

SPEEDO BIG SWIM SHEFFIELD

PROVISIONAL RACE INFORMATION

ROTHER VALLEY COUNTRY PARK, MANSFIELD ROAD, WALES BAR, SHEFFIELD, S26 5PQ
SATURDAY 15TH SEPTEMBER 2012

Welcome

Here's all the information you need to ensure your swim goes as smoothly as possible. Read it, remember it, and if you're not sure about it get in touch via bigswim@onestepbeyond.org.uk!

What Will You Need?

It is likely that wetsuits will be compulsory, **Rother Valley Country Park has approximately 100 wetsuits of various sizes available for hire by telephoning 0114 2471452.**

Camping & Caravanning Facilities

Camping and caravanning facilities are available on site, these must be booked in advance by telephoning Richard Baker / Countryside Ranger on 0114 2471452 or by emailing JoanneEdley@RVCP.co.uk. Please note that there is no electrical hook up available in the camping area.

Hotel Accommodation

Hotel accommodation can be coordinated by the venue through Jo Edley - JoanneEdley@RVCP.co.uk.

Directions to Rother Valley Country Park

Rother Valley Country Park is located on Mansfield Road, Wales Bar, Sheffield S26 5PQ.

Travelling from the North – Take the A1 / A1(M) South until you reach junction 35 exiting onto the M18 (signposted Sheffield / Scunthorpe). Stay on the M18 (signposted Scunthorpe / Rotherham / Sheffield). Take the exit onto the M1, leaving the M1 at junction 31 onto the A57 (signposted Worksop). At the roundabout, take the 3rd exit onto A57/Aston Way heading to Sheffield, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

Travelling from the South – Take the M1 until you reach junction 31 exiting onto the A57 (signposted Sheffield SE). At the roundabout, take the 1st exit onto A57/Aston Way heading to Sheffield / Handsworth, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

In the lead up to the event there will be ADVANCE WARNING signs informing the general public that the event is taking place.

Car Parking - £3.00 (PLEASE ARRIVE WITH CORRECT CHANGE)

There will be an event car parking available within the grounds of the Country Park, please follow the instructions of the park stewards. To assist with reducing queues please bring the correct entrance fee of £3.00. Please arrive on time as the start times cannot be changed due to people parking late

Race Registration - TBC

Having pre entered for the event either online or by post, all competitors will need to register between the times stated above. Race Registration will take place in the Courtyard area – follow the signs

The Swim

The swim will take place in the main lake of Rother Valley Country Park. The swim course will be marked with large yellow buoys at each turn and the swim exit. The route will be marked from Saturday Morning.

There will be numerous canoes in the lake to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. Remember keep the buoys to your right. All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. You are advised not to drink the lake water. If you are unwell, please do not take part in the event.

Age Restrictions

The minimum age restrictions for this event is 11 yrs old

Marathon-photos

Marathon-photos.com will be photographing this event. All images will be uploaded to the Marathon-photos website within 48 hours. Visit it at www.marathon-photos.com

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be a specialist medical company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of first-aiders, nurses, state registered Paramedics, and British Triathlon motorbike marshals on the cycle section. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front outside of your swimming hat. Please write your medical condition fully on the inside of your swim hat. This will only be used in the event of you being involved in an accident.

Results

Times will be displayed on the plasma screen on the grassed events area. Provisional results will available to download on our [website](http://www.onestepbeyond.org.uk) the Monday following.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of 7th

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September. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Thursday 13th September at 5pm.

Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask your questions at the event registration area.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please email adam@onestepbeyond.org.uk.

BIG SWIM PARTNERS

Speedo – Headline Partner

Fellow Nottingham brand, Speedo is our swim partner. They'll have an Endless Pool at the expo to tri out the latest TriathELITE™ range, as worn by former World Champion, Helen Jenkins.

<http://www.speedo.co.uk>

Swimshop

The leading swimwear retailer in Britain, and run by former Olympian, Gaynor Willis (Stanley), take a look for all your swimwear and equipment needs.

<http://www.swimshop.co.uk>

Total Fitness Nottingham – Retailer Partner

TFN has been 220 Triathlon Magazine's retailer of the year for the last five years. They're the official Outlaw retailer and you can order from them online. TFN will also be doing bike checks at the Outlaw Expo. This includes checking the following; gears, brakes, wheels, headset, lube, pump and check tires – might be the best few quid you spend all weekend!

www.tfn.uk.com

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, all of our sponsors & finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing bigswim@onestepbeyond.org.uk

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