

The Club Relays hosting the National Relay Club Championships

IMPORTANT NOTICE

Due to the event being heavily oversubscribed in 2004 and in order to accommodate all teams wishing to enter 'The Club Relays' in 2005 we have for the first time split the event into two waves.

Morning 9.00am wave

The first wave will take place in the morning and will consist of Female, Male Vet, Female Vet, Female Junior and Mixed teams

Afternoon 2.00pm wave

The second wave will take place in the afternoon and will consist of Male and Male Junior teams only

Location

The race is held at Holme Pierrepont, the National Watersports Centre, which is located just off the A52 as per the attached map.

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 car park at the main entrance, since this is part of the run course, and 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.

Lockers & Showers

Lockers and showers are available in the changing rooms at Holme Pierrepont.

BTA National Championships

This race is the National Relay championships for the following categories. Male, Female, Male Vet, Female Vet, Male Junior, Female Junior and Mixed teams.

Race Format & Distances

Swim 400m (1 lap) - Bike 15km (3 lap) - Run 5km (1 lap)

BTA Licences

Athletes wishing to compete for National Titles must be full members of the BTA. Any team containing non - BTA will NOT be eligible for National Titles. There will be a BTA information stand at registration for all BTA queries but it is not possible to join the BTA on the day. For further information contact the BTA HQ on 01509 226161 or www.britishtriathlon.org

Registration

Registration will take place in the patio room in the main building at Holme Pierrepont. This is located on the first floor immediately beside the main reception desk. ONLY Team Captains or other nominated persons are allowed into registration.

Registration Times

Friday August 6th

Registration will be open for all categories between 6pm and 8.30pm. Please note: NO BIKE RACKING ON FRIDAY.

Saturday August 7th

AM Registration will be open for all categories between 7am and 8.30am.

PM Registration will be open for male and male junior categories only between 12.45 pm and 1.45pm.

There will be no registration outside of these times.

It is the responsibility of the team manager or another nominated party to register on behalf of all of their team members.

Registration Procedure

On arrival at registration, find your race number from the lists displayed at the entrance. Then proceed to the BTA Licence Check desk. Here you will be required to hand in your Team

Registration Sheets if you have made any changes to the people or sequence of your team. At this point, please show ALL corresponding 2005 BTA Race Licences. Before moving on to the appropriate numbered desk. Please ensure that your competitors are registered in the right order, since failure to do so could result in disqualification.

Important

If your team members are not already BTA members each non BTA affiliated athlete will be required to buy a BTA Day Licence for £4. Whilst this licence is used to cover insurance it does not entitle the athlete to full BTA membership rights and hence the team will not be eligible for the BTA national titles awarded on the day but instead the team will be placed in the non-affiliated category. All teams which have a ratio of 3:1 either male to female or female to male will be placed into the Open Category. This is a non BTA category and as such is not recognised for National Titles.

Any athlete not providing a current BTA licence will be required to purchase a day licence

If you have a query, please see the HELP DESK. If not, please pick up your numbers, timing chip, swim caps goody bags, t shirts etc.

Electronic Timing

To ensure quicker and more accurate times and results your team will receive a timing transponder to use whilst racing.

Please note that this transponder is to be worn only by the 4th competitor in the team

Using this cutting edge technology will mean results, discipline splits and category positions will be updated live as teams pass the finish line. There will also be a large plasma screen display providing live results to all competitors and spectators in the expo area.

The timing transponder must be worn around the 4th competitors ankle. When fitting your transponder it is useful to smear a small amount of lubricate to stop any chaffing.

Do not wrap the transponder around. Your wrist as it will not work.

When you have finished the race, please remember to return your timing transponder to our officials. Failure to do so will result in a £40 charge being made to the team for the loss of equipment.

Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

Transition

For teams competing in the morning, transition area will be opened from 7.40am on Saturday morning. We recommend that the first two team members of each time rack their bikes before 8.30am. Transition will close at 8.45am. No bags or race kit (other than your cycle helmet) can be taken into transition.

