



RACE INFORMATION

Early Brigg Sprint Triathlon

Ancholme Leisure Centre
DN20 9JH

Sunday 28th April 2024

Start Time: 8:00am

Race Registration: **Saturday 27th April 3.00pm – 5.00 pm**

Sunday 28th April 6:00am – 7:00am

Race Briefing: **Sunday 28th April 7:30am (Transition Area)**

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

Early Brigg Sprint Triathlon by Fast FWD Sports

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 we have a brand new run course which is virtually traffic free.****

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, if you feel more comfortable wearing a face covering then please do so. Please be aware that some people may feel more comfortable wearing a face covering and maintaining their social distancing, please respect this.

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

Venue

Ancholme Leisure Centre is located just outside the town of Brigg,
Postcode is DN20 9JH

In addition to hosting the triathlon, Ancholme Leisure Centre will be operational for other public activities. Please be respectful of other leisure centre users.

Car Parking

There is NO car parking at the Leisure Centre for competitors. Please do not park on Scawby Road as this is the bike course. On street car parking is available on Island Carr Road, left at the Aldi Roundabout. Please Do Not park in DFS or Aldi Car Park as these stores are open on Sundays.

Registration

Race registration will be open on Saturday 27th April 3.00pm – 5.00 pm and Sunday 28th April 6:00am – 7:00am. Registration will be in front of the transition area. 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 Race Pass from British Triathlon at a cost of £8. This should have been done when you signed up for the event. 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, and two for your helmet (front and left side). Please ensure your bike sticker is attached to your seat post & your helmet sticker on your helmet BEFORE entering transition. There is an extra optional sticker for your swim hat, swim hats are not compulsory. A security wristband will also be issued to you 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 Multi Use Games Area (MUGA) at the side of the Leisure Centre. Please ensure that numbered sticker (provided) is clearly displayed on your bicycle and you have an approved 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 using the saddle 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. Please only bring the minimum into transition, i.e. the equipment you will use during the event, large bags can be stored around the edge of transition out of the way of other athletes.

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 pool area via the cafe 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 (optional) only (refer to BTF rule book). Your own swimming hat can be worn but are not compulsory. There are 5 lanes with swimmers setting off at

between 2 & 5 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 but please be courteous to other swimmers. On completion of your swim, you must exit the pool via the fire exit doors at the deep end, please DO NOT run while still on the edge of the pool, as this is wet and slippery. Outside the leisure centre, follow the path into transition down the ramp, DO NOT use the steps. Enter the transition area 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 the leisure centre drive to the main road. Turn LEFT. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM YOUR RIGHT** before joining Scawby Road. At the mini roundabout go straight on, giving way to traffic from the right. Continue along the B1206 Scawby Road towards Hibalstow. Caution at the level crossing, if the lights are red STOP, there will be a Marshall there to record your time if you are stopped. Checks have been made with Network Rail and it is unlikely that there will be any trains.

Continue through Hibalstow exercising caution as the road bends past the Co-op.

Continue to the roundabout at Redbourne, go all the way around the roundabout 360° and return to Brigg. Caution again through Hibalstow, and the level crossing, again STOP if the lights are red. Straight on at the mini roundabout caution as the A18 joins from the left. Do NOT turn right into the leisure centre but go straight on at the new Aldi roundabout and at the Tesco's roundabout go all the way around 360° to come back to the Aldi roundabout, straight on over the bridge and Left turn into the Leisure Centre drive. 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) Mixed terrain

Exit transition via the Run Out gate, follow the taped route past the skate park and through the gap in the hedge, follow the marked route across the field toward Scawby Road. Please take care as you run through the field and stick to the route marked with tape. Exit the field through the gate turning left onto the footpath at

Scawby Road, turn left into Silversides Lane. Continue to the bottom of the lane then onto the footpath. Take care along the first section of the footpath as it narrows and look out for athletes running in the opposite direction. Continue along the footpath, passing the Power Station, all the way to Scawby Road and the turnaround point. Retrace your route back to the leisure centre.

There will be a drinks station at the turnaround point, please dispose of your cups thoughtfully at the bins provided, remember NO littering on the course please. Water will be available at the finish line.

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>

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 1st, 2nd & 3rd Open & Female Category at this presentation, along with awards for Age Group winners.

Refreshments

Onsite, catering will be available to purchase hot food and drinks before, during and after the event.

Results

Results will be available online after you have finished, look out for QR codes to scan, and the same evening of the event at www.FastFWDSports.co.uk

Race Contact

If you have any issues please contact 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.

Pam, Jon, Dave, and Andy

Team FastFWD Sports