

## Race Information for the #51fiver Cotswold Standard Triathlon Sunday 19<sup>th</sup> May 2024

It's time for the **#51fiver** again at the fantastic Lake 32 with **i-Compete Events!** This race information document includes all the details for the event at this superb venue. Please ensure you bring Photo I.D with you to the event. You will not be able to participate without showing your photo I.D.

### ***Race Venue***

The race venue is Waterland Outdoor Pursuits, Spratsgate Lane, Nr Cirencester, GL7 6DF. For directions to the venue, please [click here](#). The postcode for Sat Navs is **GL7 6DF**. The car park will open at 05:15, please do not arrive before this time.

On arriving at the venue, please follow the car park signs and park as directed. There is a **£5.00** charge for parking so please have cash ready on arrival. Please note parking is not in the Water Park itself so follow the Event Car Park Signs. To get to transition please follow the signs. Please take care when walking to and from the car park and walk in single file.

### ***Registration***

#### **Saturday:**

You can register for the race on Saturday at Lake 32 from **14:00 to 16:00**. Please come to registration by entering through the main Waterland entrance. Please park as directed by the attendants. Also, please note registering on Saturday does not mean you are permitted to swim or stay at Lake 32. If you would like to book a swim slot you will need to contact Lake 32 directly [HERE](#). We would encourage as many people as possible to register on Saturday to make your race day hassle free.

#### **Sunday:**

Registration times are as follows:

Wave 1 – 05:20 to 05:50

Wave 2 – 05:40 to 06:20

Wave 3 – 06:00 to 06:45

You will collect your race number and timing chip from registration. After collection, please go to one of the bike racks close by and stick your bike number to your seat post and attach the 3 helmet stickers to each side of your helmet. Your timing chip will also be in your race pack. Please put this on to your left ankle as soon as you receive it.



### ***Pre-Race Briefing***

There will be a short pre-race briefing at the start of each wave at water's edge.

### **Start Times**

**Wave 1:** 06:30

**Wave 2:** 06:45

**Wave 3:** 07:10

Please note **it is not** possible to change your wave at this stage.

**Please also note that we will be offering two types of start in each wave.** Firstly, there'll be the traditional, in-water, mass start.

**Secondly**, for those not comfortable with a mass start, we will offer individual starts, with competitors entering the water every few seconds. You do not need to decide which option until race day.

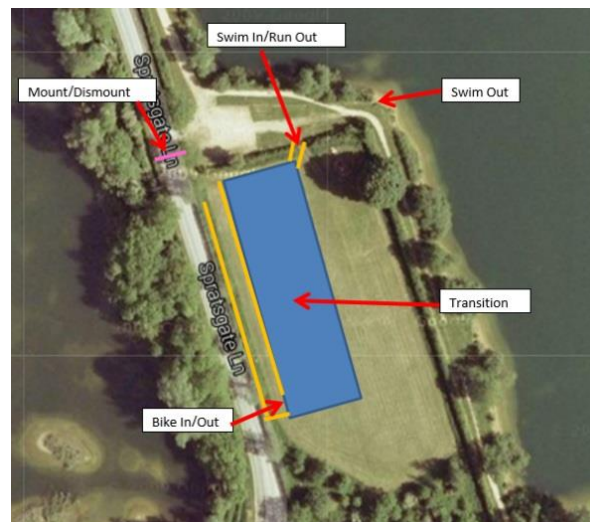
You are not permitted when swimming to wear gloves or boots - the only exception is if you have a medical condition which requires you to wear these items. Please email us [HERE](#) in advance of race day to let us know if you have an exemption to wear gloves/boots.

Swim Hats will be issued to every competitor. You will collect your swim hat from your racking spot in transition. If you are a nervous swimmer or have a medical condition which the water safety team will need to know about, please see the race starter just before your swim wave and we will issue you with a different colour hat to identify you so that the water safety team can keep an extra eye on you.

### **Transition Area**

Transition is located in the field, just a short distance from the swim exit. Transition will be open for racking at 05:20 and will close at 06:55. You must fix your bike number to your seat post and attach your helmet sticker, **before arriving at transition for bike racking.** You will not be able to remove your bike from transition without your race number. Transition is for competitors only.

