



EVENT INFORMATION PACK

Yorkshire Triathlon

Pugneys Park, Wakefield WF2 7EQ

Sunday 13 July 2014

Olympic - Lake swim 1500m – Bike 40k – Run 10k

Sprint - Lake swim 750m – Bike 24k – Run 5k

Super sprint - Lake swim 400m – Bike 12.6k – Run 2.5k

This Event Information pack contains important information – Please read the whole document. You enter this event at your own risk Please note that all details are correct at the time of publishing and may change. All details will be given at registration. It is the athlete's responsibility to follow all instructions of the marshals or event officials. All entrants must attend the event briefing being held at the swim start in front of the visitor centre at 6.45 am.

Yorkshire Triathlon
Sunday 13th July 2014

Pugneys Park, Wakefield WF2 7EQ



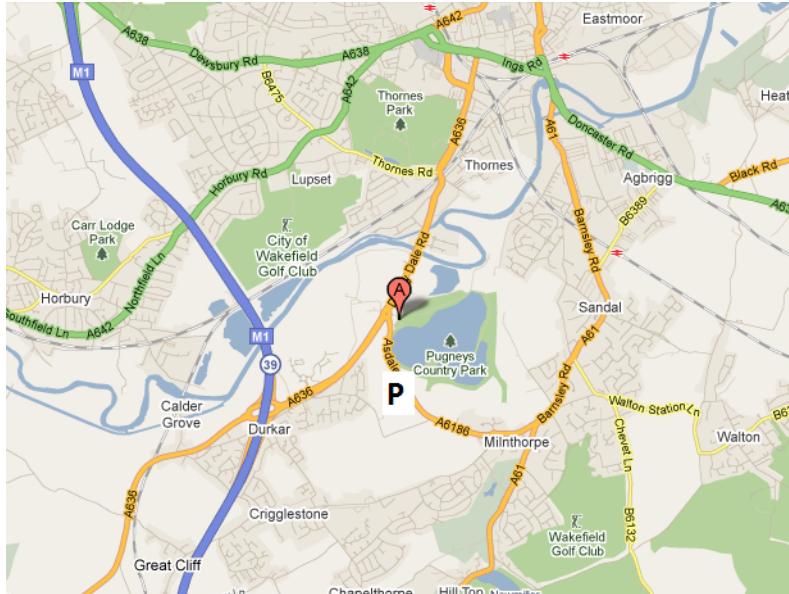
Car parking is available in the large field opposite Pugneys Country Park on Asdale Road
(entrance marked P on map)

Please do not park in the pub car park opposite Pugneys - your car will be at risk of clamping if you park there

Timetable

Saturday 12th July 2014	
15:00	Registration opens
17:00	Registration closes
Sunday 13th July 2014	
06:00	Registration opens
06:40	Registration closes
06:00	Transition opens
06:40	Transition Closes (for the race brief)
06.45	Mandatory Race Briefing at Swim Start area
06:50	Transition Re-opens
07:00 - 07:50	Swim waves commence - details of swim waves will be available at registration

Location



Directions

Pugneys Park is located two minutes away from Junction 39 on the M1

From M1 - Junction 39 - Follow A636 left towards Wakefield. At second roundabout turn right into Pugneys Park

From M62 – Junction 29 – Take the exit M1 South to Junction 39 and follow directions above.

Parking is located opposite Pugneys Park on Asdale Road - cars will not be allowed access into Pugneys Park on race day and please do not park in the pub car park opposite to Pugneys

Prize List

1st Overall Female/Male - Olympic	£50 MyTriathlon Voucher
1st Overall Female/Male - Sprint	£35 MyTriathlon Voucher
1st Overall Female/Male - Super Sprint/Novice	£25 MyTriathlon Voucher
1st Overall Female/Male Vet	£25 MyTriathlon Voucher
1st Relay Team	£40 MyTriathlon Voucher
1st Female/Male Junior	£20 MyTriathlon Voucher
1st Female/Male Youth	£20 MyTriathlon Voucher

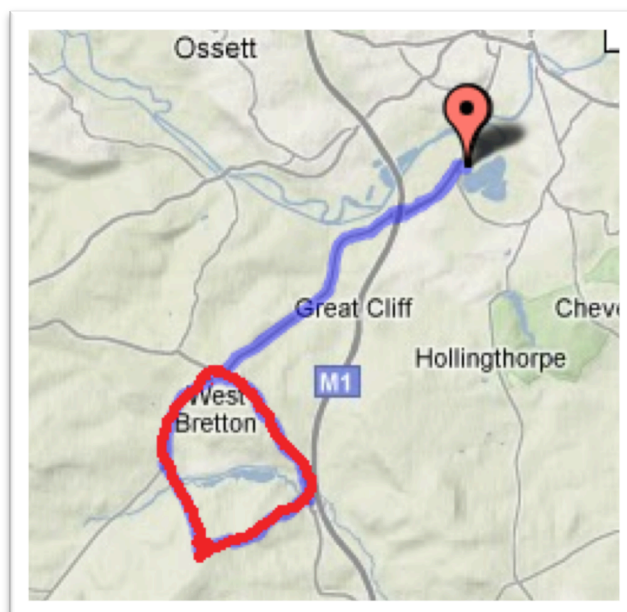
General Information and Race Instructions

