

# **Udo's Choice Beverley Triathlon 2011**

Beverley Leisure Centre, Flemingate, Beverley. HU17 OLT  
**Sunday 7<sup>th</sup> August 2011**



## **Please Read Carefully.**

**If you don't understand please ask before the race.**

**Check the Freebird website for your scheduled start time and any updates [www.freebirdevents.co.uk](http://www.freebirdevents.co.uk)  
(Aim to arrive at registration at least 1Hr before your start time)**

## **Rules**

This race will be held under British Triathlon Federation rules. You should make yourself fully conversant with these. You can download the rules from the BTF website [www.britishtriathlon.org](http://www.britishtriathlon.org) click on "events" and select "rules". Or contact BTF at British Triathlon, PO Box 25, Loughborough, Leics, LE11 3WX. Tel: 01509 226165

## **How to get there**

Beverley Leisure centre is located on Flemingate, Beverley. The post code is HU17 OLT. The Leisure Centre is most easily accessed via the A1174 Swinemoor Lane which is to the east of the town, and is also part of the cycle route. From Swinemoor Lane, turn onto the B1230, which at this point is called Hull Road, but which later becomes Flemingate. About 1km from the junction you will see the Leisure Centre signs on the left. The race car park is on the right directly opposite.

## **What time should I arrive?**

Allow yourself plenty of time. You will need a minimum of 1 hour before your swim start time. Your start time is available on the Freebird website. [www.freebirdevents.co.uk](http://www.freebirdevents.co.uk)

## **Where can I park?**

All competitors and spectators must park in the official race car park which is directly opposite the Leisure Centre entrance on Flemingate. There is limited parking space, please follow the marshals instructions. Do not try to park in the Leisure Centre. Space is very limited.

**Very Important:** Spectators, please do not park anywhere on the race route.

## **Registration**

After parking, you should report straight away to Registration at the Freebird Trailer near the Leisure Centre Main entrance. At the Registration Desk you will receive an envelope containing:

- 1 Bike Security number
- 2 Race Numbers
- 1 Freebird Timing Chip
- 1 Coloured Swim Cap
- 8 Safety Pins
- 1 Set of Written Instructions
- You will also receive your Beverley Triathlon Race T Shirt

Please check all these items straight away, before watching the Race Briefing.

### **Race Briefing**

The race briefing will be given as a video presentation. This briefing takes just over 10 minutes and is repeated on a continuous loop. Watch it through fully. If after watching the briefing you have any questions, please ask at the Registration Desk.

### **What should I do next?**

Attach your Bike Security number to your bike and take your bike to the **Transition Area**. Your Bike Security number will be checked.

Place your bike on the bike racking. You can use any rack (6 bikes per bay).

Also place your Bike Helmet, Shoes and any Clothing you will use for the Cycle or Run sections alongside your bike. Please keep your kit within your own area. No kit is to be left on poolside or the path between the Pool and Transition

Your Race Numbers should be attached to your clothing so that your number is visible on your back while cycling and on your front while running. Pin each number at all four corners to prevent them from tearing off. Number Belts are permitted (pin both numbers back to back)

**Do Not leave your Swim Cap or Timing Chip in Transition. These must be worn during the swim.**

### **The Swim**

Arrive on poolside 15 mins before your scheduled swim start time. **Remember to wear your Swim Cap and Timing Chip.**

Bags or non race kit can be left in the lockers in the changing rooms.

The Swim Starter will give a swim briefing.

Do not get into the pool until told to do so.

Each lane will have a maximum of 4 swimmers in it at a time.

The other swimmers in your lane should all be of a similar standard, but if you catch someone up, try to pass only at the ends of the lane.

Swim in the direction explained by your Swim Lap Counter

The Swim is 16 lengths; that's 400m.

Count your lengths. There are no prizes for the fastest 450m!

When you finish your swim climb out and walk to the Fire Door exit marked **SWIM OUT**.

If you want to change in the changing rooms, you must come back onto pool side after changing and exit via the Fire Door; otherwise you will not cross the timing mat and will not record a time. Remember any time spent changing is included in your overall time so plan ahead in order to limit any time losses.

Once outside the door follow the signed route into the Transition Area.

### **Transition Area**

Go straight to your bike and put on any Clothes you want to wear. Fit and fasten your Bike Helmet, then pick up your bike. Remember your Bike Number must be visible from the back. Follow the signs marked **BIKE OUT**. Cross the **MOUNT LINE** and then get on your bike.

### **The Cycle**

You must wear an approved Bike Helmet during the cycle section

Follow the large yellow signs marked **CYCLE**.

The Cycle course is approximately 20km.

### **Please note the exit from the Sports Centre is different to last year's race.**

Watch out for other cyclists heading back the opposite way.

Please take great care while cycling. You are racing on open roads with all the other traffic.

You must comply with the Highway Code and follow the normal rules of the road at all times.

You do not have any special priority, and must give way as normal at road junctions.

Race Marshals do not have the authority to stop traffic they are only there to point the direction. You must look first and only go if you think it is safe. Take particular care at the right turn junctions

Any competitor judged to be riding dangerously will be disqualified.

This is a No Drafting race. See BTF Rules and Race Briefing.

As you return to the sports Centre turn left into the same road you rode out on. Again please watch out for other cyclists heading the opposite way.

