



## PROVISIONAL RACE INFORMATION

### ROTHER VALLEY CHILDREN'S TRIATHLON 2012 – 09:00

### ROTHER VALLEY COUNTRY PARK: SATURDAY 15<sup>TH</sup> SEPTEMBER 2012

#### Welcome

Welcome to the 5th Rother Valley Triathlon Festival brought to you by One Step Beyond Promotions, in association with The British Triathlon Federation, The Rotherham Advertiser and Rother Valley Country Park.

There will be 4 individual events across the weekend with the Children's Triathlon being the first event of the festival.

Please read ALL of this race information very carefully. We have done all that we possibly can to ensure that everyone has an enjoyable and safe event. Your help in following these guidelines would be greatly appreciated.

Enjoy your day!

#### Novice Training Day's

There will be some **\*\*FREE\*\*** training session for novices taken by Qualified Triathlon Coaches at Rother Valley Country Park, if you would like more info don't forget to tick the box when you enter.

#### Confirmation of Entry

Competitors are requested to check on the event start list posted on the website to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

#### Waves / Race Start / Age Range / Swim Cap Colours TBC

Please note age ranges are based on the age on the 31/12/2012.

#### Race Rules

The rules will be very simple – HAVE FUN!!! There will be race marshals along the whole course to ensure that the children are all going in the correct direction.

#### What Will You Need?

For many people this will be their first triathlon and you do not need all of the kit. There are certain items that you will need; a swimming costume or swimming trunks, a road worthy bike, an approved cycling helmet and a pair of shoes for the cycling and running sections. It is likely that wetsuits will be compulsory, **Rother Valley** Country Park has approximately 100 wetsuits in various sizes and bikes 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 [iandixon@RVCP.co.uk](mailto:iandixon@RVCP.co.uk). Please note that there is no electrical hook up.

#### Hotel Accommodation

Hotel accommodation can be coordinated by the venue through Jo Edley - [JoanneEdley@RVCP.co.uk](mailto: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 1<sup>st</sup> 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 1<sup>st</sup> exit onto A57/Aston Way heading to Sheffield / Handsworth, at the following roundabout take the 1<sup>st</sup> 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

There will be 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.

#### Race Registration 07:45 – 08:30

Having pre entered for the event either online or by post, all competitors will need to register between 07:45 – 08:30 on the morning of the race.

Race Registration will take place in the main building of the Courtyard area – follow the signs. This is where you will collect your race number, 1 x frame sticker and information about where to go to for the start of the race.

#### Friendly Race Briefing - 08:45

There will be informal race briefings taking place in transition 15 minutes before the start of the Race, the race organisers will explain the course route and prepare the competitors for the Children's Triathlons. If you have any questions or queries on race day, please ask them at the Race Briefing.

#### Electronic Timing

Providing fast and accurate results is the most critical part of any race. At One Step Beyond Timing we use the latest RFID based timing system. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

- Wear the chip!
- When attached to the strap wear it just above your LEFT ankle with the chip arrow pointing upwards. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.



When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. We don't need you to run over bulky mats anymore and don't worry if you don't hear it make a noise. If you have run between the antenna and worn your chip correctly we will have a time for you.



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Electronically capturing each finishers time allows us to continuously post preliminary provisional results on-site during the race in a number of ways.

At the moment these Triathlon chips are re-usable and as such need to be handed back at the finish of the race or before if you have to retire early.

You will incur a charge of £10 if you fail to hand it in.

#### The Course – 150 METRE SWIM – 4KM BIKE – 1.2KM RUN

The course design will be very simple and will allow for excellent viewing opportunities of this fun children's tri!

#### Swim

The swim will be a basic square, which stays close to the side of the lake at all times, ensuring that the competitors feel comfortable with their position in the water. 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. 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.

#### Bike

**Please note the path surface is a mix of tarmac and sandstone.**

From the swim, you will exit directly into the transition area. It is important that you understand all of the entrance and exit points of the transition before you start. There are also specific points where you must mount and dismount your bike. An important rule that must be adhered to: "competitors are required to fasten their helmet before touching their cycle in the transition area". The cycle route is very easy to follow it is simply 1 X 4KM laps on the pathway which circles around the larger lake in an anti-clockwise direction.

#### Run

On leaving the transition area, follow the race marshal's directions guiding you in the opposite direction to the bike course. The route is a simple out and back, you will head off for 600 metres before doing a u-turn and heading back towards the finish area. The finish is a filter onto a grassed area where you will have a 50 metre dash under the finish gantry.

#### Race Numbers

A Race Number must be worn on the back the bike & the front during the run sections at all times. Your number must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

#### Medical Cover

The safety of our competitors is paramount, especially the little ones! Onsite during the event will be Immediate Care Medical, a specialist 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 Medics and Paramedics and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. 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

We request that all parents / guardians write their name & contact details on the back of the children's race numbers using a waterproof pen. If they have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of their race number. Please write their medical condition fully on the back of their number also. This will only be used in the event of them being involved in an accident.

#### Prizes

TBC

#### Results

Provisional results will available to download on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk) the Monday following.

#### Refreshments

Refreshment units will be available on site throughout the festival weekend.

#### 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 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 13<sup>th</sup> September at 12pm. 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.

#### 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 food & drink. If you would like further information about becoming a race marshal please email [rothervalley@onestepbeyond.org.uk](mailto:rothervalley@onestepbeyond.org.uk) you do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day.

#### Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to the event organising committee, our team of Officials that help to organise all of our events, the staff at Rother Valley Country Park, the local police forces for allowing the event to take place, all of our sponsors & finally you the athlete.

#### Further Information

Any questions related to the event can be answered by emailing [rothervalley@onestepbeyond.org.uk](mailto:rothervalley@onestepbeyond.org.uk)

*All the information here is believed to be true at the time of going to press. Changes maybe required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.*

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