Yorkshire Triathlon	<p>Sunday 13th July 2014</p> <p>We are delighted to be hosting the third Yorkshire Triathlon at Pugneys Park.</p> <p>The following should provide you with information required so that you can get the most out of your day. Please remember you are responsible for your own safety at all times and all competitors undertake this event at their own risk.</p>
Registration	<p>Saturday 12th July 2014</p> <p>Registration will open at 15:00 and close at 17:00 - Registration will also take place on the morning of the event - but due to the very early start we encourage you to register on the Saturday afternoon if possible. Registration will be held in the visitor centre.</p> <p>At registration, you will receive the following:</p> <ul style="list-style-type: none"> • Event number –Race belts are allowed and will be available for purchase on the day • Event number stickers for bike and helmet • Coloured swim cap - you can keep this after the event <p>You will also receive your race chip. This must be attached to your ankle and worn throughout the race - anywhere else will jeopardise you getting your race time!</p> <p>Relay Team members will need to transfer the timing chip from one team member to another in transition between each stage of the event.</p> <p>It is important that your chip is returned to the marshal at the finish line. If your chip is lost or not handed in at the end of the race you will be charged £10. No Chip No Time</p>
Insurance	<p>Your entry fee already includes 3rd Party Insurance. We do not allow transfers of entry as this invalidates insurance</p>
Course Maps	<p>Course Maps will be displayed at registration and are already available on the website at www.myyorkshiretriathlon.co.uk.</p>
Transition and Racking	<p>On Sunday 13th July, Transition will open from 6:00am.</p> <p>Before you come to transition:</p> <ul style="list-style-type: none"> • Please fasten your security ID wrist band on either your left or right wrist • Please put your number sticker on your bike and your helmet <p>The marshal at the entrance to transition will check the number on your wrist band matches the number on your bike.</p> <p>Only entrants with a wristband and visible event number on their bike will be</p>

	<p>allowed access to the transition area. No family or friends will be allowed in transition.</p> <p>Your position in transition is identified by numbered stickers on the racking which will match your event number. Make a note of your position in transition and also note the positions of the entrance and exit points.</p> <p>Rack your bike in your numbered event position using the handle bars or saddle to balance your bike. It is usual to rack your bike so it points in the opposite direction to your neighbour.</p> <p>Layout your equipment and if the weather is poor you may wish to keep your kit in a plastic box with a lid to keep your things dry.</p> <p>During the event you need to take care and pay attention in the transition area. Always keep a keen eye out for other competitors and if the weather is wet or inclement please take your time and slow down!</p> <p>You must put on and fasten your helmet before you unrack your bike. On re-entering transition you must not unfasten your helmet until you have racked your bike. This is a BTF rule.</p> <p>In wet or inclement weather - take particular care and slow down</p>
Mandatory Event Briefing	<p>All entrants will be required to attend the pre-event briefing which will be held at the water start in front of the visitor centre at approximately 6.45am. The briefing is mandatory and is to ensure your health and safety, and in order to allow everyone to attend, Transition will briefly close at 06.40. Transition will re-open as soon as the race brief is complete</p>
Swim	<p>The Swim courses are available on our website - www.myorkshiretriathlon.co.uk</p> <p>Each wave will be lead by a canoe and canoe safety cover will be present. If this is your first open water swim you are advised to stay at the back of your wave at the start of your wave.</p> <p>If you find yourself in difficulty or distress during the swim then roll onto your back and raise a single arm. If you are in shallow water you may be able to stand up. A safety craft will attend and you will be removed from the water at the discretion of the safety crew</p> <p>Swimming wetsuits are compulsory during the swim for safety reasons as they provide buoyancy in the water should you encounter any difficulties. They also enable you to swim faster as they provide extra buoyancy particularly for the legs. No wetsuit is allowed thicker than 5mm. You must also wear the swim cap you are provided with in your registration pack. Any entrant who does not wear the issued swim cap will be disqualified.</p> <p>Care must be taken whilst entering and exiting the water. You can purchase a wetsuit from: www.mytriathlon.co.uk. Or alternatively you can hire a wetsuit from: www.mywetsuithire.co.uk</p>

Bike

Important - Always ride to your known ability



The Novice/Super Sprint/Youth triathlon is an out and back course – marked in blue. You will turn around at the third roundabout and NOT complete the loop (marked red)

The Sprint/Junior course is one lap of the course including one circuit of the anticlockwise circular route – marked in red. Cyclists will then turn right at roundabout to return home straight - marked blue

The Olympic course is similar to the sprint but includes three laps of the anticlockwise circular route – marked in red. **Please ensure that you count your own laps.**

Please note the colours above are used in relation to the map and will not be used on the course signage on the day.