For teams competing in the afternoon transition area will be opened from 1.30pm on Saturday afternoon. This will be confirmed by PA announcements. We recommend that you arrive at transition immediately it is opened so as not to delay the race start. Transition for the first two team members will close 10 minutes before the race starts.

Technical Support

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition. We recommend that you have your bike serviced before race day by TFN or by your local bike shop. During registration on Saturday, TFN will be available to sort out any last minute bike or equipment problems.

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Race Numbers & Medical advice

Do not cut or fold these 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. In your registration bag there will also be a numbered bike frame sticker, which should be affixed to your bike so that it is clearly visible to the security teams.

We request that all competitors complete the questions on the back of their race numbers using a waterproof pen. If you have any type of medical condition please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident. Race Numbers must be worn on both the front & back during the bike & run at all times. Numbers 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.

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. NB. Please do not forget to bring safety pins.

Whether you have a medical condition or not, if you feel unwell on race day - don't race!

Team Order

Each team will be allocated a race number, which can be found on www.pacesetterevents.com one week prior to race day. Each member of the team will be issued with four colour coded race number which relates to the sequence of the team members in the event this sequence also relates to the order of competitors as submitted on your entry form or Team Registration Form. Please confirm all details to info@pacesetterevents.com regarding team members & sequence at least one week before the event. Failure to comply with this request will result in delays in registration for your team on the day

The sequence of colours is:

Red [1] - white [2] - blue [3] - and finally yellow [4] which also corresponds with your swim hats

Start Times

9.00.A.M.

Morning Wave

2.00 P.M.

Afternoon Wave

Swim - 400 metres

On exiting the swim after 1 x 400 metre lap all swimmers are requested to leave their swim hats on until they have tagged their next team mate. Individual competitor timing splits will not be issued, but the whole team swim split will be given in the results based on the first cyclist leaving the transition area. The regatta lake may be cold and triathlon wetsuits will be compulsory subject to the water temperature.

Water Safety

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. Be careful entering the open water swim if you are unwell. You are advised not to drink the lake water.

Bike - 15km (3 laps)

This is a 5 km lap course and competitors are required to complete three anticlockwise circuits. The bike course is flat and fast but has some extremely tight right angle corners. Please note that the first team member (the red team member) starts from a different transition area immediately in front of the grandstands. See attached transition map for details.

BIKE ON THE LEFT AT ALL TIMES! RUNNERS WILL ALSO BE USING THE SAME COURSE.

Approved hard shell helmets will be compulsory must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until you have dismounted. This race is a non-drafting race for all categories out on the bike course and the 'two minute time penalty rule' will be in force. Please ride on the left and overtake quickly on the right before returning to ride on the left.

Run - 5km (1 lap)

This is a one-lap circuit that runs clockwise around the perimeter of the regatta lake and encompasses some grassed sections. Runners were possible should run on the grass verge to avoid conflict with oncoming cyclists. Please note once again that the first team member (the red team member) starts from a different transition area. See enclosed transition map for details.

PLEASE RUN ON THE LEFT AT ALL TIMES! CYCLISTS WILL ALSO BE USING THE SAME COURSE.

All competitors will have to run one loop before tagging the next teammate in the appropriate transition area. When your final runner has completed their lap they should continue through the finish straight and under the finish gantry.

Cut Off Times

In order to facilitate the smooth running of the event in terms of timings we are forced to place restrictions of times to 4 hours and 45 minutes. Taken on historical data this establishes that over 95 % of all teams racing in previous years have come inside that cut of time. We hope that this will not inconvenience any teams on the day.

Transition Area Rules

This is a high security area. Only competitors wearing their number will be allowed in any of the transition areas. No spectators or press will be allowed in.

You must rack your bike with your cycle helmet in the allocated numbered space if there is a problem please approach an official.

No riding is allowed in the transition area at any time. You will mount your bike at the designated line outside of the transition area on your way out and dismount on the road just outside the transition area when you return.

