



# COTSWOLD SUPER SPRINT TRI

**Sunday 12 May 2019 From 8am**

**400m swim - 20km bike - 5km run & Relay**

**also 200m swim - 20km bike - 2.5km run**

Sat 11 - Registration, Trade Stands, Free Mini Seminar

Sun 12 - Limited Registration, Trade Stands, Races

## WELCOME

Total Promotions welcomes you to The Cotswold Country Park and Beach, which is part of Britain's largest water park; Cotswold Water Park. The Park's lake is usually used for swimming, canoeing, wind surfing and fishing and is set in a beautifully landscaped area which has a children's beach and play areas, a beachfront cafe, volley ball courts, climbing area and BBQ/Picnic areas; a brilliant venue to bring all the family. We hope you enjoy the weekend!

## LOCATION

Cotswold Country Park and Beach, Spratsgate Lane, Shorncliffe, Nr Cirencester, Glos, **GL7 6DF**. We are very grateful to the Park for the hire of their facilities and with this in mind, please treat all the facilities and the surrounding countryside with respect and leave them as you find them. Dogs allowed in Park and Waterland, but not at Go-By-Cycle Camping. 5MPH Speed Limit!

## HOW TO GET THERE

From London, the South East and The South West - M4 Junction 15. Take dual carriageway A419 towards Swindon, then follow A417/419 towards Cirencester. After approx 10 miles take B4696 Spine Road, sign-posted Cotswold Water Park. Carry on along Spine Road for two miles, straight over at the cross-roads and then take the first turning on your right into Spratsgate Lane. Cotswold Country Park & Beach entrance is on the right.

From Gloucester area take A417/A419 passing Cirencester and head towards Swindon. About four miles from Cirencester turn off at Junction for B4696 Spine Road, sign-posted Cotswold Water Park. Carry on along Spine Road for two miles, straight over at the cross-roads and then take the first turning on your right into Spratsgate Lane. Cotswold Country Park and Beach entrance is on the right.

## PARKING

There will be free entrance for all competitors on Saturday for registration; please park at Waterland Outdoor Pursuits and say "Triathlon Registration". **Sunday please follow directions and signs to Go-by-Cycle, a few minutes walk from venue**  
**All competitors and spectators will pay £3.00 per car on Sunday, please have correct change ready.**

## ACCOMMODATION

Most accommodation booked in Cotswolds but plenty in Wiltshire and just as close. Call Wiltshire Tourism on 01793 464578, visit: [www.visitwiltshire.co.uk/accommodation](http://www.visitwiltshire.co.uk/accommodation). Cotswold Tourism on 01285 654180.

## CAMPING

Camping will be 300m from swim start at Go-By-Cycle, GL7 6DS. This is a registered campsite with toilet and shower facilities within the site and some electrical hook-ups. Book at: <http://www.go-by-cycle.co.uk/camping.htm>. From Spine Road, turn right into Spratsgate Lane and take first turning on left camping, first gate on left; please do NOT use main entrance to the park please go to Campsite first and take short walk to registration. Sorry No Dogs Allowed.

## REGISTRATION

**Registration will be held in the marquee adjacent to finish shoot. All competitors should register between 2.00pm and 5.30pm on Saturday. Someone can register on your behalf, that person must bring your BTF license or copy ID and a letter of authorisation. Or on Sunday morning between 6.20am and 7.15am, but expect a queue (get there early). Sorry No registration after 7.15am, if you are late you don't race!!**

**At registration you will be required to show your BTF Membership Card (excluding those non BTF members, who must show some form of photographic identification). All non-BTF members have been sent day license via email. You will be issued with, Tshirt, your Race pack with Number/Swim Hat /and a Bike Sticker ; which must be on your Bike before entering transition. For Relay event only one person from the team need register.**

## FREE TRIATHLON MINI SEMINAR/TRADE STANDS

Saturday 3.30pm outside Registration Marquee - Open Water Swim Tips and route explained followed at 4pm by Transition Tips and be inspired by Shirley Yarde, Hawaii Ironman, World and European medallist..