As you approach the Transition Area, you will see the **DISMOUNT LINE**. You must be fully off your bike **Before** you cross this line.

### **Transition Area**

Enter the Transition Area following the **BIKE IN** signs. As you cross the timing mat your cycle time will be recorded.

Wheel your bike back to your place on the racking and re rack your bike **Before** removing your Bike Helmet.

Make sure your Run Number is visible from the front during the run.

### **The Run**

The Run is 5km.

To start the run, follow the **RUN OUT** signs to exit Transition, and then follow the marked route around the back of the Leisure Centre. Follow the large yellow signs marked **RUN**. Follow the footpath to join Flemingate and turn left. Stay on the footpath. The route crosses the railway line at the level crossing. Very few of you if any, are likely to be delayed, but if the barriers close, you **MUST** stop. The marshal will record your delay time to the second and this will be deducted from your run and finish times. If you get stopped stay calm and enjoy the rest.

As you approach Beverley Minster turn left into Minster Yard South, then left again into Long Lane. Further along Long Lane you will be instructed to cross onto the right hand side of the road. Stay on the right and turn right onto a footpath leading to Woodmansey Mile. Turn left onto the footpath at Lincoln Way then left to follow the footpath behind the houses. Continue to the turnaround at the Deer Park Way sports field, where there will be drinks available.

Return along the footpath and turn right onto Willow Lane. At the end of Willow Lane turn left onto Long Lane and return via Minster Yard South and Flemingate. As you cross the level crossing, be prepared to stop for the barriers. The marshal will record any delay. Turn right into the footpath you ran out on and follow the signs to finish at the Finish Gantry. As you cross the timing mat your run and overall time will be recorded.

Keep to the footpaths at all times when available and watch out for oncoming runners on the out and back stretches.

There will be marshals and signs at every turn point.

### **After the Race**

Once you cross the line, you will enter the finish compound. Your Freebird timing chip will be collected and you can then help yourself to some refreshments. Lost Timing Chips will incur a charge.

### **Results**

Results will be displayed on the monitor at the finish area. Printed lists will be displayed at the Freebird Trailer.

Full results will be available on the Freebird website [www.freebirdevents.co.uk](http://www.freebirdevents.co.uk) by Monday evening.

### **Photos**

Our official photographer will be taking photographs during the whole race, these will be available to view after the race.

### **Refreshments & Spectators**

Throughout the day hot and cold food and drinks can be purchased from the Café in the Leisure Centre. There is a spectator viewing gallery for the swimming pool on the 1<sup>st</sup> floor. Spectators are most welcome, you will be able to see a lot of the race, but please follow these basic rules to ensure the safety of yourself and all competitors:

- Only park in the official race car park
- No spectators vehicles on the course please
- No spectators on poolside or in Transition please
- Stay within the fenced off spectator areas
- Do not cross any fences or barriers
- Follow the marshal's instructions

- If you bring your dog, please don't allow it off the lead within the Leisure Centre grounds, or on any of the race route
- If you have time, please stick around for the prize giving

### **Prizes**

There will be a prize giving ceremony at the Freebird Trailer straight after the last finisher has finished.

Prizes will be awarded to the 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Male & Female Overall and also to the following categories:

Youths	1 <sup>st</sup> & 2 <sup>nd</sup> Male & Female
Over 40	1 <sup>st</sup> & 2 <sup>nd</sup> Male & Female
Over 50	1 <sup>st</sup> & 2 <sup>nd</sup> Male & Female
Over 60	1 <sup>st</sup> & 2 <sup>nd</sup> Male & Female

### **Finally**

Many thanks for supporting the Beverley Triathlon. Freebird Events always aim to bring you the highest quality multi-sport events and we hope that you will enjoy your day at Beverley. We always like to hear what you the competitor think of our events so please let us know by completing the Event Survey Form on our website.

For more information about other Freebird events please check the Freebird website [www.freebirdevents.co.uk](http://www.freebirdevents.co.uk)

### **GOOD LUCK**

**NB – Keep checking the Freebird website for any race updates**

### **Our Race Sponsors**

We would like to thank Udo's Choice for sponsoring not only this race but the five race series this year. Please take the time to visit their stand and sample Udo's Choice for yourself. Udo's Choice Ultimate Oil Blend is a blend of seed oils that provides athletes with all the Essential Fatty Acids their body needs to perform at its best. Providing improvements in recovery times and joint health, additional slow burn energy and stamina, Essential Fatty Acids should be an essential part of a tri-athletes diet. Udo's Choice provides these Essential Fatty Acids in a convenient form. Visit their marquee or go to [www.udoschoice.co.uk](http://www.udoschoice.co.uk)

We are also pleased to announce XTERRA WETSUITS as the official wetsuit sponsor for the Freebird Events races in 2011. As part of our partnership, race participants receive exclusive discounts on the XTERRA WETSUITS product line, including up to 50% off Vortex 3 and Vector Pro X2 triathlon wetsuits, and have the opportunity to win XTERRA WETSUITS at the race.

Visit <http://www.xterrawetsuits.com/2011races/UK> and use coupon code: **UR-FREE** to purchase our best selling triathlon wetsuits!

# Udo's Choice

[www.udoschoice.co.uk](http://www.udoschoice.co.uk)

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