

# RACE INFORMATION

*The*

**Homecrafts**  
*(Brigg) Ltd.*

**Goole Pool Sprint**  
*by*

**FASTFWD**   
EVOLVE SPORTS

Event Date: **06/10/2019**

Venue: **Goole Leisure Centre DN14 5QX**

Start Time: **8:00am**

Race Registration: **Saturday 5th October 4.00pm – 5.00 pm**

**Sunday 6th October 6:00am – 7:00am**

Race Briefing: **Sunday 6th October 7:30am (Transition Area)**

**PLEASE READ THESE RACE INSTRUCTIONS  
& British Triathlon rule book**

## The Homecrafts Goole Pool Sprint tri by FastFWDSports

Thank you for entering our Triathlon. It is a fast, flat course, ideal for novices and experienced racers alike. The distances are 400m Swim, 20km Cycle and a 5km Run.

### Safety

The first and most important consideration is the safety of all competitors and volunteers. We have completed Risk Assessments and do our best to highlight any hazards etc. You as a competitor have a ***Duty of Care*** to yourself and others. You must also be sure of your abilities and fitness to compete in, and complete, the 3 disciplines. You **MUST** have regard for other competitors and officials, all of whom give their time for your pleasure and pain! **Please take time to carefully study the pre-race information to ensure you have a smooth and enjoyable day out.** The race starts at 8am and will be set off in waves of FOUR.

Individuals start times and lanes will be emailed prior to the race and also on display on the day at registration.

### Venue

Goole Leisure Centre is located in the market town of Goole .  
Post code is DN14 5QX

### Car Parking

There is limited car parking at the Leisure Centre, and only the LEFT HAND SIDE should be used. Alternative parking is available in the town centre.

### Registration

Race registration will be open on Saturday & Sunday (times stated above) please follow the registration signs on arrival. If you are a BTF member you will need to show your membership card otherwise you will be required to purchase a day licence at a cost of £5. You will be issued with two race numbers for front & back of your race top, if you are wearing a race belt the number must be visible on the rear for the bike section and on your front for the run section. There will also be a sticky number for your bike, one for your helmet. Please ensure your bike sticker is placed on your seat post & your helmet sticker on your helmet BEFORE entering transition.

BTF day licenses are available to download if you wish [Day Licence](#) but this is not a requirement.

A security wrist band will also be issued to in registration to allow you to enter & exit transition before, during & after the race, please fasten this around your wrist when you register. Only competitors are allowed in transition.

Timing chips will be issued at poolside on race day, please ensure you are at the poolside, at least 15 minutes BEFORE your start time, please bring a safety pin with you so that the velcro chip strap can be securely fastened .

**NO CHIP = NO TIME!!**

## Transition Area (opens at 6.00 am)

The Transition Area for the cycle is located in the All Weather Pitch next to the Leisure Centre entrance. Please ensure that numbered sticker (provided) is clearly displayed on cycle and you have an approved (ANSIZ90.4, SNELL90.4, SNELLB90, EN1078 or an equivalent and national standard) cycle helmet (stickered), before entering the transition area. All cycles must be racked before 8am as once the race has started all access gates are in use by triathletes. You will be allowed to exit & re-enter transition as long as you show your security wristband, please be aware of competitors whilst you are in & around transition. You are responsible for ensuring that your cycle is road worthy, any cycle that is deemed to be in an unroadworthy state will be refused entry.

The cycle racking is numbered and we ask competitors to approach your numbered position with the number facing you.

Rack your cycle on the seat post with the front wheel facing you.

Then place your transition gear near the front wheel of your bike, please remember to keep your transition area tidy as space is limited.

Cycles will not be allowed to be removed from transition until the Race Director considers it safe to do so (be aware this may be when the last competitor has started the run) You must show your bib number when removing your cycle.

No nudity in transition.

**Please note: Competitors only in the transition area.**

## Changing Facilities

Changing areas, showers and secure lockers are available within the Leisure Centre.

