

# Allerthorpe Sprint Triathlon 2009

Allerthorpe Lakeland Park, Allerthorpe, East Yorkshire. YO42 4RL  
Sunday 21<sup>st</sup> June 2009

## Please Read Carefully.

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

**Race start: 9.00 am**

**Registration Opens: 7.00 am**

## **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**

Allerthorpe Lakeland Park is located approx 1 mile from the A1079 York to Hull road, and about 2 miles from Pocklington. From the A1079 follow the signs for Allerthorpe. Continue through Allerthorpe village and past the Golf Club. Allerthorpe Lakeland Park is on the left about ¾ mile after the village.

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

Allow yourself plenty of time to avoid rushing. Registration will be open from 7.00 am

## **Where can I park?**

The race car park is directly opposite the park entrance (on your right as you approach from the A1079). There is plenty of space for all competitors and spectators and it is only 200m from the race HQ. **Please do not park anywhere else.** The park roads will be closed to all traffic during the race.

## **Registration**

After parking, you should report straight away to Registration, this is at the Freebird Trailer next to the Finish Gantry in front of the main reception building. 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 Bike Security Sticker
- 2 Race Numbers
- 1 Freebird Timing Chip
- 1 Coloured Swim Cap
- 8 Safety Pins

• You will also receive your Allerthorpe Sprint Triathlon Race T Shirt. Please check all these items straight away.

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

Attach your Bike Security Sticker around a brake cable on your bike and take your bike to the **Transition Area**. Only enter from the sign-posted gate. Here your Bike Security Sticker will be checked, and you will be asked to sign your bike in. Place your bike on the bike racking. You can use any rack, but you should position your bike over one of the marker labels (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). **Competitors only in the Transition Area please**

## **Race Briefing**

There will be a compulsory race briefing at the Transition Area at 8.30. All competitors must listen to this briefing.

## **The Swim** (*Swim layout*)

The swim is an open water lake swim of 750m.

**Competitors can warm up in the water, but only after the Race Briefing has finished and the safety craft are in place. Warm up will be announced on the P.A.**

There will be 3 separate wave starts separated by 2 minutes. You will be told at registration which wave to start in.

**The race will not start until all swimmers are behind the start line**

The swim course is marked with fluorescent orange marker buoys

There will be a lead canoe ahead of the fastest swimmers, and plenty of very experienced safety canoeists in the water. If you require assistance from the safety boats, turn onto your back and wave your arms to attract the attention of the safety marshals. When the boat reaches you, follow the instructions from the safety marshal.

Please seed yourself at the swim start. Slower or less confident swimmers are advised to keep to the back of the pack.

When you finish your swim there will be marshals to help you out of the water.

Follow the fenced off route towards the Transition Area. As you cross the timing mat, your swim time will be recorded.

## **Transition Area** (*Transition layout*)

Leave your wetsuit near your bike spot

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**. Cross the **MOUNT LINE** and then get on your bike.

## **The Cycle** (*Cycle Route*)

You must wear an approved Bike Helmet during the cycle section. Follow the large yellow signs marked **CYCLE**. The Cycle course is 20k. 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. Any competitor judged to be riding dangerously will be disqualified. This is a No Drafting race (See BTF Rules). At the end of your cycle ride, as you approach the Transition Area, you will see the **DISMOUNT LINE**. You must be fully off your bike **Before** you cross this line. As you cross the timing mat your cycle time will be recorded.

## **Transition Area**

Follow the signs marked **TRANSITION IN** to enter the Transition Area. Return your bike to its original rack position. Rack your bike before removing your Bike Helmet. Make sure your Run Number is visible from the front. Follow the signs marked **TRANSITION OUT**

## **The Run** (*Run Route*)

Note that the run turn around point and finish are different to last year. You **DO NOT** run onto the canal path and **DO NOT** run around the lake this year.

