available in shower block on campsite.

Car Parking HALF ONLY

Available in water park for Half competitors camping only. Additional Half parking 100m outside entry to park follow directions from marshalls.

Car Parking SPRINT ONLY

Follow signs through Hatfield addition parking is at Jubilee playing fields, which is only a short walk from start and finish.

Please note there is no parking in

Water Park car park.

Registration Times

Saturday 5-7pm **Advised**

Limited Sunday 5:30-6:15am only.

Within the main building at Hatfield Water Park.

You will be issued Numbers and Timing chips in your race pack, and you will have 2 coloured stickers for bike and front of helmet and two race numbers. **You will need**

all stickers affixed before racking in transition, and you helmet fastened on your head. Race numbers

must be visible on your back when on the bike and on the front when on the run (number belts are acceptable)

You will not be allowed to collect your bike without your race number .

Timing chips should be around your left ankle at all times during the race. Competitors who lose chips will be charged £25. Your chip will be removed in the finish area.

Transition

New racking system allows you to rack rear wheel ready to exit and front wheel on return.

Transition will open to competitors on

NO RACKING ON SAT

SUN 5:30-6:45am

Race Briefing

Will be in transition area at 6:30am.

Medical Conditions

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

Refreshments

The Water Park will be serving tea and coffee all day along with some food.

Race Start Times

Sprint 7am All competitors

Half 7:20am All competitors

Race Format & Distances

SPRINT – 750M

From the 1st yellow start bouy you will swim 300m to the 2nd yellow buoy, turn left around the buoy.

After 250m turn around the 3rd yellow buoy heading back towards the beach.

After 200m exit the water

HALF 1900M(2LAPS)

From the 1st yellow start bouy you will swim 300m to the 2nd yellow buoy, turn left around the buoy.

After 250m straight on 3rd yellow buoy heading Towards start yellow bouy turning left at this for 2nd lap repeat lap and at last pontoon head into beach, and exit water running up to T1 approx 200mts wetsuits maybe required depending on water temp on the day.

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Bike Sprint – 24km

<https://gb.mapometer.com/cycling/route/4821067.html>

Half - 85km

<https://gb.mapometer.com/cycling/route/4556783.html>

The bike routes will be signposted and marshalled on turns. After leaving T1 mount your bike after the mount line.

Exit the water park following GREEN SIGNS

turning right to the main road. Turn left on the A18 towards Thorne. At the first roundabout completely circle the round about 4th exit on the A18 towards Doncaster. After 1.4km

SPLIT OF COURSES

SPRINT LEFT ON TO SANDTOFT ROAD.
FOLLOWING GREEN SIGNS
FOR 6.3KM TURN LEFT.

TAKE CARE HALF CYCLISTS REJOIN HERE FROM RIGHT.

HALF 200MTS FURTHER ON LEFT TURN A614
FOLLOWING ORANGE SIGNS
FOR 10KM AT ROUNDABOUT LEFT,
CONTINUE FOR 4.5KM
LEFT TURN ONTO DRAIN ROAD
STRAIGHT ON FOR 11KM

TAKE CARE SPRINT CYCLISTS REJOIN HERE FROM LEFT.

Both courses continue for 2.5km where you will join the A18 Left/straight on

Take care you do not have right of way
towards Doncaster

after 5.5km leave the roundabout at the 2nd exit towards Doncaster still on the A18. When approaching the 3km turn right onto the road of the Water Park the last 250m just before Motorway bridge is a

NO OVERTAKING ZONE

For all competitors and all laps

PENALTY IS DQ

Take care this is a right turn!

This junction will be well marshalled but cars have the right of way.

After 400m both courses enter left into Water Park

Sprint dismount at line **enter T2**

Half Loop around clockwise for water drop and feed station **WATER 1ST FEED 2ND**

Now follow previous from :-

Exit the water park

Repeat course following ORANGE SIGNS

On 2nd return to park dismount at line and **enter T2**

Run – 5km - 1 laps

You exit transition by single gate keeping left on footpath **Feed station 1** left out of Water Park entrance onto footpath keep to left turn right over motorway bridge into footpath all way turn point at bridge **Feed Station 2** Return to right turn following footpath back to motorway bridge cross back over and back to water park entrance **do not turn back into water park**

take next turn right approx 200mts further on this takes you to right turn into park follow course loop in park.

SPRINT 1 lap completed Finish

HALF back through transition picking up 1st band after completing 1 lap 2 more to pick up having collected 3 bands complete 4th lap and Finish.

Course Reconnaissance

There is swimming at Water park contact www.swimyourswim.com

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

Prizes

Trophies for overall 1st 2nd 3rd Male/Female

Trophies for 1st in 10yr Age bands.

Overall 1st 2nd 3rd cannot win A/G

Presentation will take place as soon as possible after the race. Please be present at prizegiving as they will not be posted out.

Time Penalties & Appeals

Penalties will be displayed at jaguar timing kiosk.

Any appeal to penalties can only be made on the day and before prize giving.

Results

Will be posted on www.racehard.co.uk as soon as possible. Hopefully on the evening of the race.

Withdrawals

If you have to pull out at any point during the race please make yourself aware to one of the marshals and return your chip.

Volunteers

These events cannot be run without them, you get a 'T' shirt, food 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