## Race Briefing All competitors must attend.

There will be a short pre-race briefing at 7.30 am near to the transition area.

### Common Rule's infringements

Bikes must be racked, and re-racked after the cycle, in their allotted position and must face out in line with their number.

Helmets must be worn and secured when the bike is un-racked.

No outside assistance is allowed including collecting or handing out equipment or water.

Threatening, abusive or insulting words or conduct are not permitted - however much you think you've been provoked.

Obey the rules of the road and cycle safely (or be DQ-ed).

No headphones or mobile phones to be used during the race or in transition.

Race numbers must be visible throughout the bike and run and must not be altered.

## Swim (400m)

The event will start at **8am** please enter the swim area via the changing rooms 15 minutes prior to your start time. **Compression or calf guards are not allowed to be worn for the swim; normal swim wear, goggles & hat only (refer to BTF rule book).**

Swim caps can be worn but are not compulsory. There are 4 lanes with swimmers setting at 2 min intervals; the pool is 25m in length. You are responsible for counting your own **16 lengths**, there will be lane counters checking. All start times and lane numbers were sent via email with this race information. There will be a board directing which way to swim in each lane, please remember that you will not be in a lane by yourself. On completion of your swim you must exit the pool via the double doors leaving your swim cap in the bin provided, please **DO NOT** run while still on the edge of the pool as this is slippery. Outside the leisure centre follow the path into transition via the gate marked swim in.

## Cycle (20km)

In transition ensure that you put your helmet on and fasten the strap before touching your cycle. Collect your bike and leave the transition area via the marked gate pushing your bike until you reach the designated area to mount your cycle. Follow the road to the leisure centre exit where it meets the main road. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM YOUR RIGHT** before joining the main road.

Proceed to the mini roundabout and take the exit back onto North Street/Hook road.

Follow this road to Hook and take a LEFT on CHURCH LANE.

