

Race letter for the blueseventy #51fiver Cotswold Standard Triathlon

Sunday 13th May 2018

It's time for the **blueseventy #51fiver** triathlon again at the fantastic Lake 32 venue with **DB Max!** This race letter includes all the details for the event at this superb venue and please ensure you bring page 9 with you signed and completed on race day. You cannot compete without this form and your photo ID!

Race Venue

The race venue is Waterland Outdoor Pursuits, Spratsgate Lane, Nr Cirencester, GL7 6DF. For directions to the venue, please [click here](#). The postcode for Sat Navs is **GL7 6DF**.

On arriving at the venue, please follow the car park signs and park as directed.

The venue owners have stipulated that there will be a **£5.00** charge for parking for this even, so please have cash ready on arrival. Please note this also allows access to the water park and facilities until 11:30. If you want to stay at the venue for longer, you will be required to pay the venue's admission fee. If you are worried that you will not be ready to leave by 11:30, please contact james@dbmax.co.uk.

Registration

Registration will be in the DB Max gazebo next to transition, please follow the signs from the car park. Timings for registration are as follows.

Saturday Registration: 12:00 - 18:00 – When arriving for Saturday registration please park as directed in to the Waterland Entrance and follow the signs to Race Registration

Sunday Registration: 05:30 - 06:45

Race packs will be collected from the registration desk. You **must know your race number** when arriving at the desk.

Please ensure you bring the event waiver at the bottom of this document with you to registration completed in full with your details. You will also need to bring a proof of I.D along with the waiver.

Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

You must fix your bike number to your seat post and attach the helmet sticker, **before arriving at transition for bike racking.**

Race Numbers and Tattoos

Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

You must fix your bike number to your seat post and attach the 3 helmet stickers to each side of your helmet, **before arriving at transition for bike racking.**



You will also be supplied tattoos for the race. These must go on the right arm and the left leg. If you are in a relay, the cyclist will put the number on their right arm and the runner on the left leg. Please note that you apply them directly to your skin and not to your wetsuit! Water and sponges will be supplied to apply these before the start of the race outside transition/registration. Instruction on how to apply the tattoos are on the back of the tattoos and also on signs at the application point.

Timing Chips

Please attach **your timing chip** firmly to your left ankle with the strap provided **as soon as you open your envelope**. Any timing points crossed prior to race start will be ignored and will not affect your results, but you cannot lose the chip if it is on your ankle.

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

Remember, **no timing chip, no results**.

Timing chips will be collected in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£35 each** so please remember to hand it back.

Mandatory Pre-Race Briefing

There will be a mandatory pre-race briefing for all competitors as below. Failure to attend the briefing may result in you not being able to race.

Wave 1 – 06:50 at the start location of the swim

Wave 2 – 07:05 at the start location of the swim

Wave 3 – 07:20 at the start location of the swim

Start Times

Wave 1: 07:00 **Wave 2:** 07:15 **Wave 3:** 07:30

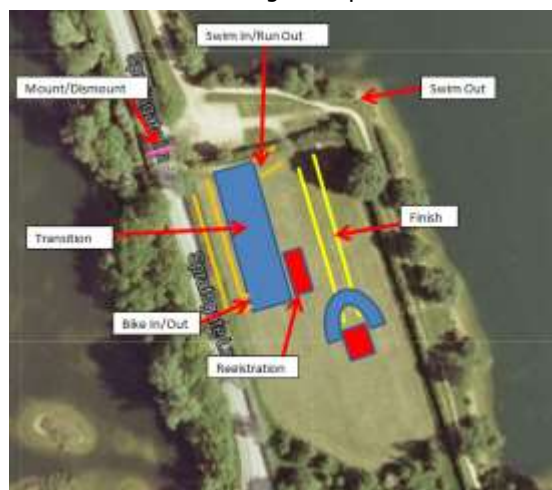
Please note **it is not possible** to change your wave at this stage.

Transition Area

Transition is located in the field next to registration, just a short distance from the swim exit. Transition will be open for racking at 05:30 and will close at 06:45 for those in wave 1 and 2 and 07:10 for those in wave 3. Remember, you must fix your bike number to your seat post and attach your helmet sticker to your helmet which must be on and firmly fastened, **before arriving at transition for bike racking.**

After your race, you will not be able to remove your bike from transition without your race number. Transition is for competitors only.

Please familiarise yourself with transition before racing. A map of the transition layout is below.



