

Skipton Triathlon 2010

Hosted and Supported by Craven District Council

Craven Swimming Pool, Gargrave Road, Skipton BD23 1UD
Sunday 18th April 2010



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
(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 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

Craven Swimming Pool is located in Aireville Park off Gargrave Road, Skipton, and is well signed from the A65. The Postcode is BD23 1UD.
Follow the A65 Skipton Bypass to the roundabout junction with A59 and A629. At the roundabout turn onto Gargrave Road. It's the road just before the Little Chef / Burger King. At the mini roundabout turn right into Ling Fields. Follow this road into the Auction Market Car park. There is a footpath leading into Aireville Park from here.

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

Where can I park?

Please only park in the official car park at the Auction Market.
From here it is a short walk into Aireville Park. Follow the sign posts to Registration.

Registration

After parking, you should report straight away to Registration at the Freebird Trailer. This is located on the grass near the Finish Gantry in the Park, and not as in previous years. To reach Registration you must cross the run route. Please use the marshalled crossing point marked with red flags

At registration, you will be asked to show your BTF licence. If you do not have a BTF licence, you should have already paid for a Day licence.

At the Registration Desk you will receive an envelope containing:

- 1 Security Wrist Band
- 1 Bike Security Number
- 2 Race Numbers

- 1 Freebird Timing Chip
- 1 Coloured Swim Cap
- 8 Safety Pins
- 1 Set of Written Instructions
- 1 Free photo voucher
- You will also receive your Skipton Triathlon Race T Shirt

Please check all these items straight away, before watching the Race Briefing on the TV in the Blue Gazebo near Registration

Race Briefing

The race briefing will be given as a video presentation. This briefing takes about 9 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. The briefing is also available now to view at www.freebirdevents.co.uk

What should I do next?

Attach your Security wrist band to your wrist and attach your Bike Security number to your bike, then take your bike to the **Transition Area BIKE CHECK IN gate** near the Finish Gantry.

Place your bike on the bike racking. You can use any rack, but you should position your bike to allow room for 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.

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 usually have up to 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 will be lap counters, but 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.

The run to Transition is about 200m so you can leave a pair of shoes near poolside if you wish.

Once outside the door you will cross the timing mat that will record your swim time. Follow the signed route to the Transition Area. Please note this is a busy area with spectators entering and leaving the pool building. Take care and follow the marshal's instructions.

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 **TRANSITION OUT** at the top of the slope. Cross the **MOUNT LINE** on the road 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 20k and fully marshalled with Race Marshals at every turn junction.

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 junction at the end of your ride.

Any competitor judged to be riding dangerously will be disqualified.

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

Before entering the Park you will see the **DISMOUNT LINE**. You must be fully off your bike

Before you cross this line. Follow the marked route to the Transition Area

Transition Area

Enter the Transition Area following the **TRANSITION IN** signs at the bottom of the slope. 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

Please note this is a totally different run to previous years

The Run is 5km (2laps)

The Run route is very well marked with large yellow direction arrows marked **RUN** and there are marshals at every turn point to direct you.

Follow the signed path straight ahead as you leave Transition.

The run takes you out onto Gargrave Road, keep to the footpath and do not run on the road

Turn left into Aireville Park and again stay on the footpath.

Continue into the park.

As you join the main footpath through the park, you will be instructed to run on the right hand side of the path.

Follow this footpath past the Transition area to the Turn around point just before the Canal.

Return along the same footpath back towards the car park, staying to the right hand side of the path, until instructed to turn right up onto the high footpath through the trees.

Stay on this path this to complete the first lap.

At the end of the first lap, you will be handed a wrist band from the lap marshal

After completing a second lap, the lap marshal will tell you to turn right towards the finish area.

Follow the marked route to the Finish line

As you cross the timing mat at the finish line your run time and overall time will be recorded.