Please familiarise yourself with transition before racing. A map of the transition layout is below.

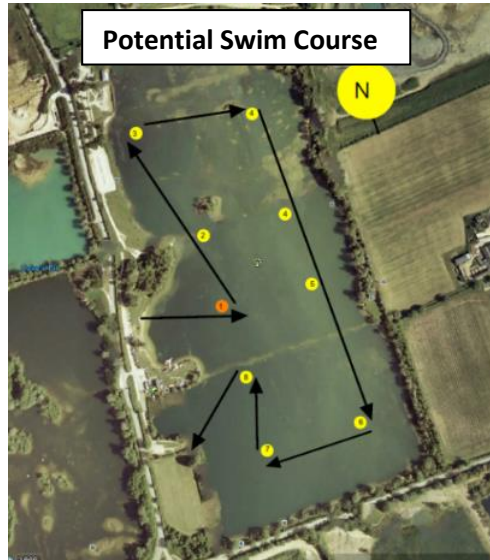


### **Swim**

The swim is 1 lap of 1500mtrs and you must be physically able to complete the swim. If you get in to trouble, do not panic and roll on to your back and place your hand in the air, a rescue kayak will then come and assist you. Please follow the kayaker's instructions. Backstroke is not permitted in this event without the express permission of the organiser.

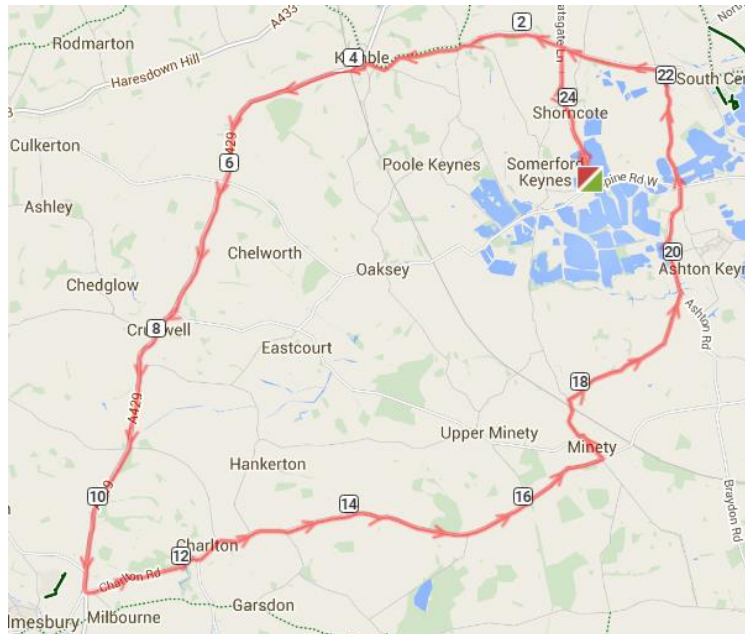
At present the lake temperature is approx. 13 degrees, but is expected to rise significantly by race day, this means it is likely the swim will be wetsuit compulsory. Please note that you must use a wetsuit that is fit for purpose, surf wetsuits are not permitted. Competitors will start from the beach at lake 32 and swim one 1500mtr

lap to exit at the swim ramp next to transition. Please see a diagram of the swim route below (this is subject to change and a map of the course will be available by the café on race morning).



***Bike Route***

The bike route is 40k and will be signposted and marshalled where appropriate. You can familiarise yourself with the route below and can view it in detail by clicking on the map itself with your computer connected to the internet. Please take care whilst running to the mount line and get on your bike as directed by the marshals.