Follow the large yellow signs marked **RUN**. The Run is an out and back 5km run. Drinks will be available at the turn around point. Please keep to your left hand side of the road on the way out and your right hand side when returning. **Please look out for runners coming the other way, especially at corners**. When you return to the park, run under the Finish Gantry to finish. As you cross the timing mat your run time will be recorded.

## **Post Race**

After crossing the finish line you will be able to help yourself to some refreshments.

Please hand in your timing chip before you leave the finish compound.

You can collect your bike and wetsuit at any time, but you must do this in person, as you will be asked to show your race number and sign your bike out. While in the Transition Area, please be aware of other competitors who may still be racing

## Results

Results will be displayed at the finish area and will be on the Freebird website by Monday evening

## Awards

An awards ceremony will take place at the finish line soon after the last finisher has finished.

There will be trophies for the following:

Male	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Overall
Female	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Overall
Male & Female Youth	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>		
Fastest Combined Transition (T1+T2)	1 <sup>st</sup>			

This race is also the Yorkshire & Humberside Regional Championships and prizes will be awarded to all category winners

There will also be some spot prizes, but you must be there in person to collect them. To be in the draw, place one of your race numbers in the box provided at the prize giving.

## Refreshments & Spectators

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 race car park
- No spectators vehicles on the course please
- No spectators in the Transition Area please
- Stay within the fenced off spectator areas
- Do not cross any fences or barriers
- Follow the marshal's instructions
- Please be aware of runners on the lakeside paths
- If you bring your dog, please don't allow it off the lead within the Park grounds.

While at Allertorpe Lake land Park you may like to take a stroll around the grounds or enjoy a meal or drink from the lakeside café. There is a children's play area and an aviary next to the lake. After the race the park will remain open for your pleasure.

## Finally

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

**Allertorpe Classic Triathlon - Sunday -16th August.** This is a 1500m open water swim, 40km cycle, 10km run Triathlon again at Allertorpe Lakeland Park.

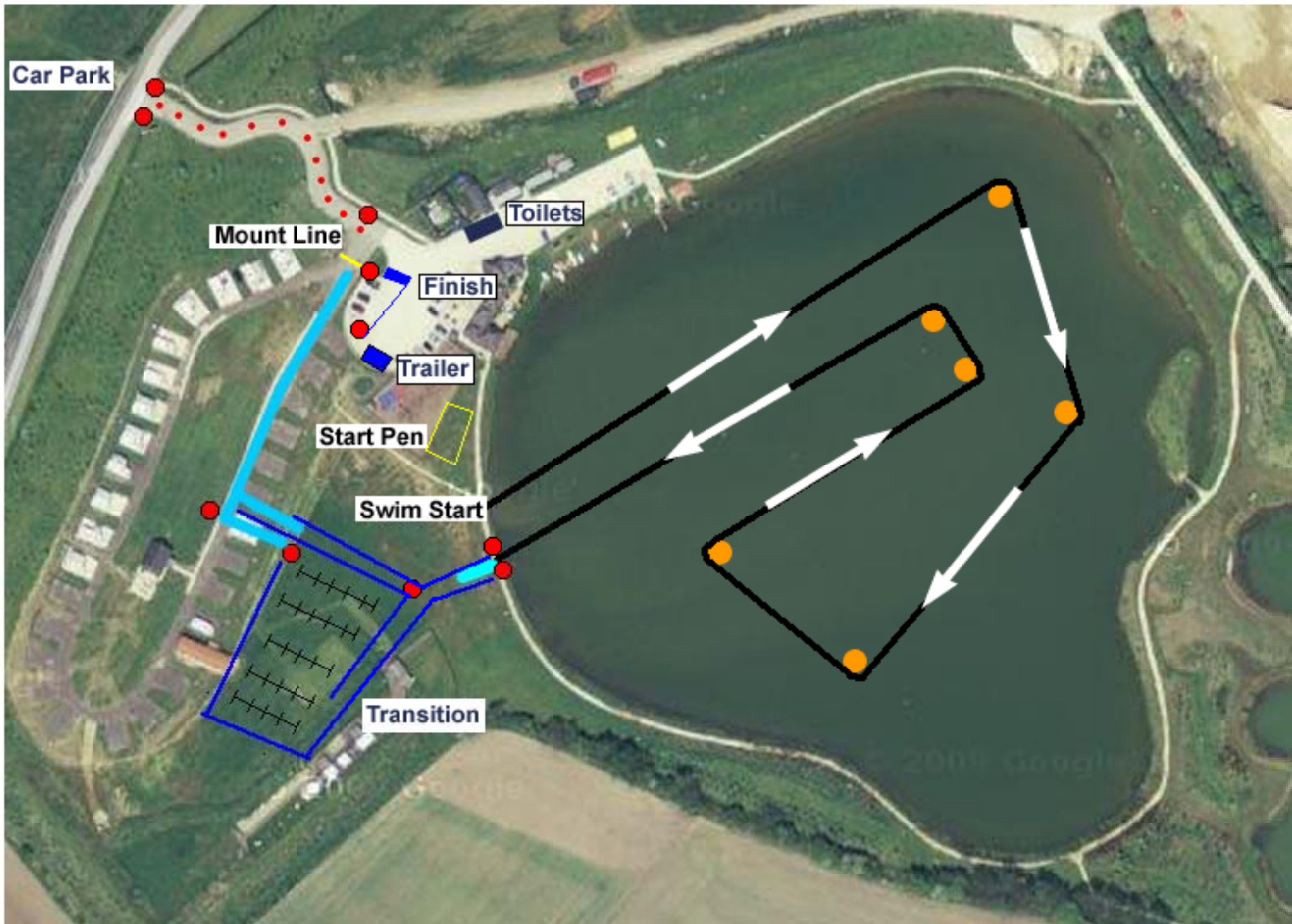
**Beverley Triathlon – Sunday 23<sup>rd</sup> August.** A pool based 400m swim, 20km cycle, 5km run event, based at the new Beverley Leisure Centre. Fast scenic rural course suitable for all abilities.