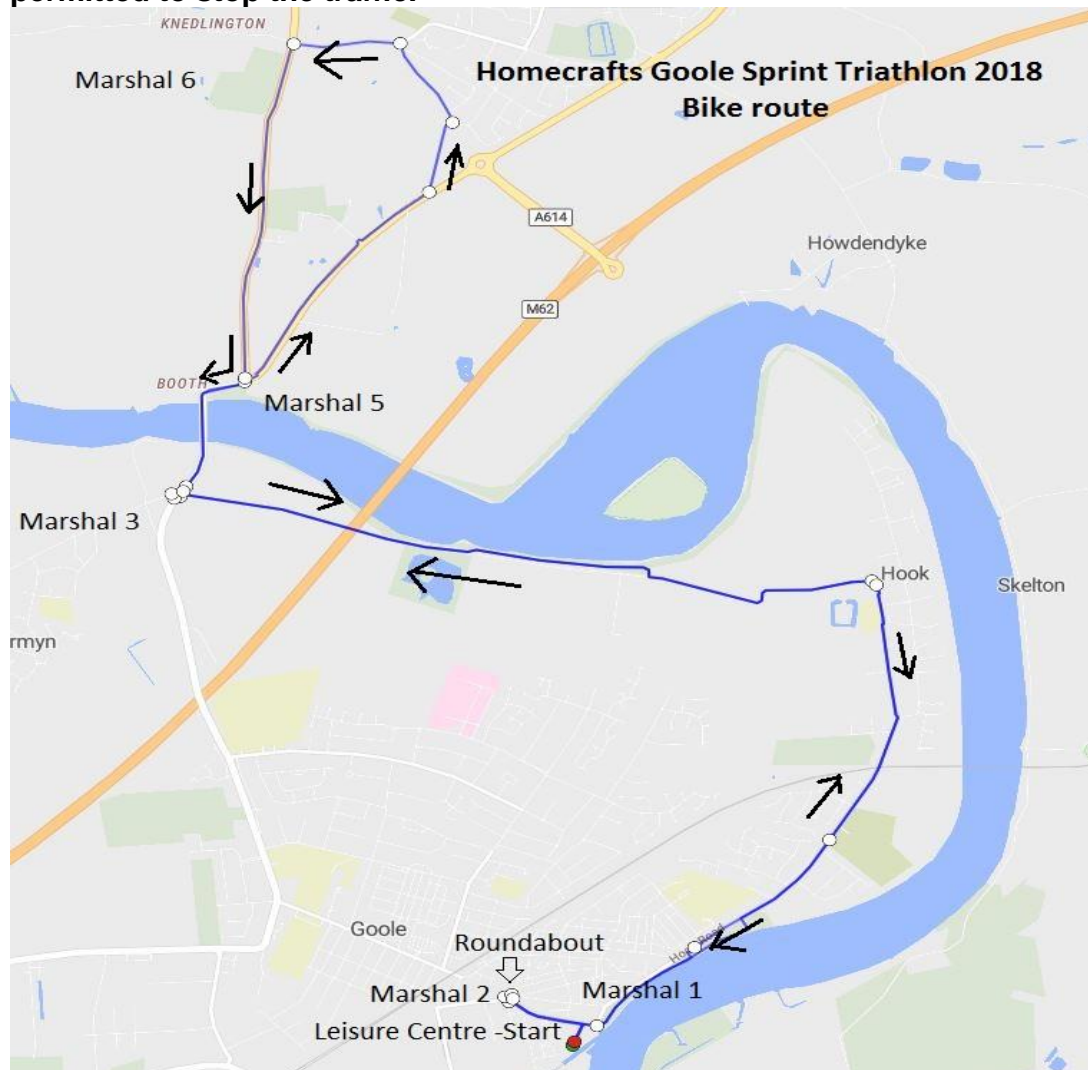
Turn RIGHT and head towards BOOTHFERRY BRIDGE. Head over the roundabout and after approximately 1 mile turn LEFT onto BUTTFIELD ROAD then LEFT onto BOOTHGATE ROAD. Turn LEFT onto Knedington road.

STOP at the junction onto BOTHFERRY ROAD B1228.

PLEASE SHOUT YOUR NUMBER TO THE MARSHALL as you will be checked at this point.

Turn RIGHT at the mini roundabout onto the A614. Turn LEFT at the roundabout to HOOK. At the end of this road turn RIGHT at the junction and head back to the leisure centre turning LEFT into the entrance road heading back to the Leisure Centre. Follow the road in and to the designated dismount point where you will get of your bike and push it into transition again via the gate. Rack your bike at your previous numbered position and have respect for your fellow competitor.

**Please abide by the HIGHWAY CODE and remember that marshals are not permitted to stop the traffic.**



**Competitors are NOT permitted to draft  
Please see BTF rule book for more details**

**THE DRAFT ZONE IS 10M long & 3M wide**

What happens if I want to pass a competitor in front?

You have 20 seconds to enter the draft zone and to overtake

If you have not passed within 20 seconds **YOU** must drop back to outside the draft zone

What happens if another competitor passes me?

**YOU** must drop back to outside the draft zone

Can I ride side by side with another competitor?

**NO** unless the roads are closed

**Only 1 person can be first over the line, but everyone can win by holding their head up and saying they were not guilty of drafting. Penalties will be imposed on competitors breaking these rules.**

Do not unfasten or remove your helmet until your cycle is securely re-racked in its numbered rack position.