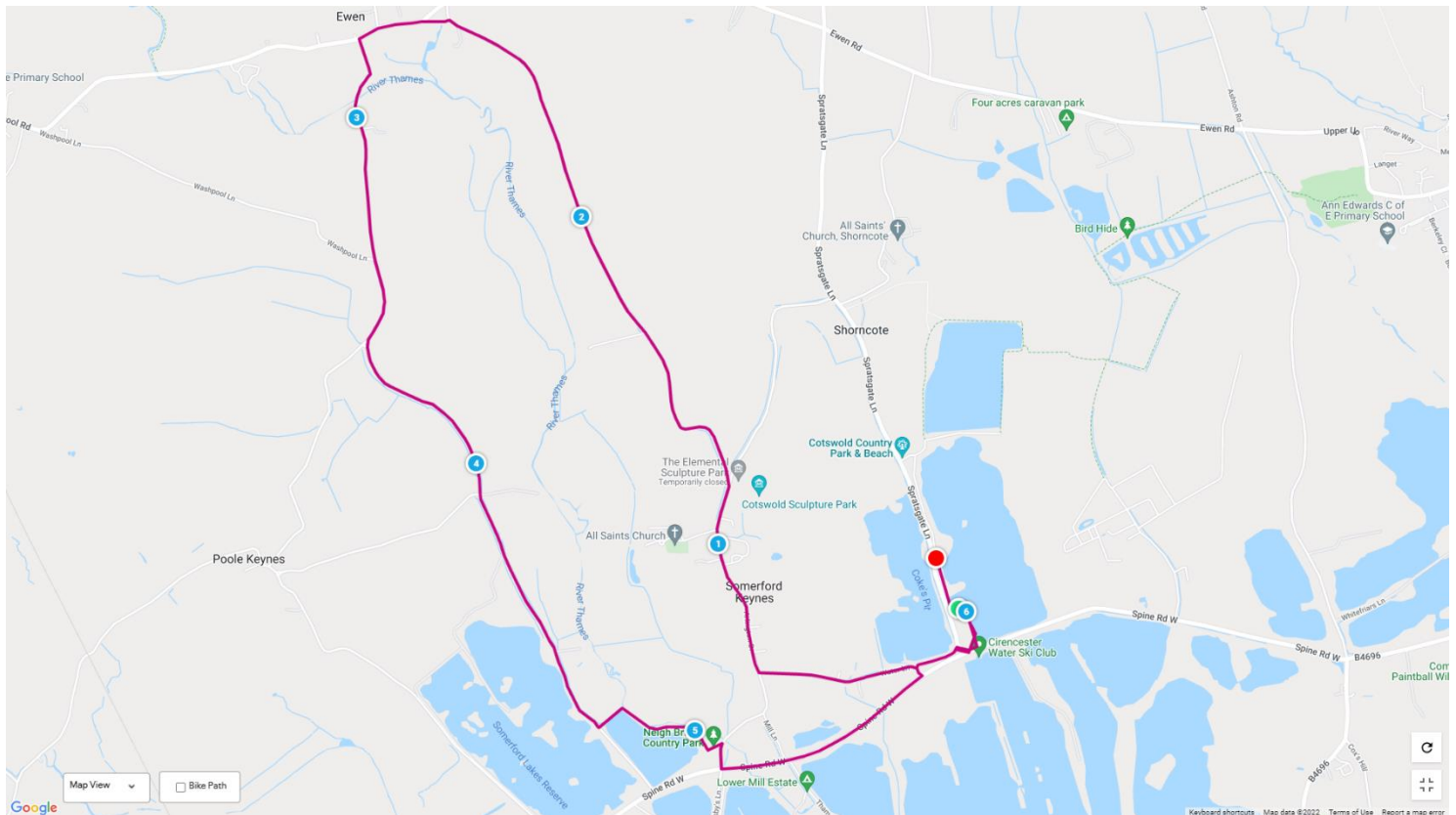
***Bike Route Rules***

There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting below).
- Helmets MUST be worn at all times whilst you are in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times, and you must rack in the area allocated to you.
- At no time are you allowed to drop litter.

## Run Route

The run route is 10k and is the same as in 2022 and 2023. You will exit transition and turn hard right along the edge of the lake, before turning right again to exit the Water Park itself. From here you will be out on the lanes around the local area, and you will run along Water Lane in Somerford Keynes and turn right on to Arlington Drive. From here you run up to Ewen and turn left and then left again down Quiet Lane to the Spine Road, from here it is back into the Water Park, past the lake and into the finish. A map of the run route is below; to view it in detail, please click on the map with your computer connected to the internet.