Routes are included on our website, we recommend that you cycle the route several times to familiarise yourselves with the road conditions.

There are three roundabouts; a number of narrow and steep downhill sections and a couple of sharp left hand turns. Please take extra caution at these points of the course and as appropriate SLOW DOWN.

Traffic Light - there are traffic lights located from the M1 Junction on to the Denby Dale Road - Please be prepared to stop and follow the highway code at all times

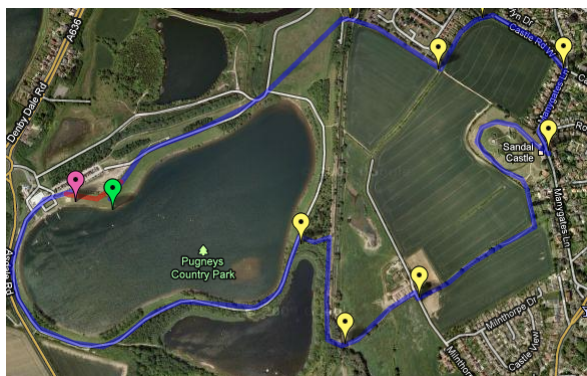
The course is well signposted please follow the signage.

You must follow the highway code at all times.

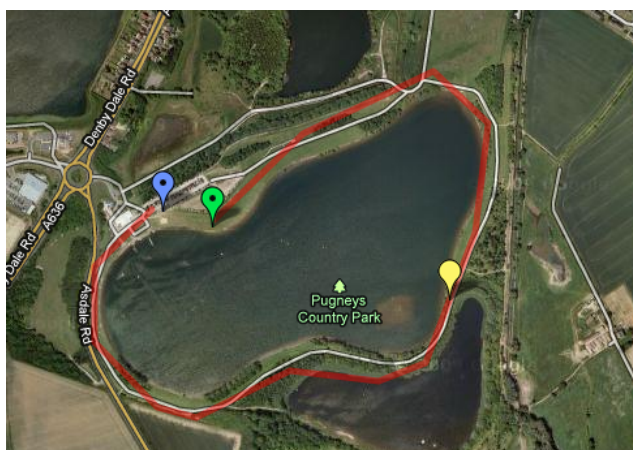
The Sprint and Olympic course

Run

The Sprint/Junior is one lap of the course and the Olympic two laps – Red section is link to the start of the second lap



The Novice/Super Sprint Youth triathlon is a one lap course.



All routes are included on our website, we recommend that you run the route several times to familiarise yourselves with the track conditions.

The run is partly path, partly track. The nature of the park means that you may encounter tree roots, soft ground and other hazards. Take care especially after heavy rain.

PLEASE WATCH FOR OTHER COMPETITORS AND THE GENERAL PUBLIC

There is a water drinks station at the start of the 2nd lap for the Olympic distance

Medical

The event is physically demanding and you should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhoea or other forms of distress.

	<p>If you have an existing medical condition you should check with your doctor that you are able to take part. If you are able enter, ensure that full details of your condition are written on the reverse of both of your event numbers in case of an emergency - make sure you include all information such as current medication.</p>
Hydration	<p>Fluids lost in sweat must be replaced. There is a drink station on the run course - start of second lap - however, it is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before - alcohol can have a serious impact on hydration.</p>
Failure to finish	<p>If you withdraw from the event at any stage before the finish -you Must inform the registration desk. This will allow us to account for all entrants.</p>
MP3/Mobiles	<p>MP3/Ipods/mobile phones etc are not permitted at any time during the event.</p>
General rules and event conduct	<p>This race is being run under the guidelines laid down by the British Triathlon Federation. These are available on line at www.britishtriathlon.org. The rules must be abided by at all times and are in place for the safety and enjoyment of all entrants and spectators</p>
Spectators	<p>Spectators are welcome to come along and watch the event and cheer the entrants on. Please be mindful of competitors and where necessary step out of the way of oncoming triathletes</p>
At the finish	<p>Bring warm clothes with you in case the weather is cold. You should ensure that you stay warm and dry after the event</p>
Volunteers	<p>It is not possible to have too many marshals so if you have family and friends that are available and willing, we are always happy for extra volunteers on the day to help the event run smoothly. If anybody interested could email: admin@mytriathlon.co.uk</p> <p>You do not require any previous experience or knowledge on triathlon to become an event marshal; any necessary briefing will be provided by email before the event and verbally on the day of the event.</p> <p>We will provide refreshments for volunteers on the day and their enthusiastic encouragement and support is always greatly appreciated by entrants.</p>
Results	<p>Full results will be available online - www.myyorkshiretriathlon.co.uk</p>