

COTSWOLD WOMEN ONLY TRIATHLON

Sunday 23 June 2019 From 8am

200m swim - 20km bike - 2.5km run, or

400m - 20km - 2.5km, or 750m - 20km - 5km

Sat 22 - Registration, Trade Stands, Free Seminar, Training Day

Sun 23- Limited Registration, Trade Stands, Races, Prize Giving



WELCOME

Total Promotions welcomes you to 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 café.

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 - **Speed Limit 5mph - thanks!**

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. PLEASE SEE PARKING INFO BELOW

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. PLEASE SEE PARKING INFO BELOW.

PARKING/ENTRANCE CHARGES

Registration on Saturday there will be FREE Parking, please park at Waterland Outdoor Pursuits and say you are here to register for the Triathlon.

ON SUNDAY PLEASE FOLLOW DIRECTIONS AND SIGNS TO GO-BY-CYCLE, A FEW MINUTES WALK FROM THE VENUE. ALL COMPETITORS WILL BE CHARGED £3.00, PLEASE HAVE CORRECT CHANGE READY.

ACCOMMODATION

Visit <http://cotswolds.info/hotels-logings-pubs-inns-cottages.shtml>, or call Cotswold Tourism on 01285 654180 or Travel Lodge Cirencester 5 miles from venue.

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. If you can't get there perhaps a friend could register for you, that person must bring your BTF license or copy of your ID and a note 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 Race License or Non BTF members a form of photographic identification). All non-BTF members will sent day license via email. You will be issued with, timing chip , a swim hat and a bike sticker which must be attached to your cycle before entering transition.

SHOPPING/TRIATHLON TIPS/ROUTE WALK THROUGH

Runners Retreat and Smedley Wellness will be on hand Saturday afternoon and throughout the morning on Sunday so you can treat yourself. Saturday 3.30pm to 4.15pm meet by Registration Marquee for Triathlon Tips and Route Explained and be inspired by Shirley Yarde, Hawaii Ironman, World and European medallist. free of charge to competitors.

BIKE RACKING

All bikes must be racked between 6.25am and 7.45am on Sunday and clear by 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 and right arm will be marked with your race number.

TIMING

Your timing chip, which you will receive at registration – this becomes your responsibility and must be returned at the finish line. If you do not finish you must return your timing chip to the finish line. Any unreturned chips are charged to the competitor at cost price.

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 director 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 both days. Post race massage will be available. The cost will be £5 for 10 mins and £10 for 20 mins. Also KT taping available.

LOST PROPERTY/CHILDREN

Please report any lost property/Children to the commentator who will be inside the finish area throughout the event. The organisers are not responsible for the loss of personal property.

MEDALS, PRIZES, RESULTS, PHOTOS

Medals will be awarded at the finish line The prize giving will take place at around 10.20ish, near the finish. There will be prizes for the top finisher in each five year age group and first Relay in the Sprint event. Also prizes to top three overall and first 40+ in the Super Sprint and Novice events. 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 you can print off your times, theSE will be displayed www.totalpromotions.events. An official photographer 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.

START TIMES - remember age at 31/12/19

8.00am Sprint Wave All Veterans aged 40+ (750m - 20km - 5km), Green Hat

1 x long lap swim, 1 lap bike, 2 lap run

8.10am Sprint Wave All Seniors aged 17-39 & Relay (750m - 20km - 5km), Orange Hat

1 x long lap swim, 1 lap bike, 2 lap run

8.20am Super Sprint Wave 400m - 20km - 2.5km, Blue Hat

1 x medium lap swim, 1 lap bike, 1 lap run

8.30am Novice Wave 200m - 20km - 2.5km, White Hat

1 x short lap swim, 1 lap bike, 1 lap run

The categories 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 15 - 16 = Youth



THE COURSE - Important Info

The Start

This is located at Waterland Watersports Beach – please be at start 5mins before wave for Race Brief

Swim 750m/400m/200m

A one lap course in a clear lake -WETSUITS ARE COMPULSORY for the 750m swim, they are not required for the 400m or 200m swim, but are strongly advised as they aid swimming and buoyancy. Check out on-line deals for wetsuit hire. No hire on-site. **If you get into trouble in the water roll onto your back, put your hand in the air, shout 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. Then take the old A419 road to Cirencester (hardly used since the opening of the A417), 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, there are a couple of uneven section here where the road has been patched. 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. The run from transition to bike mount is on carpet laid over gravel.