Runners Retreat and Smedley Wellness will be on hand for those last minute purchases from

2pm to 5.30pm on Saturday and throughout the Sunday.

## **BIKE RACKING**

All bikes must be racked between 6.25am and 7.55am on Sunday and clear for start at 8am. Entrance can only be gained to the transition area with your race number. Your bike must have a sticker with your number on and you must show your cycle helmet upon entry. Only competitors with race numbers will be allowed back into transition to collect cycles after the event, which must be shown when leaving the transition area. Please rack according to your race number. Only a small kit bag is allowed in transition, please lock valuables in your vehicle; large bags and boxes can prove to be obstructive to other athletes. When collecting your bike after the event, you can do so from a special entrance near to the car park.

## **LEG MARKING**

Upon entering the transition area to rack cycles, your right leg will be marked with your race number.

## **TIMING**

Your timing chip, which must be worn at all times, must be fastened securely with the Velcro strap around your left ankle. Please do not lose your chip or you will be asked to pay for it which will cost you £40. In the unlikely event that you forget to put on your chip please call out your number at the finish. You must hand in your chip before leaving the finish area at the end of the event. At the finish exchange your chip for your Cats Super Sprint Medal.

## **DROP OUTS**

If you drop out of the race for any reason after you have registered could you please inform a member of the registration team and hand in your timing chip and band. For those who drop out during the race please inform the Transition Directors Phil Yarde or Andy East who will be situated at the transition bike exit and hand in your chip and band as soon as possible.

## **SPECTATING**

The main activities are centred around the Park and Beach with the Swim Start/Finish, Bike Start/Finish, Transition, lapped Run and Race HQ all located on site. Spectators are asked not to take their cars out onto the bike course. It is important that spectator traffic is not generated both for the safety of the competitors and also to minimise any inconvenience to other road users.

Vehicles attending or following any rider will result in that rider being disqualified.

## **REFRESHMENTS, MASSAGE**

Food and drink will be on sale on Saturday from lakeside cafe and on Sunday at Race HQ and Cafe 32 Waterland. Post race massage will be available. The cost will be £5 for 10 mins and £10 for 20 mins.

## **LOST PROPERTY/CHILDREN**

Please report any lost property/Children to the Commentator who will be in the finish enclosure throughout the event.

The organisers are not responsible for the loss of personal property.

## **MEDALS, PRIZES, RESULTS, PHOTOS**

Please exchange your timing chip for your Cats Super Sprint Medal at the finish. The prize giving will take place at around 10.45i, near the finish. There will be prizes for the top finisher in each five year age group and first Relay. Also prizes to first Senior male and female and first youths M/F in the Novice/Youth Event. You must be at prize giving to receive your prize, one prize per person. Results will be displayed on a screen throughout the morning and at prize giving, then will be displayed at [www.totalpromotions.events](http://www.totalpromotions.events). [www.charleswhittonphotography.com](http://www.charleswhittonphotography.com) will be taking photos of you which will be available to purchase.

## **MEDICAL ADVICE**

If you feel unwell on race day please don't race. If you have any medical condition including asthma or any allergies please write the details on the back of your race number and put a small X on front in waterproof pen.

## **LATE ENTRIES**

**START TIMES - remember age at 31/12/19**

**400m - 20km - 5km**

**8.00am All Women (17-75) C,D,E,F,G,H,I,J,K,L,M – Red Hat**

**8.08am Men Veteran 50+ J,K,L,M,N (50-75) - Green Hat**

**8.13am Men Age Group H (40-44) and ALL RELAY – White/ Dark Blue**

**8.18am Men Veteran I (45-49) and Men Age Group C,D,E (17-29) - Orange**

**8.23am Men Age Group F,G (30-39) – Blue Hat**

**200m - 20km - 2.5km**

**8.33am Novice/Youth Event Male and Female (short distance 200m-20k-2.5k) – Pink Hat**

**Be at the start line 5 minutes before your start time for a final briefing.**

**Remember Age Group Category is age At 31/12/19.**

The categories for both men and women are as follows:

17 - 19 = C    20 - 24 = D    25 - 29 = E    30 - 34 = F    35 - 39 = G    40 - 44 = H

45 - 49 = I    50 - 54 = J    55 - 59 = K    60 - 64 = L    65 - 69 = M    70 - 74 = N

75 - 79 = P    Relay = R    Short/Novice Event = Novice    Youth 15 - 16 = Youth



## **THE COURSE - Important Info**

### **The Start**

This is located at Waterland Watersports Beach - go right from transition as you look towards the lake - take path through trees.

