



THE COTSWOLD TRIATHLON

**Sunday 8 September 2019 From
7.55am**

**Sat 07 – Registration, Trade Stands Free Mini
Seminar**

Sun 08 Limited Registration, Trade Stands,

**750m swim - 20km bike - 5km run & Relay
also 400m swim - 20km bike - 2.5km run**

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 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

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** parking for competitors on **Saturday**, please park at WATERLAND OUTDOOR PURSUITS for free parking, say TRIATHLON REGISTRATION. From Spine Road follow Parking Signs to the Gate 300m on right. **If you park in main Park Entrance you will be charged £12.00 per car.**

On Sunday parking will be at Go By Cycle, please follow signs and direction, there will be a £3.00 charge per car, TO AID CONGESTION YOU CAN BUY YOUR PARKING TICKET ON SATURDAY (CASH ONLY) AT REGISTRATION. AND CLEARLY DISPLAY IT ON YOUR DASHBOARD,

1st 100 Parking Tickets will be RED AND WILL GIVE YOU ACCESS TO A CLOSER CAR PARK, ALL OTHER TICKETS AND CASH PAYERS WILL PARK AT GO BY CYCLE.

ACCOMMODATION

Most accommodation booked in Cotswolds but plenty in Wiltshire just as close to start. Call Wiltshire Tourism on 01793 464578, visit: www.visitwiltshire.co.uk/accommodation . Call 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. If you can't get there perhaps a friend could register for you, that person must bring your BTF license or copy ID and a letter of authorisation. VERY LIMITED REGISTRATION ON SUNDAY MORNING FROM 6.20AM – 7.20AM , PLEASE EXPECT A queue (get there early). Sorry No registration after 7.20am, if you are late you don't race!!**

you will be required to show your **BTF Race License (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, T shirt, a race number, a timing chip and ankle band,(which becomes your responsibility, swim hat and a bike sticker; which must be attached to your Bike before entering transition. For Relay event only one person from the team need register.

FREE TRIATHLON MINI SEMINAR/TRADE STANDS

NEW!!! RUN AND REPAIR WILL BE CLOSE TO REGISTRATION FOR ANY MINOR REPAIRS NEEDED BEFORE RACE DAY, fees may apply.

– MAKE SURE YOUR BIKE IS FIT TOO RACE TOO

Saturday 3.30pm outside Registration Marquee - Open Water Swim Tips and route explained by, by Shirley Yarde, Hawaii Ironman, World and European medallist. Free of charge to all but those not competing will have to pay to park.

Runners Retreat will be on hand for those last minute purchases from 2pm to 5.30pm on Saturday and throughout the morning on Sunday.

BIKE RACKING

All bikes must be racked between 6.20am and 7.40am on Sunday and clear for first wave start. 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.

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.**

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 PHOTOS

Food and drink will be on sale on Saturday from Cafe 32 at Waterland and on Sunday at Race HQ and Cafe 32. Post race massage will be available. The cost will be £5 for 10 minutes. An official photographer will be in attendance and will be available to purchase at www.charleswhittonphotography.com, so don't forget to smile.

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,

All Finishers will receive a medal,if you are competing in Relay remember to ask for your team mates Medals too. The prize giving will take place at around 11.00, near the finish. There will be prizes for the top finisher in each five year age group and first Relay. Also prizes to overall Senior male and female and first youths M/F in the Youth Event.,

along with 1st Male and Female in Novice You must be at prize giving to receive your prize, one prize per person. Results will be displayed at HQ and you can key in your number to get your results and at www.totalpromotions.events.

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

Sprint 750m-20km-5km

7.55am Female Veterans age 40+ (40-80 H to O) - WHITE

8.00am Female Seniors age 17-39 (C-G) - ORANGE

8.07am Men Veteran 55 (55-80 K to O) - BLUE

8.12am Men Veteran (50-54) (J) and Age Group Men (17-24) (C-D) - GREEN

8.20am Men Veteran 45-49 (I) and ALL Relay - WHITE /Dark Blue

8.25am Men Veteran (40-44) (H) Age Group Men 35-39 (G) PINK

8.30am Men Age Group 25-34) (E,F) BLUE

Super 400m-20km-2.5km

8.40am Short/Youth Event Male and Female (ALL 400m – 20km – 2.5km) Red

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

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 750m

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 or see <http://www.hireawetsuit.co.uk/>. 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 road 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 400m - 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, 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 Dartmoor Close Rushey Platt Swindon SN5 8ZR

THANK YOU

We would like to thank the people who have generously helped and supported this event; **PAUL ROBERTS DEVELOPMENTS, CATS SOLUTIONS, DW SPORTS AND FITNESS, RUN AND REPAIR, SOUTHWEST SWIM COACHI**, 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.

PAUL ROBERTS DEVELOPMENTS



