

The Fritton Lake Olympic Distance Triathlon

Sunday 30th May 2010 – Start 8.30am

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 from 5:00pm – 7:00pm on Saturday 29th May and from 6.00 am – 8:00 am on the morning of the race. 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 cycle 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.

The race will commence in five waves at 7mins apart, with the first wave commencing at 8.30am. 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 open until 8:00am 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 6:00am and 1:30pm. During this period only competitors and race officials will 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

There will be a race briefing for all competitors at 8:00am in the registration area. 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 rule book 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 swim distance is 1500m; See the attached diagram for the swim route. All buoys are kept to the swimmers right except the 5th last one before the 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 cycle route is basically a triangular course of 20km consisting of 3 left turns and you will be required to complete two laps of the course. See the attached diagram for the bike route.

The course is slightly undulating, with approximately 70 percent on country roads and 30 percent on fast main roads (the A143). 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.

Run Section

The run route takes you through the gate and follows along side the drive for the hotel before turning left on to the off road section. The run course takes in the more challenging woodland tracks and pathways following an anti-clockwise route around the lake and through areas of woodland not normally open to the public. The route is a mix of narrow pathways, unmade vehicle tracks and open fields. The route will be clearly marked but please note that this is a cross-country course and therefore attention will need to be paid to the ground conditions underfoot as well as the natural hazards as associated with the environment and you should choose your running footwear for this event accordingly.

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.

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.