### **Swim 400m/200m**

A one lap course in a clear lake - **wetsuits are compulsory for both swims**. If you need to hire a wetsuit contact your nearest triathlon shop. If you get into trouble in the water roll onto your back, put your hand in the air and a canoeist will help you. Don't panic or try to climb onto the canoe, hold onto the tail of the canoe and listen for instructions. Take care on short run to transition, if wet the grass can be slippery.

**Bike 20km** - The roads are open to traffic so take care.

Fast and flat, cyclist will go left from the lake, then second left (watch out for sharp left hand bend just before junction) onto Spine Road towards Ashton Keynes cross roads, then straight over onto the Spine Road (Please take care at this junction, slow down and be prepared to stop, follow marshals or Police instructions). Also note deep drainage near kerb on Spine Road. At end of Spine Road take first turn onto the old A419 to Cirencester (hardly used since the opening of the A417), straight over new roundabout near Dobbies and at the Tesco roundabout take the second left before turning left into the Cirencester Business Park. Cyclists will then negotiate a couple of mini roundabouts before taking the road towards Somerford Keynes. You will pass the The Park's main entrance on the left and the dismount will be 200m up the road on the left. Remember you must follow the rules of the road (Highway Code). The run from transition to bike mount is on carpet laid on gravel.

### **Run 5km - 2 laps**

Again flat and fairly fast as it is on grass and hard packed paths around the lake. A two lap traffic free course - apart from near entrance. Care should be taken when running near children's play area, Park information centre and Waterland building as other park users maybe crossing to use the facilities.

### **Finish**

The finish is located next to transition. You will turn left at the end of the second lap, into the finish shoot, which will be next to the high rope centre.

### **Novice/Youth Event 200m - 20km - 2.5km**

From the start swimmers will turn left at the first large buoy and then head for buoy near the finish ramp. The bike course is the same as that detail above. The run course is one lap around the lake.

### **A FEW RULES - No MP3, iPods or phones to be used whilst racing or in transition**

**Race Number** - Your number must be worn on the front (if number belt, back for cycle). Numbers must not be folded, cut down or mutilated in any way.

**Cycle Helmets/Bikes** - BSI, ANSI or SNELL approved helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to removing your bike from the rack and neither undone or removed until after re-racking your bike. Competitors must make sure that their cycle is in a safe and roadworthy condition.

**Transition** - No riding is allowed in the transition area at any time. You must run with your bikes to the mount zone and on your return to transition dismount in the zone before entering transition. Check out where mount and dismount lines are before the race. No mobile phones in transition please, No mp3 players whilst competing.

**Drafting** - This is a non-drafting race for all categories. During the cycle section competitors must not take pace behind or beside another competitor or vehicle. You must be 10 metres behind the front wheel of the competitor in front, apart from when overtaking - there is no side-by-side riding. When overtaking you must pass the competitor in front within 20 seconds. It is the responsibility of the cyclist being overtaken to drop back once the overtaking cyclist's front wheel is ahead of his/hers. Competitors are not allowed to draft from any vehicle including the lead vehicle.

**Disqualification** - The following infringements will result in disqualification: Abusive language, breaking road traffic regulations, dangerous conduct/riding, failing to obey marshals or the police, nudity, outside assistance, unsporting impedance, 2 x drafting violations, course irregularities (short cut), tampering with other competitors equipment and littering. **For further details of race rules see BTF Handbook or website: [www.britishtriathlon.org](http://www.britishtriathlon.org).**

### **CANCER RESEARCH UK**

We would encourage anyone to take up the challenge of triathlon to help raise funds for their favourite charity, Total Promotions would prefer your choice to be Cancer Research UK. For on-line fundraising visit [www.justgiving.com/cancerresearchuk](http://www.justgiving.com/cancerresearchuk).