The youngsters can experience Triathlon as well at the **York Junior Triathlon – Saturday 27th June.** With separate races for 8 -16 year olds on a totally traffic free course.

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

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

**Remember to keep checking the Freebird website for any race updates**



# Allerthorpe Sprint Triathlon

21st June 2009

RaceNo	FirstName	Surname	Category	Club	WaveNo	StartTime
1	Samuel	Chambers	Male		1	09:00:00
2	David	Recchia	Myouth	White Rose Triathletes	1	09:00:00
3	Oliver	Dixon	Myouth	White Rose Triathletes	1	09:00:00
4	Paul	Clarke	M40	Adwick Tri Club	1	09:00:00
5	Stephen	Rimmer	M40	Holmfirth Harriers Triathlon	1	09:00:00
6	Steve	Clark	Male	Lincsquad	1	09:00:00
7	Shaun	Lawson	Male	White Rose Triathletes	1	09:00:00
8	Darren	Jackson	Male		1	09:00:00
9	Gregan	Clarkson	Male	Barracuda Triathlon Club	1	09:00:00
10	Mark	Turton	M40	Wakefield Triathlon Club	1	09:00:00
11	Matt	Emmottt	Male		1	09:00:00
12	Jules	Taylor	M40		1	09:00:00
13	Eric	Dykeman	Male		1	09:00:00
14	Peter	Connolly	M40	Lincsquad	1	09:00:00
15	Darren	Sharpe	Male	Raf Triathlon/hilderthorpe Cycles	1	09:00:00
16	Emma	Brown	Female	Army Triathlon Association	1	09:00:00
17	Steve	Coates	Male	Barracuda Triathlon Club	1	09:00:00
18	Matthew	Wheeler	Male		1	09:00:00
19	Louise	Hanley	Female	Leeds & Bradford Triathlon Club	1	09:00:00
20	Andy	Good	Male	Barracuda Triathlon Club	1	09:00:00
21	Thomas	Hardy	Male		1	09:00:00
22	Michelle	Woodrow	Female	Leeds & Bradford Triathlon Club	1	09:00:00
23	Oli	Read	Male	White Rose Triathletes	1	09:00:00
24	Heather	Tuffs	Female		1	09:00:00
25	Becky	Raines	Female	Nyp Tri	1	09:00:00
26	Rachael	Mellor	F40	Holmfirth Harriers Triathlon Section	1	09:00:00
27	Rick	Stenton	Male	Lincsquad	1	09:00:00
28	Christopher	Duck	Male		1	09:00:00
29	Phil	Binch	M40	Lincsquad	1	09:00:00
30	Dan	Cartman	Male		1	09:00:00
31	Philip	Haskins	Male	Barracuda Triathlon Club	1	09:00:00
32	Melanie	Hayward	Female	Barracuda Triathlon Club	1	09:00:00
33	Michael	Osei	M40		1	09:00:00
34	Danny	Sampson	Male		1	09:00:00
35	Karen	Mitchell	F40		1	09:00:00
36	Paul	Figg	M40	Cleveland Triathlon Club	1	09:00:00
37	Jessica	Wiegand	Female	White Rose Triathletes	1	09:00:00
38	Stephen	Holt	Male		1	09:00:00
39	Tim	Fielding	Male		1	09:00:00
40	Katherine	Coupland	Female	Leeds & Bradford Triathlon Club	1	09:00:00
41	Steven	Wigglesworth	M40	Vegetarian Cycling & A.C.	1	09:00:00
42	Marc	Smith	Male		1	09:00:00
43	Terry	Lightfoot	M40	White Rose Triathletes	1	09:00:00
44	Martin	Wood	Male	PandAtri	1	09:00:00
45	Kevin	Moore	M40	PandAtri	1	09:00:00
46	Patrick	Garry	M40	PandAtri	1	09:00:00
47	Chris	Mellor	M50	High Peak T.C	1	09:00:00
48	Dorothy	Pullman	F50		1	09:00:00
49	Mark	Gardner	Male		1	09:00:00
50	Nicki	Davis	Female	Walden Tri	1	09:00:00
51	Michelle	Morris	Female		1	09:00:00
52	Pete	Walton	Male		1	09:00:00
53	Mark	Trayford	Male	Lbt / Www.TheTriathlonCoach.Com	1	09:00:00
54	Robbie	Smith	Male		1	09:00:00
55	Simon	Smale	M40	White Rose Triathletes	1	09:00:00
56	Christian	Loney	Male		1	09:00:00
57	David	Clamp	M50	Bolton Tri Club	1	09:00:00