## Finish

When you are approaching the finish of your event, please take the right-hand funnel to follow the barriers to the finish line and finish under the arch.

When you have collected your bike, you can exit transition via the bike check out area (you will need your race number). When heading back to transition please be aware that other people will be racing and give them plenty of room.

## Relays

If you are competing as a relay, then please note that the chip you will become your team baton. The swimmer starts with the chip attached to their left ankle. After the swim, the swimmer will run in to transition to the changeover zone and hand the chip over to the cyclist. The cyclist is not permitted to have their helmet on at this point and it must be in contact with the bike. The cyclist will place the chip securely on their left ankle. At this point, the cyclist can run to their bike, put on and do up their helmet and head out onto the bike route. On return, the cyclist will return to transition, rack their bike, remove their helmet, and run to the changeover point to hand

the chip over to the runner. The runner will place the chip securely on their left ankle and head off on to the run route. Please note, no chip, no time.

## **Cut-Offs**

There are no official cut-offs in the event, however you will be expected to complete the event in less than 5 hours total. In the unlikely event that an event manager deems that you are not fit to continue they will remove you from the event. We expect each discipline to take you no longer than:

Swim – 1 hour 15 minutes

Bike – 2 hours 15 minutes

Run – 1 hour 30 minutes

## **Presentations and Awards**

There will be a presentation at the event. The presentation will be held at approx. 11am at the finish line. Prizes will be awarded as follows:

Male Overall	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Female Overall	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Male Vet (40-49)	1 <sup>st</sup>
Female Vet (40-49)	1 <sup>st</sup>
Male SupVet (50-59)	1 <sup>st</sup>
Female SupVet (50-59)	1 <sup>st</sup>
Male SupVet60+	1 <sup>st</sup>
Female SupVet60+	1 <sup>st</sup>

## **Water Station**

A water station will be available on the run course only at approx. 5k. You will be expected to be self-sufficient on the bike. When you collect your water you must move away from the water station and take on your fluid. When you have finished you **MUST** place the cup in the bins provided as you are not permitted to run with the cup.

## **Litter**

Littering is obviously not acceptable at any time. If you use gels, you must return to transition with the wrappers and take your litter home with you. Littering incurs immediate disqualification.

## **Spectators**

Spectators are permitted at this event. The best location to watch from is around the finish funnel, or out on the run route. Please do not try to enter the Cotswold Park and Beach area at any time as this is now a paid area only.

## **iPods and MP3 Players**

Competitors are **NOT** permitted to wear iPods or MP3 players at any time.

## **Chip Timing**

Our timing partner **DB Max Sports Timing** will be producing the race results including splits and laps. You can follow the results live on the day [HERE](#).

## **Timing Chips**

Your timing chip will be collected at registration. Please attach **your timing chip** firmly to your left ankle with the strap provided. Any mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

Remember, **no timing chip, no results**.

Timing chips will be collected in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£75 each** so please remember to hand it back.

### ***Refreshments***

The **Café at Lake 32** will be serving tea, coffee, soft drinks and hot food throughout the event.

### ***Bike Mechanic***

Our awesome bike mechanic James, from [JMT Cycles](#) will be at **51fiver** to attend to those last-minute support requirements of our competitors.

### ***Toilets and Showers***

Toilets and a limited number of showers will be available for competitors and spectators. Toilets will be located in and around transition and showers will be located in Waterland. Please follow the signs.

### ***Camping and Accomodation***

There are a number of camp sites in the area. We do recommend Cotswold Lakes Camping, details are available [HERE](#). If you would prefer a hotel, then there are plenty in the nearby town of Cirencester, we suggest looking on [booking.com](#)

### ***Race Photography***

[Charles Whiton Photography](#) will be on-site taking photos from the day. These are available to buy after the event. Please feel free to smile for the camera and make sure your race bib is clearly visible. You will be able to view your photos on your individual results page once the photographer has uploaded them to his site. The bib recognition means you can access your own photos quickly and easily.

