

FAMILY AUTOS LTD

SPECIALISTS IN HIGH QUALITY CARS

LINCOLNSHIRE EDGE OPEN WATER TRIATHLON 2017

by



RACE INFORMATION 2017

RACE NUMBERS ARE NOW ON OUR WEBSITE

LINKS HERE [Sprint](#) and [standard](#)

The event comprises of a **Sprint 750m swim – 25km cycle leg – 5km run.**
Standard 1500m swim – 39.5km cycle Leg – 10km run

Ideal for newcomers to the sport and experienced triathletes alike.

The race takes place at the Cadney Reservoir, Brigg Road, North Lincolnshire, DN20 9HS



Timetable

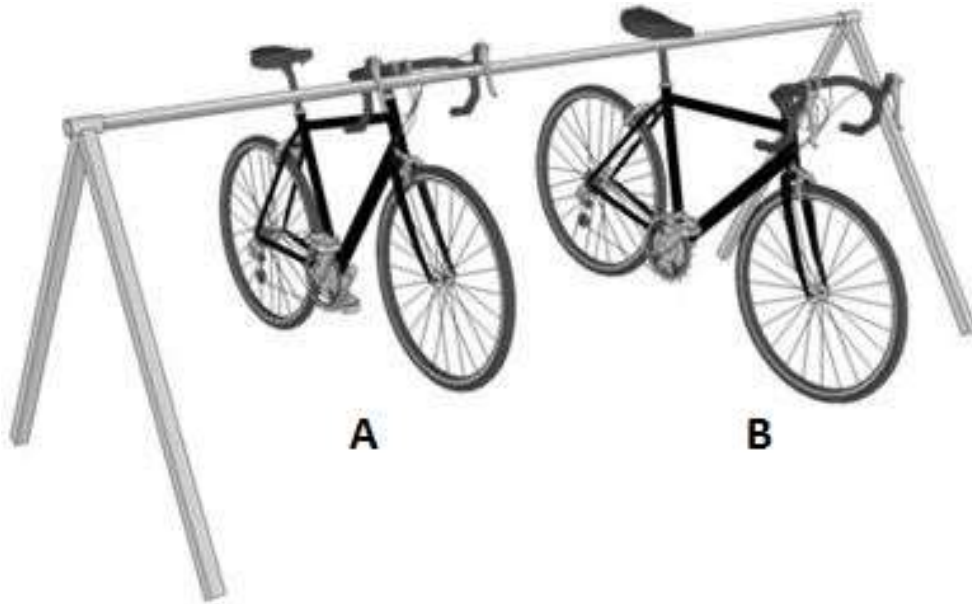
- Race Registration: Saturday 16:30 – 18:00 & Sunday 6:00am – 7:20am
 - Race Briefing: 7:30am (in transition)
 - Race Begins (Wave 1 Standard): 08:00am
(Wave 2 Sprint): 08:05am

Introduction

Once you have registered you will then need to prepare yourself for the race which if you are new to triathlon can sometimes seem a little bit daunting, but really there is no need to worry. You will find plenty of people willing to help you if you are not sure.

Step 1: Register and collect your chip for timing and numbers; place one sticker on your bike, one on your helmet. You will be given two race numbers one for your back when on the bike and one for your front on the run. If you have a race belt then you just need one number and this can be switched round as you head out on the run.

Step 2: Time to go and rack your bike in the allocated spot and place all your items you need in transition. **RACK YOUR BIKE WHILST FACING THE NUMBER ON THE RACKING!**



Both the above methods of racking are acceptable. Method A is more secure in windy conditions for bikes with deep rim wheels.

Rider A approaches the bike on OTHER side of the racking.

Rider B approaches the bike on THIS side of the racking.

If you believe a bike is racked incorrectly inform one of the race team who will check as required.

DO NOT TOUCH OR MOVE ANOTHER COMPETITORS EQUIPMENT IN TRANSITION!

Step 3: Listen to the Race Briefing!, this will explain the course and rules you need to follow. We will also make you aware of any particular hazards on the course.

Step 4 (The Swim): In the week leading up to the race we will issue a start sheet which will give you your allocated race number and start time. Your start time is dependent which race you have entered with the Standard going off at 8am and the sprint at 08:05. As with all open water swimming we advise you to wash straight after the race especially before eating and drinking. We will also have some hygiene gel in transition and at the finish line and we highly recommend all competitors use it to wash their hands and face in both T1 and at the finish. As per British Triathlon guidance we advise that all clothing and equipment used during the swim is washed and cleaned after the event before it is used again.

Step 5 (The Bike): Having exited the reservoir you will now head into transition (T1) to collect your bike, **Ensure that your helmet is on and fastened before touching your bike** and then wheel your bike to the mount line outside the transition area before getting on your bike. Head out of the Cadney complex turning left onto Cadney Road following the arrows marked on the route. You are responsible for riding the course safely and in accordance with the Highway Code.

Please be aware there is a STOP junction on the course as indicated below. This is a mandatory foot down stop for all competitors and will be marshalled.



The full cycle routes can be viewed here [Sprint and Standard](#)

Please note marshals are there to give directions only and not stop the traffic. Don't take risks!!

Step 6 (The Run): On entering the grounds of Cadney reservoir dismount your bike before the dismount line, wheel your bike into transition (T2) and rack your bike (before unfastening your helmet!) and then get yourself ready for the run. Head out of transition via the run out exit and follow the perimeter path of the reservoir on an out and back 1.5 mile section then follow the signed run route out of Cadney along the road until the turn point. Re-enter the Cadney reservoir grounds and follow signs to the finish.

Run routes can be viewed here [Sprint and Standard](#)

Well done you have completed the Lincolnshire Edge Triathlon!

Remember to enjoy your race and don't rush your transition!!

Presentation will take place as soon as possible after the last finisher has finished and we have trophies for every BTF AGE Group winner in both the Sprint and Standard race.

(Trophies will not be posted out so please be there to collect your prize)