**Freebird Events**

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

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21st June 2009

RaceNo	FirstName	Surname	Category	Club	WaveNo	StartTime
58	Tom	Warren	Myouth	Leeds & Bradford Triathlon Club	1	09:00:00
59	Steve	Lewis	Male	Tri UK / Royal Navy	1	09:00:00
60	Matthew	Brett	Male		1	09:00:00
74	Philip	Gibbs	Male	Lincsquad	2	09:02:00
75	Chris	Costello	Male		2	09:02:00
76	Hugh	Daniels	Male		2	09:02:00
77	Georgina	Evans	Female		2	09:02:00
78	Kevin	Hayward	M50	Barracuda Triathlon Club	2	09:02:00
79	Philip	Copley	M40	Barracuda Triathlon Club	2	09:02:00
80	Alistair	Gordon	M40	Nun Monkton Triers	2	09:02:00
81	Richard	Brook	Male		2	09:02:00
82	David	Chippett	M40		2	09:02:00
83	James	Fox	Male		2	09:02:00
84	Darren	Quill	M40	White Rose Triathletes	2	09:02:00
85	Rachel	Lightfoot	Female	White Rose Triathletes	2	09:02:00
86	Linda	Lewis	F40	Leeds & Bradford Triathlon Club	2	09:02:00
87	Johanna	Addyman	Female		2	09:02:00
88	Jenny	Featherstone	Female	Sheffield Tri Club	2	09:02:00
89	Claire	Pendery	Female	Wakefield Triathlon Club	2	09:02:00
90	Huwie	Davies	Male		2	09:02:00
91	Jenny	Birch	Female		2	09:02:00
92	Jan	Johnson	F50	Equus	2	09:02:00
93	Caroline	Bell	Female	Triangle RT	2	09:02:00
94	John	Clarke	M60	White Rose Triathletes	2	09:02:00
95	Andrew	Soanes	M40		2	09:02:00
96	Richard	Fennell	M40	Leeds & Bradford Triathlon Club	2	09:02:00
97	Martin	Harman	Male		2	09:02:00
98	Dean	Walker	Male		2	09:02:00
99	Matthew	Keighley	Male		2	09:02:00
100	Peter	Winter	M40	Pickering Running Club	2	09:02:00
101	Mellissa	Gee	Female	Tri Team Wigan	2	09:02:00
102	Brian	Perkins	M40	Pocklington Runners	2	09:02:00
103	Ben	Morgan	Male		2	09:02:00
104	Lance	Harris	M40	Tfn Nottingham	2	09:02:00
105	Chris	Statham	Male		2	09:02:00
106	Tim	Welbourn	M50	Barracuda Triathlon Club	2	09:02:00
107	Paul	Blenkey	M40		2	09:02:00
108	Liz	Davis	F50	White Rose Triathletes	2	09:02:00
109	David	Smart	M60	Leeds & Bradford Triathlon Club	2	09:02:00
110	Sarah	Owen	F40	Nyp Tri	2	09:02:00
111	Duncan	Read	Male		2	09:02:00
112	Paul	Blenkey	M40		2	09:02:00
113	Mari	Rogerson	F40		2	09:02:00
114	Kirsten	Wolthers	Female		2	09:02:00
115	Ryan	Voase	Male		2	09:02:00
116	Joanne	Derry	F40		2	09:02:00
117	John	Serginson	Male	Cleveland Triathlon Club	2	09:02:00
118	Daniel	Jones	M40		2	09:02:00
119	John	Mundy	Male		2	09:02:00
120	Robert	O'Connor	M40	Defence Academy	2	09:02:00
121	John	Nuttall	Male		2	09:02:00
122	Andrew	Hardy	Male	Luubc Ex Members Tri Club	2	09:02:00
123	Paul	Evans	M40		2	09:02:00
124	Wayne	Kew	M40	Mablethorpe Running Club	2	09:02:00
125	Chris	Graham	Male	Army Triathlon Association	2	09:02:00
126	Sharon	Kirby	Female		2	09:02:00
127	Knut	Kristiansen	M40	Wakefield Triathlon Club	2	09:02:00