Race Briefings

There will be a compulsory race briefing for all competitors at 8.50am for the morning wave and 1.50pm for the afternoon wave in the transition area. This will be heard over the PA system. This will take place in the start / finish area of the course immediately outside the main reception

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 8.15 am after which the course will be cleared of all competitors.

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ADDITIONAL INFORMATION

Drinks

There Will Be A Drinks Station On The Run Loop On Either Side Of The Regatta Lake And On The Finish Line.

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 bar-b-q'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.

Prize Giving

Prize giving for all morning categories will take place in the race village immediately adjacent to the finish line, immediately after the completion of the morning race at approximately 1.30pm or whenever the last team crosses the line. Presentation for the afternoon waves after the completion of the afternoon wave as soon as the last competitor crosses the line which is anticipated to be 6.30pm.

Results

Results will be updated constantly on the plasma screen in the race village. In addition a complete set of 'provisional' results will be posted on the notice board in the race village on the day. Please do not remove these results from the board under any circumstances. Any team caught doing so will receive a time penalty.

A full set of results will be available on the web from midday Monday 8th August on "www.pacesetterevents.com" & "www.onestepbeyond.org.uk"

Time Penalties & Appeals

The issue of time penalties will be posted on the results board by the race referees. (No other officials have the right to award a penalty and all penalties must be directed through the race referee)

If you have a query over any results please inform us immediately on the day all appeals must be issued in writing to the technical race director, event director or referee.

Course Etiquette

Please note that under no circumstances are any team officials or spectators allowed on the race circuit. For the purpose of both insurance and safety of competitors only officials with appropriate accreditation are permitted on the race circuit. If you are not acting in an official capacity on behalf of the race organisers, then you should neither walk on the inside of the course nor attempt to cross the circuit At Any point on the course. Any team members or officials who do not comply with this ruling risk the possibility of time penalties being added to their team results.

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. And whilst no members of the public should be on the bike course at any time during the event which if fully fenced off, due care should be taken at all times. During the race with respect to the general public

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.

Photography

Revolution images will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to www.revolutionimages.co.uk

THE NOTTINGHAM TRIATHLON & CLUB TEAM TIME TRIAL

There are still a number of spaces available for The Nottingham Triathlon sprint distance race and the Club Team Time Trial which takes place on Sunday 7th August, the day after the club relays.

For those either brave enough or foolhardy enough to race twice in two days, please download a form from www.pacesetterevents.com and send it in as per the instructions or if you want to chance it by leaving it to the last minute then you can fill in one of the entry forms made available at the registration desk on the Saturday relay championships and hand them to the registration staff along with a cheque for the appropriate fee. Please remember however that places are limited.

Thanks

Finally both Mark Shaw and Iain Hamilton at Pacesetter Events would like to thank all the athletes for racing at the Club Relays and wish you good luck with your race.

In addition we would like to thank all the officials, marshals, medical, facilities and support staff for all there help in bringing this event together, without whose help it would not be possible to stage the race.

Finally we would like to thank our sponsors Zoggs Total Fitness Nottingham, Goodness Shakes, & LewisKIT for their generous support of this event.

For Further Information

Web www.pacesetterevents.com
E-Mail info@pacesetterevents.com
Telephone 01427 718989

Mark Shaw
Iain Hamilton
Teresa Hamilton

Technical Race Director
Event Director
Competitor Administrator

NB. These details are true and correct at date of publication but are subject to change without notice.



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Team Managers are required to fill in this form before coming to register

TO BE SUBMITTED AT REGISTRATION

TEAM REGISTRATION FINAL ORDER

TEAM NUMBER	
TEAM NAME	

TEAM ORDER	
COMPETITOR ONE (RED)	
COMPETITOR TWO (WHITE)	
COMPETITOR THREE (BLUE)	
COMPETITOR FOUR (YELLOW)	

SIGNED BY TEAM MANGER	
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RACE RULING

Please ensure that your competitors are registered in the right order, since failure to do so could result in disqualification.