



Allerthorpe Sprint Triathlon 2011

Allerthorpe Lakeland Park, Allerthorpe, East Yorkshire. YO42 4RL
Sunday 5th June 2011



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 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 $\frac{3}{4}$ 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?

Car parking is within the Park this year. Turn into the main park drive and turn immediately left. Please park as directed by the car park marshals. **Please note that no vehicles will be able to leave the park during the race.** If you will need to leave early, inform the car park marshals, who will direct you to the overflow car park.

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 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 to 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. 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. 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 4 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*)

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. 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.

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 Allerthorpe Lakeland 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.

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

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!

Finally

Many thanks for supporting the Allerthorpe 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 Allerthorpe. 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:

Allerthorpe Half Marathon – Sunday 5th June. Very flat, very fast, lovely scenic run, starting and finishing at Allerthorpe Lakeland Park.

Mud Warrior – Saturday 16th July. 6 miles of challenging off road adventure. Plenty of water, mud, obstacles and challenges designed to test your Warrior status. Marbury Park, Cheshire. Including the Mini Mud Warrior for the 11 to 15 year olds, over a shorter course. Live music, great food and drink plus on site camping.

Beverley Triathlon - Sunday 7th August. Based at Beverley Leisure Centre. 400m pool swim, 20km cycle and 5km run. A fast course with a picturesque run past Beverley Minster.

Allerthorpe Classic Triathlon - Sunday 14th August. This is a 1500m open water swim, 40km cycle, 10 km run Triathlon again at Allerthorpe Lakeland Park. Very flat, very fast, with new all tarmac run course.

Marbury Park Tri Festival – 20th - 21st August. A full weekend of activities: Sprint Distance open water Triathlon. Classic Distance open water Triathlon. Junior Duathlon. 10km Run and Challenge Swims of 1 mile or the classic “Ironman” distance of 2.4 miles
Chose just one event or do the lot. Make a weekend of it with overnight camping, live music and great food and drink. Marbury Park, Cheshire.

For more information on any of these events please check the Freebird website
www.freebirdevents.co.uk

GOOD LUCK

NB – Keep checking the Freebird website for any race updates

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