## Run (5km) MIXED SURFACE

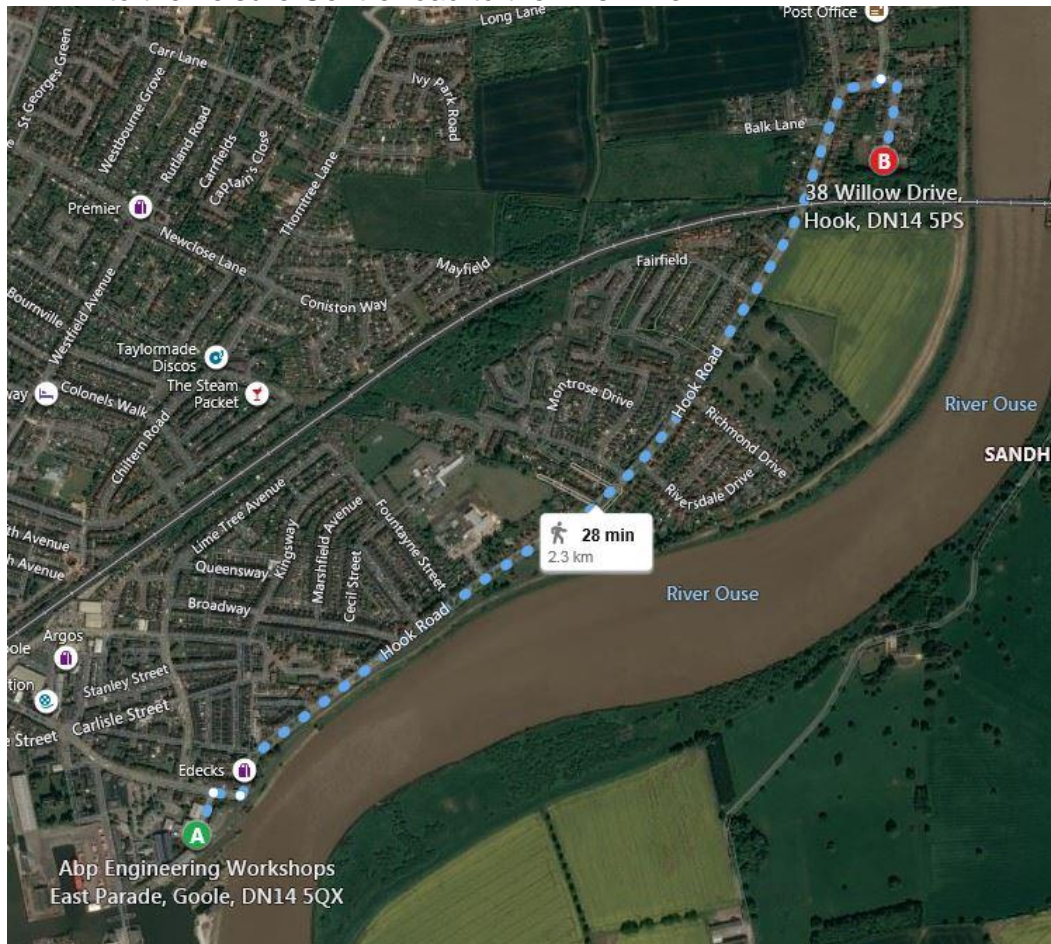
Exit the transition area and run along the footpath as signed. Turn right onto NORTH Street keeping to the right hand side of the footpath. Stay RIGHT on Riverside gardens footpath.

At the turn point shout your number to the marshal.

Head back to the Leisure centre using the same footpath.

Stay on the tarmac path on North Street.

Turn LEFT into the Leisure Centre road to the finish line.



## Prizes and presentation

Presentation will be held near the finish line shortly after the last competitor has finished, this is expected to be approximately 11:00am. Trophies will be presented for 1st, 2nd & 3rd male & female.

## Results

Results will be available online the same evening of the event at [www.FastFWDSports.co.uk](http://www.FastFWDSports.co.uk)

## Race Contact

If you have any issues please contact [Info@FastFWDSports.co.uk](mailto:Info@FastFWDSports.co.uk)

**Please have a safe race and show respect for all the marshals as they are volunteers and without them it would not be possible for the event to take place, a simple thank you goes a long way.**

## Team FastFWDSports