

VUE EMERGENCY SERVICES NATIONAL

# TRIATHLON

CHAMPIONSHIPS 2012



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# COMPETITOR RACE INFORMATION PACK



For more Information & to enter see: [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

# VUE EMERGENCY SERVICES NATIONAL TRIATHLON CHAMPIONSHIPS 2012

## Introduction

The VUE Emergency Services National Triathlon Championships is an annual event held by VUE that takes place at the National Water Sports Centre in Nottingham.

This years event will take place on Friday 25th May 2012 and is open to all Emergency Service personnel including Police, Fire, Ambulance, Mountain Rescue, Coastguard / Lifeboat Services, Army, RAF, Navy, etc.

The event attracts competitors from all areas of the emergency services; from frontline personnel to back office staff and management level personnel; from experienced tri-athletes to first time entrants. All competitors and sponsors are invited to attend a hugely popular free BBQ after the race which also allows great networking opportunities.

Along with a £1000 donation being awarded to the overall winning service benevolent fund the event gives each competitor the opportunity to gain sponsorships to raise money for their respective service benevolent fund.



It is no surprise then that the event has grown in popularity each year and is becoming a key event within the Emergency Service calendar. The event has also seen an increased amount of press coverage each year and a growing number of spectators at each annual event.

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## The Race

The triathlon is a three stage race which consist of the following:

- 750m Swim
- 20km Flat Cycle
- 5km Run

Due to the high demand of the event on previous years the maximum number of entries has again been increased to allow up to 300 competitors to take part.

2011 Winners & Winning Times:

Fastest Male: **Piers Vallance** (01:02:03)

Fastest Female: **Jacque Slack** (01:03:03)

Fastest Relay Team: **RNLI** (01:01:28)

Overall Winning Service 2011: **Police**



The event gives competitors the chance to gain sponsorships for their service benevolent funds. This allows even novice entrants to make a significant difference to their service just for taking part, making it a hugely popular event.

Each competitor also receives a free kit bag **courtesy of Innocent Bags** ([www.innocentbags.com](http://www.innocentbags.com)) which includes:

- **Free commemorative race t-shirt courtesy of VUE** ([www.vue-cctv.co.uk](http://www.vue-cctv.co.uk))
- **Free bottle of water courtesy of Water Direct** ([www.water-direct.co.uk](http://www.water-direct.co.uk))
- **Free BBQ entry voucher courtesy of VUE** ([www.vue-cctv.co.uk](http://www.vue-cctv.co.uk))
- **Plus sponsors marketing material / promotional items**



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## Event Objectives

Our aim is to make the event a major fundraising opportunity for the emergency services charities. All competitors are encouraged to gain sponsorships and help raise money for their service charity by registering on our **VUE Just Giving Page**. There will also be a prize awarded to the person who raises the most sponsorship for their service charity.

This year's charities will include:

- Ambulance Service Benevolent Fund
- The Fire Fighters Charity
- Care of Police Survivors (COPS)
- Royal National Lifeboat Institution
- Mountain Rescue England & Wales

This years event is expected to see 300 entries and we are hoping the event will raise over £15,000 for the various charities.



In addition there is also an additional £1000 donation from VUE to the overall winning service charity which last year was narrowly won by the Police Service.

We also support various other charities and also invite a small number of charities to use the event as a fundraising and awareness opportunity with the option of submitting entrants to the race who can also gain sponsorships for the charity.



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## How to Raise Sponsorships

Raising sponsorships is a fantastic way of helping your service charity. This is a very quick and easy guide.

① First visit our fundraising page.

<http://www.justgiving.com/company/vue>

② Click 'Find out more about this event' on our Triathlon Event at the right of the page.

③ Select which charity you want to raise money for by clicking your service charity logo.

If your service charity isn't listed then email us at [triathlon@vue-cctv.co.uk](mailto:triathlon@vue-cctv.co.uk) so we can add your service charity.

④ Login or create a JustGiving account.

⑤ Finalise your selection by pressing the 'Create your page' button.

Create your page

⑥ You are now ready to start raising money.

Why not share your page with your friends and family on Facebook, Twitter, LinkedIn, Google.



# VUE EMERGENCY SERVICES NATIONAL TRIATHLON CHAMPIONSHIPS 2012

## New This Year

Each year we ask competitors for their comments and feedback so we can make the event better the following year.

