



## Cleveland Sprint Triathlon – Sunday 19<sup>th</sup> May 2019, from 8am Race Information

Dear Competitor

Thank you for your entry to the Cleveland Sprint Triathlon 2019, sponsored by Godley's Cycles & Triathlon Equipment and also attended by Sunpower Coffee T/A Tri coaching events. The swim will be held at Stokesley Leisure Centre, TS9 5JJ starting from 8:00am. The transition area and registration is at Stokesley School, Station Road, Stokesley TS9 5AL. Please pay particular attention to the parking instructions below.

### Registration

Registration will open from 7.00 am and will be in the **dry viewing area at Stokesley Leisure centre**. To prevent delays please arrive at least 30 minutes before your start time. Please do not park in the leisure centre car park or anywhere in the transition area. We are able to use the school yard as a car park – access is via the leisure centre entrance and will be signposted and marshaled. When this is full, overflow will be at the Town Hall car park, which is about 400 metres away.

At registration competitors will receive a goody bag with two race numbers, a T Shirt if you paid for one and a timing chip. The timing chip **MUST** be returned at the end of the race or you will be charged £10 for a replacement. The chip **MUST** be worn around your left ankle. You will also receive a numbered tag to display on your bike and it is suggested you put it around your rear brake cable or seat rail. Any changes will be either posted on our website [www.clevelandtriathlon.co.uk](http://www.clevelandtriathlon.co.uk) or at registration on the day.

**Please note:** Please bring your BTF race license to show at registration if you have one. If you forget your license, you will be required to pay a fee of £3.00 for a day license at registration.

If you are not a BTF member you will be issued with a day license, which is included in your race entry fee.

### Swim 400 metres

The swim will take place in Stokesley Leisure Centre, which is a 25 metre six lane pool. You are required to be on pool side 15 minutes prior to the start of your swim time (see website for start times.) There will be no race briefing on the day due to competitors starting at 3 minute intervals. **Please note that compression socks or other floatation devices are not allowed to be worn in the pool under BTF rules.** There will be one swimmer in each of the six lanes setting off together at 8 am and then every three minutes after that, six more swimmers will enter the six lanes and so on. This should mean the lanes are not congested with three or four swimmers in each lane at the most at any time. There will be a 200 metre run from pool to bike transition down a path. You may leave some running shoes outside of the pool if you wish, [to run into transition] being mindful of where you place them, so as not to impede others. All other clothes/equipment required for the triathlon needs to be placed with your bike in the transition area. Large bags must be removed from the transition area.

### **Cycle 11 miles**

The cycle route is one lap. **Drafting is not allowed on this event.** Roads are open to traffic, so please ride sensibly.

**Important: Please do not unrack your bike until your helmet is fastened.**

**No cycling allowed in the transition area.** Race number must be worn on your back for this section. You may use a race belt if preferred. Make sure you fasten your helmet securely before you touching and removing your bike from the transition area and proceed over the transition line with caution before getting on your bike. Turn left onto Station Road, at the end of the road turn left towards Broughton, at the mini roundabout go straight over towards Ingleby Greenhow. At the T junction [approx 4.5 miles] turn right follow the road round towards Battersby Station and go over the railway line. At the junction, bear left towards Easby and follow this road until you come to a T junction where you then turn left onto the A173 towards Stokesley. At the large roundabout take the third exit towards Stokesley and then turn first left onto Station Road, over speed bumps and then left into the transition area. Dismount as directed at the marked line and make your way into the transition area. **Do not unfasten your helmet until your bike is racked.**

### **Run 3 miles**

The run route is out and back. Race number must be on the front for the run section.

Proceed out of the transition area turning left –the same direction as the bike ride. **Keep on the right side of the road, facing the traffic**, at the end of the road just past the church where the red telephone box is, you will be directed round a cone [1.5 miles] and will retrace your route back. Again, keep to the right side of the road facing any traffic, and then make your way into the marked finish area which is the path to the right as you come in. The finish will be clearly marked and will be coned off to prevent congestion from spectators.

### **Refreshments**

Sue and Colin from **Sunpower, trading as Tri coaching events** will be in attendance on the day, providing hot and cold refreshments [freshly ground coffee] and light sweet and savory snacks. There is no hot food is provided.

### **General**

Please be aware that this is a BTF sanctioned event and the rules must be adhered to at all times. Drafting, [taking pace from the bike in front], on the bike course will not be tolerated. Please make sure you know and understand all BTF rules and observe the current drafting distance rules. See [www.britishtriathlon.org](http://www.britishtriathlon.org).

The cycle and run routes will be marshaled where possible and sign posted but it is recommended that you also study the course maps (course map section of website) to get an idea of the course. Remember it is up to the individual competitor to negotiate the course correctly.

Please do not leave personal belongings from the swim changing rooms or registration as the general public will be in this pool from 10 am.

Results will be given at the finish [weather permitting] close to the transition area at the end of the race.

## **Prizes**

The results will be announced on the day and also posted on the club web site as soon as possible. We would appreciate your patience in getting the results verified at the end of the race.

Prizes:

1<sup>st</sup> to 3<sup>rd</sup> junior men and women aged 17-19

1<sup>st</sup> to 3<sup>rd</sup> men and women aged 20 -39

1<sup>st</sup> to 3<sup>rd</sup> men and women aged 40 -49

1<sup>st</sup> to 3<sup>rd</sup> men and women aged 50 -59

1<sup>st</sup> to 3<sup>rd</sup> women 60 -69

1<sup>st</sup> to 3<sup>rd</sup> men 60 -69

1<sup>st</sup> to 3<sup>rd</sup> men and women 70+

If possible try and stay for the presentation. If you can't stay and think you have won a prize, please ask someone to collect it on your behalf.

This event is based in a residential area. Please be respectful of the local people at all times, failing to do so could result in the loss of the venue. Please also be nice to our marshals who are giving up their free time to help. Remember we can't run the race without marshals. Finally, have a good safe race.

Many thanks

Kath Blakey – Race Director

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