



# RACE INFORMATION

## *The Goole Sprint Triathlon*

Goole Leisure Centre

DN14 5QX

Sunday 3rd October 2021

Start Time: 8:00am

Race Registration: Saturday 2<sup>nd</sup> October 4.00pm – 5.00 pm

Sunday 3<sup>rd</sup> October 6:00am – 7:00am

Race Briefing: Sunday 3<sup>rd</sup> October 7:30am (Transition Area)

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

### **The Goole Sprint Triathlon 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. **\*\*Please note the Bike course has changed from previous years due to bridge renovations at Boothferry Swing Bridge.\*\***

### **Covid-19**

No event in this current climate can happen without mentioning Covid-19. Please do not race or attend the race venue if you feel unwell, or you suspect you have Covid or you have been in close contact with someone who has tested positive for Covid, or you have been contacted by Test and Trace and been told to isolate.

We still need to be Covid Aware as we return to racing so please be mindful of social distancing where possible and using hand sanitiser and face coverings.

Please bring a face covering with you preferably a disposable one that you can wear in the leisure centre while waiting to start your swim, this can then be disposed

of on the pool deck before entering the water.

All competitors will be required to complete the online Covid questionnaire before Saturday 2<sup>nd</sup> October, the link to this questionnaire has been emailed to you with your swim start time.

### **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

In addition to hosting the triathlon, Goole Leisure Centre will be operational for other public activities. As such we are required to adhere to the following procedures. Athletes will be allowed access to the toilets within the swimming pool changing area only; please do not use any of the other toilets within the leisure centre. Athletes are not permitted to wait or accumulate in the public areas of the leisure centre whilst waiting for the start of their wave – athletes should only enter the pool changing rooms 15 minutes before the start of their swim wave. This means that there will be no access to the swimming pool viewing area for athletes or spectators. Unless you are going to the toilet or within 15 minutes of your swim wave starting, please stay out of the leisure centre building. Please follow these guidelines – we have worked hard with the leisure centre to ensure that we can run this event.

## Car Parking

There is limited car parking at the Leisure Centre, and only the LEFT HAND SIDE should be used. Parking on the right in front of the retail shops may incur a charge. Alternative parking is available at Burlington Crescent on the otherside of North street from the leisure centre. Please try not to park on North Street as this is part of the bike course. There are several other car parks in the town centre.

## Registration

Race registration will be open on Saturday 2<sup>nd</sup> October 4.00pm – 5.00 pm and Sunday 3<sup>rd</sup> October 6:00am –

7:00am. Registration will be at the Shipping Container in the transition area to the rear of the Leisure Centre on East Parade, 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 £6. 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 licences are available to download if you wish to have a physical 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 is located in the All Weather Pitch to the rear of the Leisure Centre on East Parade. Please ensure that numbered sticker (provided) is clearly displayed on your bicycle 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. Please only bring the minimum into transition, i.e. the equipment you will use during the event, anyone with a box or large bag will be asked to remove it to their car.

Cycles will not be allowed to be removed from transition until 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 no supporters or family members.**

## 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 fastened before your 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'd).

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.

**Littering** – Please don't drop any litter out on the bike or run course, if you take a gel with you bring the wrapper back, anyone guilty of littering will be DQ'd.

## 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).** Your own swimming hat can be worn but are not compulsory.

There are 4 lanes with swimmers setting off 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. If you catch up with another swimmer touch their toes and pass at the end of the length, if someone touches your toes let them pass at the end of the next length, and enjoy the draft from them. Tumble turns are allowed. On completion of your swim, you must exit the pool via the fire exit doors, 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 line to mount your cycle. Follow East Parade to where it meets North Street. Turn **LEFT**. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM**

**YOUR RIGHT** before joining North Street.

Proceed to the roundabout go all the way around the roundabout 360° and take the exit back onto North Street/Hook Road, past the end of East Parade, Follow this road to Hook. Take a LEFT on CHURCH LANE. Caution at the S bends outside Hook. At the roundabout with the A614 take the second exit straight on to Airmyn. Pass through Airmyn village to Glews roundabout. Go all the way around the roundabout 360° and retrace the route back to the leisure centre. At the roundabout with the A614 take the second exit straight on to Hook.

At the end of this road turn RIGHT at the junction and head back to the leisure centre turning LEFT into East Parade. Follow the road in and to the designated dismount line where you will get off 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 competitors.

There are NO aid stations on the bike course, please be self-sufficient.

**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**

**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) Tarmac**

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. All the way to Hook. Caution passing under the railway bridge on Hook Road as the footpath narrows please stay on the footpath. Turn right into River View and right again in to Willow Drive.

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 East Parade to the finish line.

There are NO drinks stations on the run course but bottled water will be available at the finishline.

Once you have crossed the finish line please ensure your timing chip is returned.

Maps of the Bike and Run courses are available at:

[https://fastfwdsports.co.uk/?page\\_id=552](https://fastfwdsports.co.uk/?page_id=552)

## **Removal of Bikes**

Bikes and equipment must remain in the transition area until the last competitor has finished the cycle section and is out on the run course. It is not fair to competitors to have to negotiate around participants who have finished, you will be allowed into transition after you have finished to get warm clothing

but bikes must remain racked. Once the last competitor is out on the run course you will be able to remove your belongings, but you must have your race number that matches the number on your bike to be allowed out.

## **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 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male & female at this presentation. Awards for Age Group winners will be sent out afterwards. To keep the presentation to a smaller affair.

## **Refreshments**

On site catering will be available to purchase hot food and drinks before, during and after the event. The mobile food outlet will be on East Parade.

## **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**