All feedback and suggestions can be emailed to: [triathlon@vue-cctv.co.uk](mailto:triathlon@vue-cctv.co.uk)



## Changes to the Race Start

This year to accommodate an expected increase in competitors and following competitors feedback of last years race VUE have decided to widen the start of the race.

The course width of the swim start will now utilise the venues 4 starting bays instead of just one making the start of the swim course 4 times wider than previous years races.



## New Trophy for Relay Teams

Fletcher Sports Science have sponsored a new trophy for the Fastest Relay Team category which was last year won by the Royal National Lifeboat Institution (RNLI).

The owner of Fletcher Sport Science (Eddie Fletcher) will be presenting the trophy to the Fastest Relay team.

Visit the Fletcher Sport Science website: [www.fletchersportscience.co.uk](http://www.fletchersportscience.co.uk)

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## Race Rules & Information

This section **MUST** be read by ALL competitors prior to race start.

Please note that all athletes will be required to show some form of photographic identification

### Confirmation of Entry

Competitors are requested to check on the list of entries posted on the website to confirm that they have been successful in their application.

One Step Beyond or VUE cannot be held responsible for loss of entries in the post and strongly advises competitors to enter online if possible as this is a more secure entry system.

To check confirmed entries **Click Here**

### Race Location

The race will take place at the National Water Sports Centre, the venue address is as follows:

**NATIONAL WATER SPORTS CENTRE  
ADBOLTON LANE  
HOLME PIERREPONT  
NOTTINGHAM  
NG12 2LU**

## How to get there

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

The National Water Sports Centre is 5 minutes from Nottingham train station.

Sat-Nav users are advised to use the name '**National Water Sports Centre**' rather than the postcode as using the postcode will cause some Sat-Nav units will direct you to Colwick Race Course.

### Car Parking

Competitors' parking is on the far side of the regatta course, 100 metres past the main entrance. It is vital that you do not use the main entrance car park, since this is part of the run course. Entry to this area is only possible with an officials parking permit.

Overspill parking is also available on the Slalom Course, but please be aware this is a 10 minute walk from the Race HQ.

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## Registration Procedure

### Registration Times 10.00 – 11.15

Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our race website or outside of the registration room.

First you must visit the 'BTF Day Licence Desk'. Please note that all athletes will be required to show some form of photographic identification if you do not have a 2012 British Triathlon Federation Race Licence. This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

Continue forward and find the appropriate numbered table to collect your race envelope. This will contain 2 x race numbers and 1 x frame sticker & your security wristband.

Please keep these safe, as they are required to allow entry into the transition area. Next collect your kit bag which includes your event T-Shirt (sizes issued on a first come first serve basis).

Finally, collect your Timing Chip. Do not lose your Timing Chip as you will need it to race.

## Lockers & Showers

Lockers and showers are available in the changing rooms at the National Water Sports Centre

## Food (On Race Day)

Food will be available from various food vendors on race day. Please keep the area tidy and put all litter in the rubbish bins provided.

Please note BBQ's are not permitted in the race village, which is the area immediately behind the finish line. This is a requirement of the venue under the health and safety rules

## Pre-Race Transition Area Access

Access to the 2 transition areas will be from 10:00 – 11:45, there will be no access permitted outside these times.

## Course Reconnaissance

You are not permitted to swim in the regatta lake at any time, other than during the race. However, you are permitted to cycle the bike course up to 11.00 am after which the course will be cleared of all competitors.

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## Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF.

If you require further information about Race Rules, please visit:  
[www.britishtriathlon.org](http://www.britishtriathlon.org)

Alternatively telephone the British Triathlon Federation: 01509 226161.

## British Triathlon Licences

*Please note that all athletes will be required to show some form of photographic identification - 2012 BTF Race Licence – or other, photocopies are fine.*

If you have applied for a BTF Day Licence when entering, this will be issued to you at registration. If you did not apply for a BTF Day Licence, then you will be required to show your 2012 British Triathlon Federation Race Licence.

If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register.

There will be NO exceptions to this ruling. If you have a 2012 British Triathlon Federation Race Licence, please bring it with you.

## Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 15 years old on or before the 31<sup>st</sup> December 2012.

In addition anyone under 18 years old must have parental permission to take part in the event. For more information visit: [www.britishtriathlon.org](http://www.britishtriathlon.org)

## Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on your race number & wear your race number at all times when competing in the event, including the swim section.

