



Cleveland Steelman Triathlon/Aqua Cycle Race Information

Welcome

Cleveland Triathlon Club wishes you all the best for this event.

Venue

Ellerton Water Park, Scorton, Richmond, DL10 6AP.

Event Facilities

Camping is available at Ellerton Water Park for a small fee payable to the farmer. There are showers and toilets on site. You do not need to book the camping. If you bring a BBQ please can we ask that you are respectful of the grass.

Parking

There is plenty of parking at the venue and marshals will direct you upon arrival (see overview map).
Please do NOT park in the Lakeside Café or the surrounding village.

Refund Policy

Cleveland Triathlon Club has a strict no refund no transfer policy on all events.

Summary of Schedule

Registration will be held on:

Friday 4pm- 6:30pm

Saturday – 8am-9am

Transition opens 8am – 9:30am

Race Briefing 9:45am

Race Start 10am

Finish – Results – **Awards 5pm**

Cut off bike to run 3pm

Run finish 5:30pm

Registration

Where possible please register on the Friday to avoid delays prior to the race. The registration will be split into to two sections A-M and N-Z.

BTF members must show their race license or purchase a **£3 day** license – **NO** exceptions.

All competitors will receive the following:

Race number

Bike race number sticker (must be affixed before entering transition)

Swim cap

Timing chip – failure to return incurs a £10 fee

T-Shirt

If you are not using a race belt ensure that your race number is visible from the rear on the bike section and the front on the run.

Race Briefing

The race briefing is mandatory any safety information and last minute changes to the course will be announced. There will be an opportunity to ask questions following the briefing.

Course Maps

The following maps are available at www.clevelandtriathlon.co.uk in the “course maps” section.

Please familiarise yourself with all maps, although this event is marshalled its your responsibility to know the course.

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Swim route
Bike route
Run route
Event overview
Transition area

Transition

Bikes must be racked in the numbered spot allocated. After the event, you will only be able to retrieve your bike and equipment from the transition using your race number as ID. There will be marshals on the exits to check this information. If you are entering or leaving the transition area whilst the race is in progress, please respect the other competitors and give them time and space to continue their race. Only race wear and equipment must be placed in this area. Do not block nor mark the thoroughfare; items creating a safety hazard will be removed at your risk. Transition marshal's instructions must be followed. A secure area will be available in transition at competitor's risk, it will be marshalled but we cannot guarantee full security. The transition area has no weatherproof part to it. The transition area is for competitors and race officials only.

Swim

The swim consists of two laps of the lake. It will be marked by buoys. You must complete the two laps then swim to the final small buoy (see swim map) to the right of you into the finish you have not completed the course until you do this. You will then exit the swim between the marshals situated on the bank and continue into the transition area. Wetsuits are mandatory (see BTF rules for exceptions).

Full safety cover is provided and if you get into difficulties, please roll onto your back, raise one arm in the air, and you will be attended to. If you show signs of being in difficulty or hold on to the support canoes you will be returned to the shore for your own safety and not allowed to continue the swim section. Do not attempt to swim if you have not completed the appropriate open water training.

Bike

The bike is a 2x29 mile lap course. The course is undulating. Please familiarise yourself with the bike course map. After you have exited the transition area **DO NOT** mount your bike until you have crossed the mount line (see transition map), this will be marshalled.

Drafting will not be tolerated. Experienced marshals will be placed around the course as will mobile draft busters. Familiarise yourself with the BTF rules on drafting.

All competitors must obey the highway code at all times. It is better to sacrifice a few seconds for the safety of you and fellow competitors. We have the full cooperation of the local police and authorities and would like to retain their goodwill for the benefit of the event in future years.

Run

The run is a 2x6.5 mile lap course. It is both on and off road. Please familiarise yourself with the run course maps. Some of the run paths are uneven and potholed, please take care. There will be limited drinks at the start/finish and one point on the route. If you want drink bottles taken out onto the course, please label your bottle and leave it at registration. Dropping of litter will incur a time penalty, please carry until next available marshal point or bin. Please be aware of any pedestrians on the footpaths.

Finish and Post Race

Results will be available on the Tri Hard screen in the finish area immediately after the race. They will be posted on www.clevelandtriathlonclub.co.uk on the evening of the race.

Penalties and Complaints Procedure

All complaints will be addressed by the race referees. Penalties applied by the race referees will be posted at the finish on the Penalty notice board before the awards begin, any appeals must be written and presented to the race referees (with a £15 fee, if upheld, this will be refunded) before results awards commence.

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Refreshments

There will be a food wagon located in the Water Park main car park (see overview map). There is also the Lakeside Café and park, where a selection of hot and cold food and drink is available.

Please respect this venue by keeping it clean and tidy, do not drop litter anytime – on course take it with you tucked into your clothing.

General Information

This is a BTF sanctioned event and is being held under the BTF competition rules which are available at www.britishtriathlon.org.

BTF general advice for swimming

Whilst water quality tests provide an indication of the suitability of a venue for open water swimming they do not mean that there is a complete absence of potential pathogens. There are simple practises that swimmers should be advised to adopt to minimise the risk of infections further:

Cover all cuts and abrasions, however minor, with sticking plasters. You should not consider swimming if you have deep cuts.

Wash hands in fresh water before eating after you have swum.

Take a full shower at the earliest opportunity.

Try not to ingest water whilst swimming.

In addition all swimming kit (wetsuit, costume, goggles, hats etc.) should be washed in clean water and thoroughly dried before the next session/event.

If you are unwell, don't start the race. If you have immune system issues, make sure you take appropriate care.

Competitors and Spectators

We have received complaints from the residents of the village about the Steelman and we are in real danger of losing the venue. Can you please make sure that you do not stand on the road to spectate at the cross roads near the mount and dismount line, stay on the grass behind the barrier tape. Do not drop any litter at the venue. Do not park in the village.

Medical Conditions and Cover

If you have any medical condition, please provide details on the entry form and you must write this on the reverse of your race number as the medic team will check before any emergency treatment is performed. We take medical cover very seriously and full medical cover will be available on site and ready to respond to any incident on the race route, before, during and after the event. Please take care – risks are simply not worth a few seconds.

Feedback

All feedback from this event is welcome please e-mail clevelandtriathlon.co.uk.

Race organiser

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