Run 5km & 2.5km

Again flat and fairly fast as it is on grass and gravel paths around the lake. **5km = two laps, 2.5km = 1 lap.** A traffic free course - apart from near entrances. Care should be taken when running near children's play area, 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 (Super/Novice end of first lap).

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, 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. **For further details of race rules see BTF Handbook or website: www.britishtriathlon.org.**

TO CONTACT US

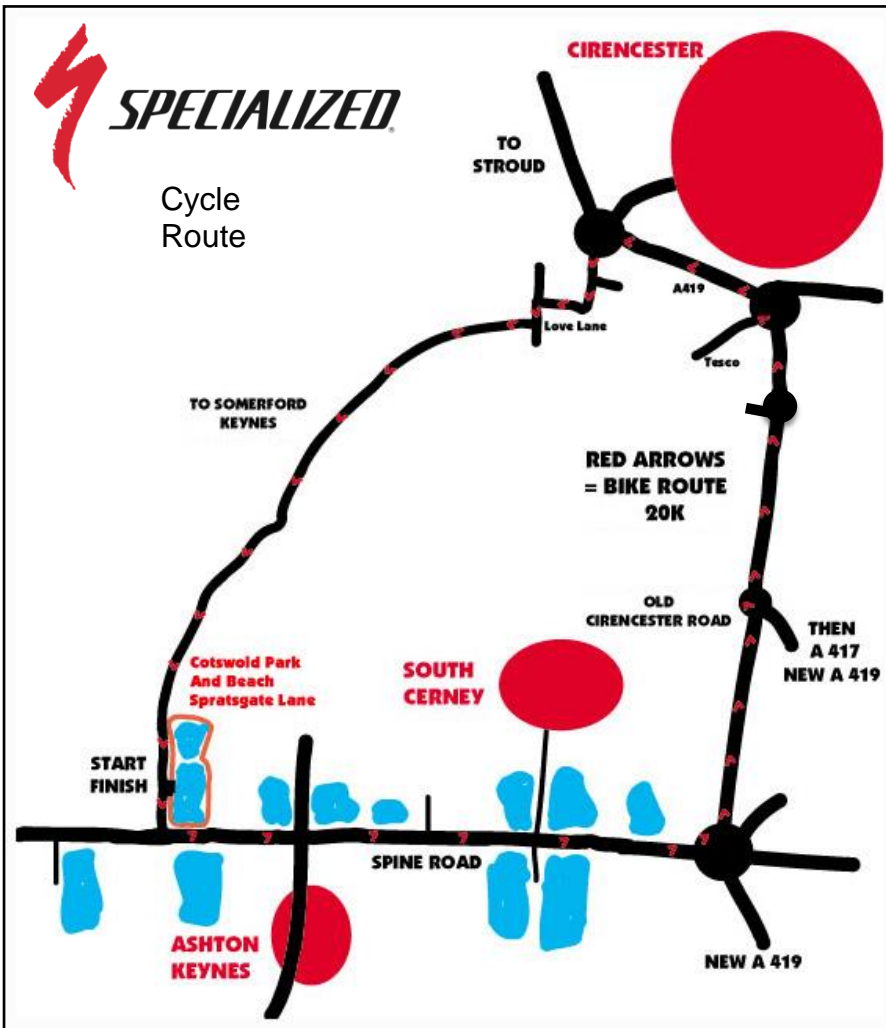
Write to: Total Promotions , 6 Rushey Platt Swindon Wiltshire. Email tritotal22017@outlook.com Tel: 07883034496.

THANK YOU

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

VOLUNTEERS WANTED

We still need a few more people to help. All volunteers receive a special CREW T-Shirt, food, refreshments, and bike marshals free entry to BIG COTSWOLD 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 Call: DEBBIE 07883034496 email tritotal2017@outlook.com



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www.hlid.co.uk

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