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## Medical Cover

The safety of our competitors is paramount. 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 first aiders, nurses, state registered Paramedics plus Accident 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.

## Competitor Conduct

Competitors are reminded that they share the venue facilities with other citizens who may or may not be fully aware of the event.

Whilst no members of the public should be on the bike course at any time during the event which is fully fenced off, due care should be taken at all times.

We request that you treat both members of the public, marshals, other competitors, event officials and venue staff with respect.

Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters.

## What Will You Need?

As this event attracts all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £2500.

There are certain items which you will need: a wetsuit, swimming goggles are also highly recommended but not compulsory.

A road worthy bike, an ANSI/BS approved cycling helmet: these are available from Total Fitness prices start from around £30.

All other items such as elastic laces, specific triathlon clothing and handlebars are not a necessity but will help you on the day.

For further advice please contact: Total Fitness on 0115 9222226.

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## Race Briefing

There will be a short race briefing before the event. Please attend this race briefing as any last minute changes, as well as any questions will be answered here.

## Race Start, Format & Distances

Race Start 12.00 noon

- **Swim 750m** (1 lap)
- **Bike 20km** (4 laps)
- **Run 5km** (1 lap)

## Swim – 750m (1 lap)

The swim will start and finish from the boat house area of the National Water Sports Centre, directly in front of T1.

There are only two turns on the swim route, the first after approx. 340 metres & the second after a further 70 metres.

Please keep the turn buoys on your LEFT at all times.

## Water Safety

The lake will be cold and triathlon **wetsuits will be compulsory**. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out.

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. You are not allowed to swim on your back at all.

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/she is not in good health at the time of swimming. Be careful entering the open water swim if you are unwell. You are advised not to drink the lake water.

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## Bike – 20km (4 laps)

PLEASE CYCLE ON THE LEFT AT ALL TIMES AS RUNNERS WILL BE USING THE SAME PERIMETER ROAD

The bike route is very simple. It is 4 laps of the perimeter road. The cycle course is 4 anticlockwise laps of the Regatta Road.

Once you have completed 4 laps, please ensure that you know where Transition 2 is and approach from the right hand side of the road after the final turn past the boat houses.

Please take care at all of the corners as they are very tight.

Please Note: As a Water Sports Park, ducks & swans are likely to be on the course & might not move when approached.

Please ride on the left and overtake briefly on the right before returning to ride on the left.

This race is a non-drafting race for all categories (i.e. no cycling to close to another cyclist or in a pack). You are also reminded no 'side by side' riding will be allowed. Time penalties will be issued by the referee for infringements.

Whilst the bike course is closed to all vehicles, please note this is a popular centre, and attracts many visitors and whilst the course is fully fenced off from the public, due care should be taken.

There will be course marshals on all entrances to warn the general public, but please be aware that it is a public park and keep your head up at all times.

**BSI, ANSI or SNELL approved hard shell helmets will be compulsory** and must be worn throughout the cycle section.

They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition prior to racing



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## Run – 5km (1 lap)

RUNNERS WHERE POSSIBLE SHOULD RUN ON THE GRASS VERGE TO AVOID CONFLICT WITH ONCOMING CYCLISTS. PLEASE RUN ON THE LEFT AT ALL TIMES.

Upon leaving T2 competitors will run past the main grandstand, making a right hand turn onto a small adjoining road.

From this road, competitors head up onto the grass bank, sweeping round to the right and over the top of the boat houses.

Continuing in a clockwise direction competitors will reach the large scoreboard before heading downhill onto the perfectly flat perimeter road, where they will loop around the lake, filtering into the final funnel for a hero's welcome in front of the grandstand.

## The Team Event

Only one person is required to register for the whole team, but will be required to show ALL of the 2012 BTF Race Licences for those teams that have not paid for their Day Licence(s) when entering.

All relay team tags will take place by the team's bike racking position, inside the transition area.

The swimmer will finish their swim, exit through the fire doors and then run to tag their team cyclist inside the transition area. The cyclist's bike must stay racked until the swimmer has tagged the cyclist.

When the team cyclist finishes, they must re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

## Race Numbers

Do not cut or fold the race numbers since time penalties will be issued for number mutilation. No competitor will be allowed into or out of the transition area without a number.

Race Numbers must be worn on the front during the run & back during the bike at all times. Number belts are permitted. To aid the timekeepers, who act as a manual back up to the timing system at the finish, please ensure that your number is not obscured.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick on bike frame number on your handlebars. If challenged please be prepared to show your race numbers at all times.