Swim

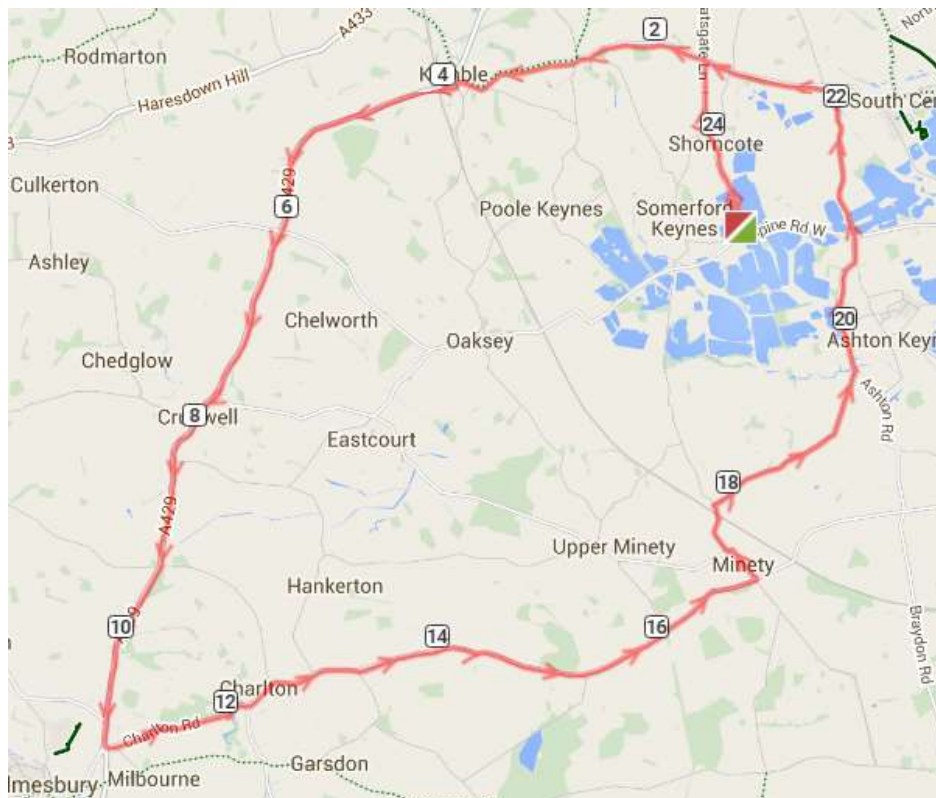
The swim is 1 lap of 1500m and you must be physically able to complete the swim. If you get into trouble, do not panic and roll on to you back and place your hand in the air; a rescue kayak will then come and assist you. Please follow the kayaker's instructions. Backstroke is not permitted in this event without the express permission of the organiser.

At present the lake temperature is approximately 16 degrees, so this means the swim will be wetsuit compulsory. Please note that you must use a wetsuit that is fit for purpose. Competitors will start from the beach at Lake 32 and swim one 1500m lap to exit at the swim ramp next to transition. Please see a diagram of the swim route below.



Bike Route

The bike route is 40k and will be signposted and marshalled where appropriate. You can familiarise yourself with the route below and can view it in detail by clicking on the map itself with your computer connected to the internet. Please take care whilst running to the mount line and get on your bike as directed by the marshals.



Bike Route Rules

There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting on page 7).
- Helmets **MUST** be worn at all times whilst you are racing in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times and you must rack in the area allocated to you.
- At no time are you allowed to drop litter.

Run Route

The run route is 3 laps of both Lake 31 and Lake 32. Please be aware that even though the park is closed, other people may be out walking - please take care and act with courtesy at all times. It is your responsibility to count your own run laps. On your third and final lap you finish by turning hard left back in to the transition field at the end of the lap and finishing under the gantry. A map of the run route is below; to view it in detail, please click on the map with your computer connected to the internet.



Presentations and Awards

Presentations will take place shortly after the last finisher has completed the race in front of the **DB Max** registration gazebo. This will be at approximately 10:45.

Awards will be presented as follows:

Male and Female Overall	1 st , 2 nd and 3 rd
Male and Female Vet	1 st , 2 nd and 3 rd
Male SupVet50	1 st
Female SupVet50	1 st
Male SupVet60+	1 st
Female SupVet60+	1 st
Male and Female Junior	1 st

A Spot Prize of a blueseventy bundle of goodies for one lucky winner, will be provided by our headline sponsor blueseventy.

Relays

If you are competing as a relay, then **please note that the chip you receive at registration will become your team baton.** The swimmer starts with the chip attached to their left ankle. After the swim, the swimmer will run in to transition to the changeover zone and hand the chip to the cyclist. The cyclist is not permitted to have their helmet on at this point and it must be in contact with the bike. The cyclist will receive the chip and place it securely on their left ankle. At this point the cyclist can run to their bike, put on and do up their helmet and head off on to the bike route. On return, the cyclist will return to transition, rack their bike, remove their helmet and run to the changeover point to pass the chip on to the runner. The runner will place the chip securely on their left ankle and head off on to the run route. Please note, no chip, no time and unfortunately **will incur a disqualification.**

Spectators

Lake 32 is a great venue for spectators, the swim start can be seen easily from the shore and you can also watch at the swim exit point and see competitors head into transition. If you are heading out on the bike route to spectate, we ask that you keep away from the main cycle sections to keep traffic for competitors to a minimum. Being a 1 lap course, you would only be in a position to see the competitor once, so we recommend sitting and having a cup of coffee whilst you wait for competitors to return. The run route is fantastic for spectators with competitors completing 3 laps of the lakes, before returning in to the finish. Any location around the lakes is great, though again please be aware of competitors at all times.

iPods and MP3 Players

Competitors are **NOT** permitted to wear iPods or MP3 players at any time.

