

The Fritton Lake Super Sprint and Sprint Triathlon

Saturday 29th May 2010

Start Times: **Super Sprint** **2.00pm**
 Sprint Distance **3.00pm**

Location and Directions

Address: Fritton Lake, Fritton, Great Yarmouth, NR31 9HA

The access to Fritton Lake is from the A143 between Beccles and Great Yarmouth. Follow the drive from the main road round to the left, pass the hotel on the right hand side and turn into the car park opposite the parks main entrance.

Registration

Registration will be open on Saturday 29th May as follows:

Super Sprint: Registration will be open from 11:30am – 1:30pm

Sprint Distance: Registration will be open from 11:30am to 2:30pm

Registration will be situated at the Visitors Centre just inside from parks main entrance. Signs will be posted for competitor access to the park.

At registration find out your race number and check to see which wave you are in.

You will be given your timing chip, race numbers, swim cap, T-shirt etc. Your timing chip must be fitted to your ankle using the straps provided and handed back in at the end of the race. Please note we reserve the right to charge competitors for timing chips not returned to the organisers

You will be given two large race numbers for wearing during the bike and run sections, and two small numbers, one to stick on your helmet and the other to stick on your bike for security purposes.

Please write details of any medical conditions we need to be aware of on the back of your race number.

Triathlon England licences will be checked, if you have entered as a Triathlon England member but can't produce a valid licence, you will be required to purchase a day licence costing £4.

Race Starts

The Super Sprint race will commence in 2 waves timed at 5mins apart, with the first wave commencing at 2.00pm.

The Sprint distance race will commence in 3 waves timed at 7mins apart with the first wave commencing at 3:00pm.

The colour of your swim hat issued at registration will determine which start wave you will be in - please use the hat provided. Wave groups will be organised by gender and age group categories as far as possible.

Transition Area

The transition area is a fenced off grass area and will be separated into two sections - one for the Super Sprint and one for the Sprint distance. Transition for the Super Sprint will be open until 1:30pm and for the Sprint distance until 2:30pm for you to rack your bike and layout your equipment. Please set up in plenty of time. The transition area will be fenced off with barrier fencing and will be patrolled by security personnel between 12:00am and 5:30pm. During this period only competitors and race officials will be allowed into transition – this includes collecting your kit after the race has finished. Please note that the transition area will not be secure outside of these times.

Please check transition area before start of race to familiarise yourself with exits and directions, etc.

Race Briefing

Times: Super Sprint 1:40pm,
 Sprint Distance 2:40pm

There will be a race briefing for all competitors at the Visitors Centre. All competitors MUST attend the race briefing before making their way to the swim start. If any competitors have any queries about the race then this is the time to raise them with the race referee or organiser.

The race will be run under British Triathlon rules and if any competitor wishes to read any particular rule(s), then a rulebook will be available on the day of the race at the help desk.

Swim Section

Wet suits are MANDATORY for the swim. The start is in the water from the banks adjacent to moorings at the boathouse – you must not dive in.

The Super sprint swim distance is 400m and the Sprint swim distance is 750m. See the attached diagrams for the swim routes.

Both swim routes exit at the beach area, which is marked by 2 buoys on each side – use these as a guide on to the beach area at the swim exit.

If you require assistance at any time during the swim, turn on to your back and wave your arms to attract the attention of a canoeist or safety boat.

Please take care when exiting water, as your balance may be impaired by the swim.

Transition 1

The transition area is a short run of 50m from the swim exit. This is on grass and is slightly up hill. The bike exit is at the opposite end of the transition from the swim entrance. All your cycling and running equipment should already be in the transition area.

Note: you must not pick up or remove your bike from the rack until your helmet is on your head and fastened.

When you have got your helmet on you can walk/ run with your bike to the exit of transition. Once out of the transition area there is a short run with your bike, across grass and a loose shingle drive before the mount line. Once across the mount line then you can get on your bike and continue on the bike course.

Bike Section

NOTE: ALL COMPETITORS ARE REQUIRED TO ABIDE BY THE HIGHWAY CODE AND FOLLOW THE NORMAL RULES OF THE ROAD. THIS INCLUDES OBEYING “GIVE WAY” AND “STOP” SIGNS AT JUNCTIONS.

RECKLESS RIDING WILL BE GROUNDS FOR DISQUALIFICATION AND ANY INFRINGEMENT OF THE LAW AND SUBSEQUENT LEGAL ACTION IS THE SOLE RESPONSIBILITY OF THE COMPETITOR.

The Super sprint bike distance is 14km and the Sprint bike distance 20km. See the attached diagrams for the bike routes.

Both bike routes are single lap courses following an anti clockwise route – all left turns – using country roads and 5km along the A143 . The courses are slightly undulating. Signs and marshals will ensure the course is clearly marked.

Every competitor **must** ensure that his/her bicycle is in a safe and roadworthy condition.

Competitors must wear their race numbers provided at all times throughout the cycling section of the event and in such a way that it is clearly visible from behind. (Number belts will be allowed, but must have number visible on back during cycle, and front during run).

Cycle helmets approved by the BSI, ANSI, Snell or equivalent standards authorities must be worn and must be fastened **before** competitors remove their cycles from the transition racking. Helmets must be worn and fastened up at all times during the cycling section of the event, including the return of the bike to the cycle rack.

Competitors are **NOT ALLOWED TO DRAFT!** The cycle draft zone is defined as a rectangle surrounding every competitor that is 3 metres wide and extends 7 metres behind the front wheel of a competitor's cycle.

Transition 2

Dismount from your bike at the dismount line (same as the mount line) and run with your bike, following the same route as on the way out, back to the transition area. The run exit is at the opposite end to the bike entrance. There is a short hill to exit transition and then 100m across the grass before joining the trail pathways that form the run route around the park.

Run Section

The run route is on pathways and tracks that follow a 2.5km loop around the main park area in an anti-clockwise direction. These pathways and tracks are mostly unmade but are established, well kept and form part of the main walking routes around the park.

The Super Sprint run distance is 2.5km and comprises 1 lap of the course. The Sprint run distance is 5km and comprises 2 laps of the course. See the attached diagrams for the run route.

One of your race numbers must be securely fixed and clearly visible from the front at all times. Competitors **must** follow the directions and instructions of all race officials.

Water will be available at various points throughout the run.

There will be other people using the country park and the paths, so please treat them respectfully.

Refreshments:

Water will be available for competitors on the run and at the finish area. Other refreshments will be available for purchase from the hotel and the visitor's centre.

Race results:

Use of chip timing will mean results will be available almost immediately. These will be put on the event web site as soon as possible after the event.

Prizes:

Presentation of trophies will take place as soon as the last competitor has finished.