### **CONTACT US**

Email: [tritotal2017@outlook.com](mailto:tritotal2017@outlook.com) Tel: mob 07883034496

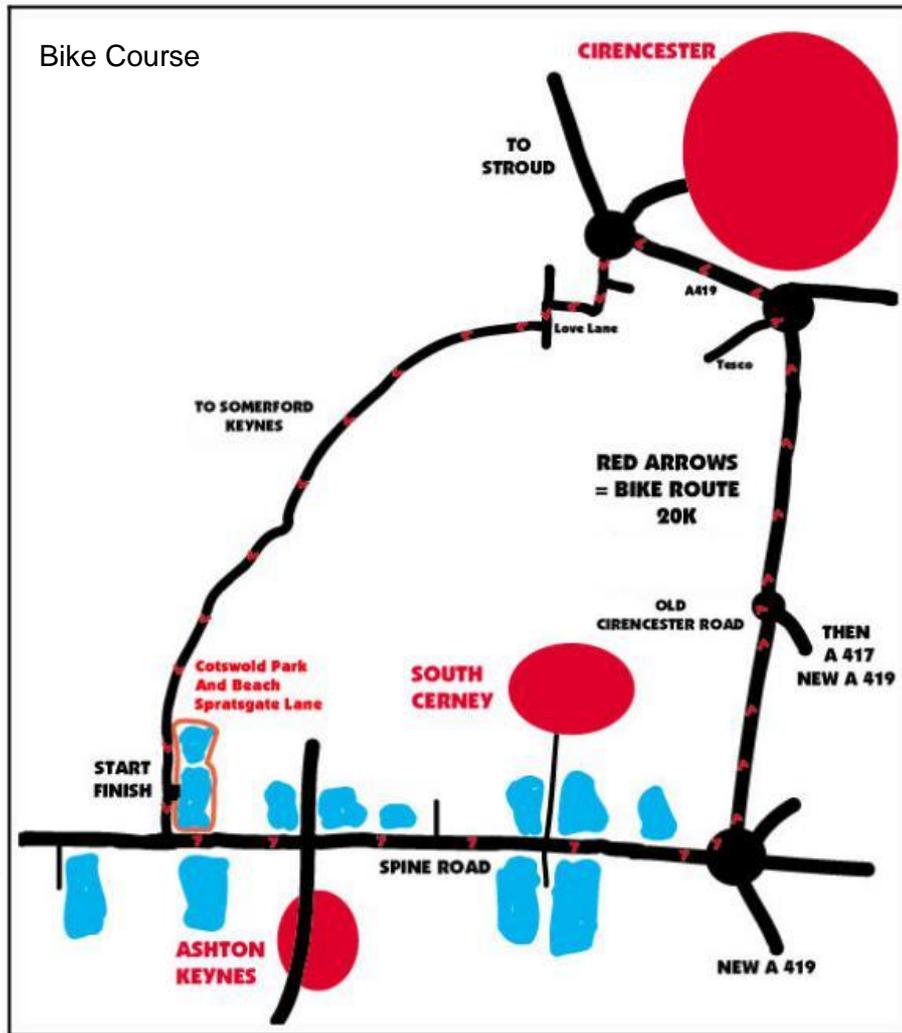


### **THANK YOU**

We would like to thank the people who have generously helped and supported this event; Title Sponsor Cats Solutions, OTE Nutrition, Runners Retreat, Wiltshire and Gloucester Police, Cotswold Park and Beach, Waterland Outdoor Pursuits and of course the many volunteers, without whom we could not hold such an event.

## VOLUNTEERS WANTED

We still need a few more people to help including: leg markers (6.30am to 7.55am) bike marshals (8am to 10.00am). All volunteers receive a special CREW T-Shirt, food, refreshments, free entry to Big Swim. You can still feel part of the event without racing. You will be individually briefed upon check in. Volunteers registration 7.25am. If you can help in any way please email: [tritotal2017@outlook.com](mailto:tritotal2017@outlook.com) or Tel: 07883034496



**TOTAL**  
PROMOTIONS



**cats**



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