Team Entries

If you are competing in this years event as part of a relay team, you will need to change over team members from one discipline to the next. This takes place in the transition area, there is no clearly defined area but it is advisable to changeover at the point your teams bike is racked. Please ensure that you transfer the timing chip from one competitor to the next, otherwise you will not record a time. Timing chips must be worn around your left ankle.

After the Race

Once you cross the line, you will enter the finish compound. Here you will find drinks and some fruit. Please help yourself.

Before you leave the compound your Freebird Timing Chip and run Wrist Band will be collected.

Lost Timing Chips will incur a charge.

Results

Your Swim time, Cycle time, Run time and Overall time will be displayed at the kiosk in the blue gazebo near Registration.

Full provisional results will be displayed and updated throughout the day

Full results will appear on the Freebird website www.freebirdevents.co.uk

Photos

Our official photographer will be taking photographs during the whole race, these can be viewed on the Freebird website and one free photo can be downloaded using the voucher in the envelope given to you at Registration. Further photos can be purchased if required

Refreshments & Spectators

Throughout the day hot and cold drinks, meals and snacks can be purchased from the Café in the Swimming Pool building

There is a spectator viewing area next to the pool.

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 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 near any of the race route

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 1st 2nd & 3rd Male & Female Overall and also to the following categories:

Youths	1 st & 2 nd	Male & Female
Over 40	1 st & 2 nd	Male & Female
Over 50	1 st & 2 nd	Male & Female
Over 60	1 st & 2 nd	Male & Female
Fastest local competitor (BD23 postcode)		

There will also be some spot prizes given out at the Finish

Our Race Sponsor

We would like to thank Udo's Choice for sponsoring not only this race but our whole series of races this year.

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

Weather Conditions

Please be aware that the triathlon is an early season event and as such the weather may not be particularly favourable. Unfortunately the weather is something we cannot change. In the unfortunate situation that the weather does prove to be too bad to hold the triathlon in the safe environment that we strive for, Freebird Events reserve the right to amend the event to a more suitable format, or in the most extreme case cancel the event. In the event of the triathlon having to be cancelled we cannot issue refunds. This however would be a last resort. Lets hope the weather is kind to us all.

Supporters

Are you competing in or spectating at the Skipton Triathlon on 18th April.

Why not send your partner, friend, family, club member, work colleague etc a good luck message. See the messages posted on this message board and listen out for them to be announced over the PA on race day. Maybe somebody is competing for a charity, is it somebodys birthday, perhaps this is your very first triathlon.

Why not leave your message of encouragement to any or all of the triathletes taking part at Skipton. We shall announce any messages you wish through our race commentator, on race day.

Finally

Many thanks for supporting the Skipton Triathlon. Freebird Events always aim to bring you the highest quality multi-sport events and we hope that you will enjoy your day at Skipton. 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.

If you would like to experience Freebird quality events again, our next races are:

The Udo's Choice Drifffield Triathlon. – Sunday 16th May. This is a sprint distance pool based event, based at the new Drifffield Sports Centre. 400m pool swim, 20km cycle and 5km run over quiet picturesque rural roads. Ideal for novice or experienced Triathletes.

The Udo's Choice Allerthorpe Sprint Triathlon - Sunday 20th June. This is a 750m open water swim, 20km cycle, 5km run Triathlon based at the beautiful Allerthorpe Lakeland Park, Allerthorpe near Pocklington, East Yorkshire. Very flat, very fast, with new all tarmac run course.

The Udo's Choice Beverley Triathlon - Sunday 15th August. This is a new event based at the new Beverley Sports Centre. 400m pool swim, 20km cycle and 5km run. A fast course with a picturesque run past Beverley Minster.

The Udo's Choice Allerthorpe Classic Triathlon - Sunday 23rd August. This is a 1500m open water swim, 40km cycle, 10 km run Triathlon again at Allerthorpe Lakeland Park. Very flat, super fast, with new all tarmac run course.

For more information on any of these events please check the Freebird website

www.freebirdevents.co.uk

GOOD LUCK

Keep checking the Freebird website for any race updates



www.udoschoice.co.uk



www.freebirdevents.co.uk