**Freebird Events**

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RaceNo	FirstName	Surname	Category	Club	WaveNo	StartTime
128	Jeroen	Pasman	Male		2	09:02:00
129	Richard	Ramshaw	Male		2	09:02:00
130	Richard	Saunders	Male		2	09:02:00
131	Rebecca	Weekes	Female		2	09:02:00
132	David	Lyon	M60	Barracuda Triathlon Club	2	09:02:00
133	James	Lee	M40		2	09:02:00
134	Mark	Brackwell	M40		2	09:02:00
135	Emma	Smith	Female	Vegetarian Cycling & A.C.	2	09:02:00
136	Louise	Luck	F40	White Rose Triathletes	2	09:02:00
137	Garry	Trillo	M50		2	09:02:00
138	David	Falkingham	Male		2	09:02:00
139	Adam	Varley	Male		2	09:02:00
140	Philip	North	M40		2	09:02:00
156	Malcolm	Hills	M50		3	09:04:00
157	Abi	Morgan	Female	Leeds & Bradford Triathlon Club	3	09:04:00
158	Stephen	Coy	Male	Leeds & Bradford Triathlon Club	3	09:04:00
159	Alistair	Shingler	Male		3	09:04:00
160	Marie	Page	Female	Barracuda Triathlon Club	3	09:04:00
161	Andrew	Marson	M40		3	09:04:00
162	Tony	Andryszewski	M40	Wetherby Runners	3	09:04:00
163	Christopher	Wood	M40		3	09:04:00
164	Dave	Wells	Male		3	09:04:00
165	Nathan	Tipple	Male		3	09:04:00
166	Nick	Bull	M40		3	09:04:00
167	Gary	Simpson	M40	The Roast Racing	3	09:04:00
168	Bill	Crowther	M40	Barracuda Triathlon Club	3	09:04:00
169	Wayne	Hudson	Male		3	09:04:00
170	Jane	Hamp	F50		3	09:04:00
171	James	Bennett	Male		3	09:04:00
172	Tony	Chapman	M50		3	09:04:00
173	Diane	Stone	Female	Sun City Tri	3	09:04:00
174	Neal	Brown	Male		3	09:04:00
175	Edward	Hinton	Male		3	09:04:00
176	Richard	Lawson	M50	Barracuda Triathlon Club	3	09:04:00
177	Andrew	Conally	Male		3	09:04:00
178	Adrian	Howden	M50	Wakefield Harriers	3	09:04:00
179	Paul	Peacock	M40		3	09:04:00
180	Seon	Martin	M40	Barracuda Triathlon Club	3	09:04:00
181	Peter	Keenlyside	Male	Raf Tri	3	09:04:00
182	Leon	Sheldon	Male		3	09:04:00
183	Nick	Skinner	M40		3	09:04:00
184	Richard	Latham	Male		3	09:04:00
185	Andy	Wiggans	M40	Leeds & Bradford Triathlon Club	3	09:04:00
186	Joe	Whitfield	Male		3	09:04:00
187	Ben	Wardill	Male		3	09:04:00
188	Hazel	Girvan	Female		3	09:04:00
189	Max	Driscoll	Male		3	09:04:00
190	Stephen	Birch	M50		3	09:04:00
191	Simon	Fisk	M40	Barracuda Triathlon Club	3	09:04:00
192	Tom	Abbott	Male		3	09:04:00
193	Robin	Simpson	Male	The Roast Racing	3	09:04:00
194	Stuart	Walton	M60	Wakefield Triathlon Club	3	09:04:00
195	Stephen	Catterick	M40		3	09:04:00
196	Steve	Hampshire	M40	Pickering Running Club	3	09:04:00
197	Richard	Abbott	M40		3	09:04:00
198	Mike	Piercy	M40		3	09:04:00
199	Jonathan	Hampton	Male	York Knavesmire harriers	3	09:04:00

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21st June 2009

RaceNo	FirstName	Surname	Category	Club	WaveNo	StartTime
200	Darren	Williams	M40		3	09:04:00
201	Andy	Leeman	Male		3	09:04:00
202	Robert	Badger	M40		3	09:04:00
203	Ruth	Weatherill	F40		3	09:04:00
204	Daniel	Jones	Male		3	09:04:00
205	Matt	Firth	Male	The Roast Racing	3	09:04:00
206	Russell	Simpson	Male	The Roast Racing	3	09:04:00
207	Edward	Page	Male	Barracuda Triathlon Club	3	09:04:00
208	Luke	Hanson	Male		3	09:04:00
209	Joseph	Hennigan	Male		3	09:04:00
210	Vincent	Quigley	Male		3	09:04:00
211	Steve	Maden	M40	Rntri	3	09:04:00
212	Alex	Richards	Male		3	09:04:00
213	Vic	Verecondi	M40	Ilkley Harriers	3	09:04:00
214	Steve	Wardle	Male		3	09:04:00
215	Harry	Davies	M60		3	09:04:00
216	Liam	Everett	Male		3	09:04:00
217	Alison	Oldam	Female		3	09:04:00