Note: Please do not forget to bring safety pins.

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## Electronic Timing

Providing fast and accurate results is the most critical part of any race. One Step Beyond Timing 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.

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

On most occasions full provisional results will be available on the One Step Beyond website the following day:

[www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

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 may incur a charge of £25 if you fail to hand it in after the race.

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## Time Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the entrance to the Registration Room.

No other officials have the right to award a penalty and all penalties must be directed through the race referee.

Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

## Results

Times will be displayed on the plasma screen at the finish line.

A complete set of results will NOT be provided to competitors on the day, but a provisional list will be posted and will be available the following day on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

If you have a query over any results please inform us immediately on the day in writing by passing a note onto officials in the registration area.

Once provisional results have been posted on the web competitors have 2 days to register a query on those results.

All queries must be provide in writing via email to [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk) no later than 1700 hrs on Tuesday 29<sup>th</sup> May after which time a full set of results will be posted on the web and all results will stand.

## Prizes

There will be prizes in the following age categories:

- **Fastest Male**
- **Fastest Female**
- **Fastest Relay Team**
- **Fastest Veteran**
- **Champion Fundraiser**

There is also a £1000 donation by VUE to the overall winning services charity.



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## 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 15th May.

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.

## Race Office Closure

The One Step Beyond race office will be closed from Wednesday 23rd May at 5pm.

Please do not leave messages or send emails regarding this event, as we will be on site setting up.

## Further Information

Any questions related to the event can be answered by emailing:  
**nottingham@onestepbeyond.org.uk**  
and also: **triathlon@vue-cctv.co.uk**

## Additional Contacts

Event Owners – VUE  
Tel: 0161 877 2257

Venue – National Water Sports Centre  
Tel: 0115 9821212

Additional Accommodation in Nottingham:  
Tel: 08444 775678

British Triathlon Federation:  
Tel: 01509 226161.

*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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**We Look  
Forward to  
Seeing You  
There!!!**

For further information regarding the event, any queries, or for details regarding your media body attending the event please contact:

**VUE**

Unit 7 Ashburton Park, Wheel Forge Way,  
Trafford Park, Manchester. M17 1EH.

Telephone: 0161 877 2257

Email: [triathlon@vue-cctv.co.uk](mailto:triathlon@vue-cctv.co.uk)



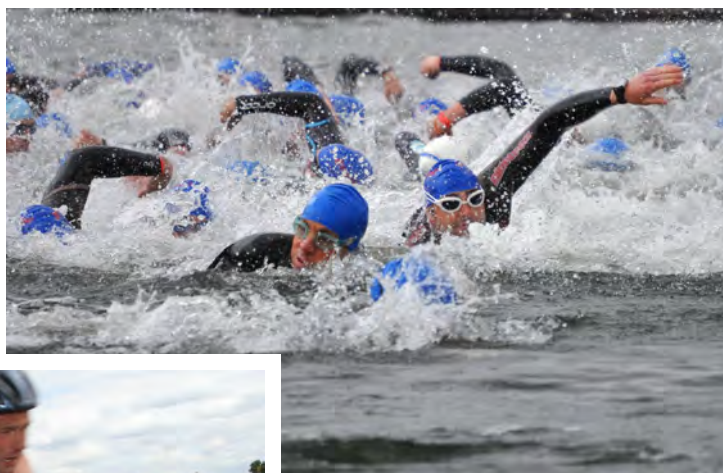
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**Venue:**

National Water Sports Centre  
 Nottingham. NG12 2LU

**Event Details:**

Sprint Distance Triathlon  
 Swim 750m • Cycle 20km • Run 5km

Emergency Service Personnel Only  
 Entrants must be 18 or over

Free BBQ for ALL competitors

**Date:**

Friday 25th May 2012 — 12 noon

**Prize:**

Prizes awarded to each category winner plus a £1000 donation from VUE to overall winning service benevolent fund.

**Event Cost:**

Individual Entry £35 (BTA Member £30)

Relay Team Entries BTA Members £50



*Entry is open to both individuals and relay teams (one swimmer, one cyclist, one runner) of all abilities from seasoned tri-athletes or novice entrants. Entry Closing Date: Sunday 20th May (NO ENTRIES ON THE DAY)*

For more Information & to enter see: [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)