### ***Marshals***

As with all i-Compete races we could not hold the event without the help of all the marshals. Please thank them where possible. If you have any family or friends attending with you why not ask them to help us. In return, we will keep them fed and watered and they will also receive a free entry (or similar) to a future i-Compete event (this can be transferred). If you are interested in helping out, please email [james@icompete.co.uk](mailto:james@icompete.co.uk)

### ***Newbie Corner***

i-Compete always loves to welcome first-timers to our events. We were all beginners once and here are a few helpful hints and tips for your big day.

- Arrive at the event early so that you have plenty of time to prepare, register, warm up and so on. Make sure there's no need for stressful rushing and make use of our 'How can I help you staff'.
- Get to know the location of your bike in transition and also the exits so that you're not going to struggle to find your bike during the race. You cannot mark you spot with a flag or anything, but try making it visually distinctive to you, maybe with something like a ribbon on your handlebars or use a special towel in your spot. Notice any landmarks that might help.
- Set your kit out as you need it in transition. Also remember that clothing and socks don't go well onto wet bodies. You can try rolling your socks down to the toes so you can put them on more easily. Do the same with sleeves or other clothing you might put on.
- Wear a race belt to attach your race number to. It's quick to put on and good for both the bike and the run - plus, no safety pins.



- When you rack your bike in transition, make sure it's in a low gear so it's easy to pedal off at the start of the bike leg.
- When nearing transition at the end of the bike leg, downshift your gears and start spinning a bit, to loosen up your legs ready for the run. Remember, your legs may still be wobbly when you first start running.

**Most of all, enjoy your race.... and smile!**

**Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Lake 32 on race day!**



## A word from our referee, Mike Newman...

### Do you know the rules?

I have listed some general rules to help you when competing in a i-Compete triathlon. Please remember them as you may be penalised, or even disqualified if you don't observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

If you have any questions, please do not hesitate to speak to our referee at the race.

### General Rules and Race Conduct...

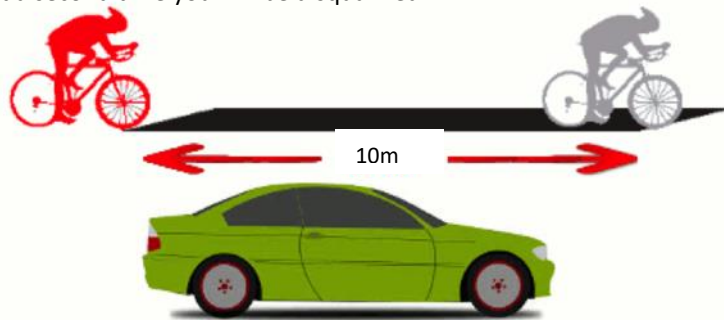
- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of i-Compete events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere on the course (including transition), as this will lead to disqualification.
- When racing, you need to be aware of other competitors and the general public, both on foot and in vehicles.
- You **must** wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.**
- Nudity is not allowed. Competitors must keep their chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **must** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not permitted to bring boxes or large bags into transition, only a small rucksack (or similar) is permitted. If you do bring anything like this with you it will be removed.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At i-Compete events competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.
- Relays – Helmets must not be worn in relay exchange zones, instead they must remain on the bike before and after relay tagging.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.



- Personal video recording devices are not permitted.
- Littering is not permitted at any time. If litter is dropped accidentally, you must pick it up.

### **Drafting....**

- Triathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft, please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 10m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front, you have 20 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time, you must drop back to 10m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once, you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.



***As long as you read this and follow the advice given, you should always be on the right side of the rules at all i-Compete events.***

***Remember, our referee will always be willing to answer any questions you may have.***

***Enjoy your race....!***

## **Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement**

For participation in: **51fiver Cotswold Standard Triathlon** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

### **Terms**

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the events require varying degrees of physical exertion.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I confirm that I have received my race letter by email and have thoroughly read and understood all aspects of the nine-page document.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as Tiger Stripe Events, Hospital etc.) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip. (Replacement chip costs £75)

### **Rules**

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race Referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or Referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I will wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard.

**You will sign at registration to say you have read and understood and abide by all rules in the race information and in the waiver. There is no need to bring this waiver with you.**