DB Max Sports Timing

DB Max Sports Timing will be producing the race results including splits and laps. You can follow the results live on the day **HERE**.

Pre and Post Race Massage

Massage will be available from the [Physio Clinic, Bristol](#) in the gazebo at race finish at a cost of £5 for 10 minutes.

Refreshments

Shaun from Cafe2U will be on site offering high quality Espresso coffee's as well as, teas, drinks and a small selection of food.

Toilets and Showers

Toilets and a limited number of showers will be available for competitors and spectators. Toilets will be located in and around transition and showers are located in Waterland. Please follow the signs.

The Triathlon Shop - Bristol

Our retail partner [The Triathlon Shop – Bristol](#) will be attending on the day and will have an extensive shop as well as any last-minute essentials you may need.



Pulsin

We are delighted to have a new nutrition partner Pulsin on board and they will be providing all competitors with one of their top-quality nutrition bars at the event.



Bike-Fit Yeovil

Our friends from [Bike-Fit Yeovil](#) will be on hand, providing bike maintenance on the day both before and during the race. They will be on site from Saturday afternoon to help you with any problems you may have.

Marshals

As with all DB Max races we could not hold the event without the help of our marshals. Please thank them where possible. If you have any family or friends attending with you, why not ask them to get involved with marshalling? In return, we will keep you them fed and watered and provide a free entry to a future DB Max event. If you are interested in helping please email james@dbmax.co.uk

DB Max Merchandise

Don't forget there'll be buffs, T-shirts, hoodies and jackets on sale from DB Max's popular range.



Sponsors



THE PHYSIO CLINIC
Physiotherapy & Sports Performance



Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Lake 32 on race day!





A word from our referee, Mike Newman...

Do you know the rules?

I have listed some general rules to help you when competing in a DB Max triathlon. Please remember them as you may be penalised, or even disqualified if you don't observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

If you have any questions please do not hesitate to speak to our referee at the race.

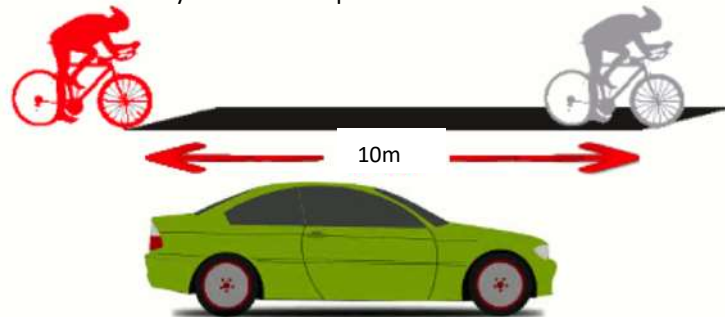
General Rules and Race Conduct...

- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of the DB Max events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere on the course (including transition), as this will lead to disqualification.
- When racing, you need to be aware of other competitors and the general public, both on foot and in vehicles.
- You **must** wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.**
- Nudity is not allowed. Competitors must keep their chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **must** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not permitted to bring boxes or large bags in to transition, only a small rucksack (or similar) are permitted. If you do bring anything like this with you it will be removed.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At DB Max races competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.
- Relays – Helmets must not be worn in relay exchange zones, instead they must remain on the bike before and after relay tagging.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.
- Personal video recording devices are not permitted.
- Littering is not permitted at any time. If litter is dropped accidentally you must pick it up.



Drafting....

- Triathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 10m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front, you have 20 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time you must drop back to 10m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.



As long as you read this and follow the advice given, you should always be on the right side of the rules at all DB Max races.

Remember, our referee will always be willing to answer any questions you may have.

Enjoy your race....!



Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement

For participation in: **#51fiver Cotswold Standard Distance Triathlon 2018** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right, and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

Terms

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the events require varying degrees of Physical excursion.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I confirm that I have received my race letter by email and have thoroughly read and understood all aspects of the seven page document.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as My Skills For Life LTD, Hospital etc) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip. (Replacement chip costs £75)

Rules

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race Referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or Referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I understand that the cycle section takes place on open road and that I have to obey the Highway Code at ALL times. Cyclists are also not permitted to ride any more than 2 abreast on the roads at any time and I will wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard.

Please bring this form back signed along with your photo ID with you to Registration. Failure to hand this document in at registration, will mean you cannot race.

PRINT FULL NAME _____ EVENT _____

YOUR NUMBER _____

ADDRESS _____

SIGNED _____ DATE _____

