

Race letter for the #51fiver Cotswold Standard Triathlon Sunday 15th May 2022

It's time for the **#51fiver** again at the fantastic Lake 32 with **DB Max**! This race letter includes all the details for the event at this superb venue.

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**. The car park will open at 05:45, please do not arrive before this time.

On arriving at the venue, please follow the car park signs and park as directed. There is a **£5.00** charge for parking so please have cash ready on arrival. Please note parking is in a new location for 2022 and not in the Water Park. To get to transition please follow the signs. Please take care when walking to and from the car park and walk in single file.

Registration

There is no registration at the event. All race packs containing your race number, bike number and helmet number have been sent to you in the post. If you have not received your number by Thursday 12th May, please contact us [HERE](#).

Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used. You will collect your timing chip on the entry to transition.

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.**



Timing Chips

You will be handed your timing chip on the entry to transition. Please attach **your timing chip** firmly to your left ankle with the strap provided. Any mats crossed prior to race start will be ignored 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 **£75 each** so please remember to hand it back.

Pre-Race Video Briefing

There is no pre-race briefing on the day but it will be sent to you in video format prior to race day.

Start Times

Wave 1: 07:00

Wave 2: 07:15

Wave 3: 07:35

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

Please also note that we will be offering two types of start in each wave. Firstly, there'll be the traditional, in-water, mass start.

Secondly, for those not comfortable with a mass start, we will offer individual starts, with competitors entering the water every few seconds. You do not need to decide which option until race day. You are not permitted when swimming to wear gloves or boots - the only exception is if you have a medical condition which requires you to wear these items. Please email us [HERE](#) in advance of race day to let us know if you have an exemption to wear gloves/boots.

Transition Area

Transition is located in the field, just a short distance from the swim exit. Transition will be open for racking at 05:50 and will close at 06:45 for those in wave 1 and 2 and 07:15 for those in wave 3. You must fix your bike number to your seat post and attach your helmet sticker, **before arriving at transition for bike racking**. 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

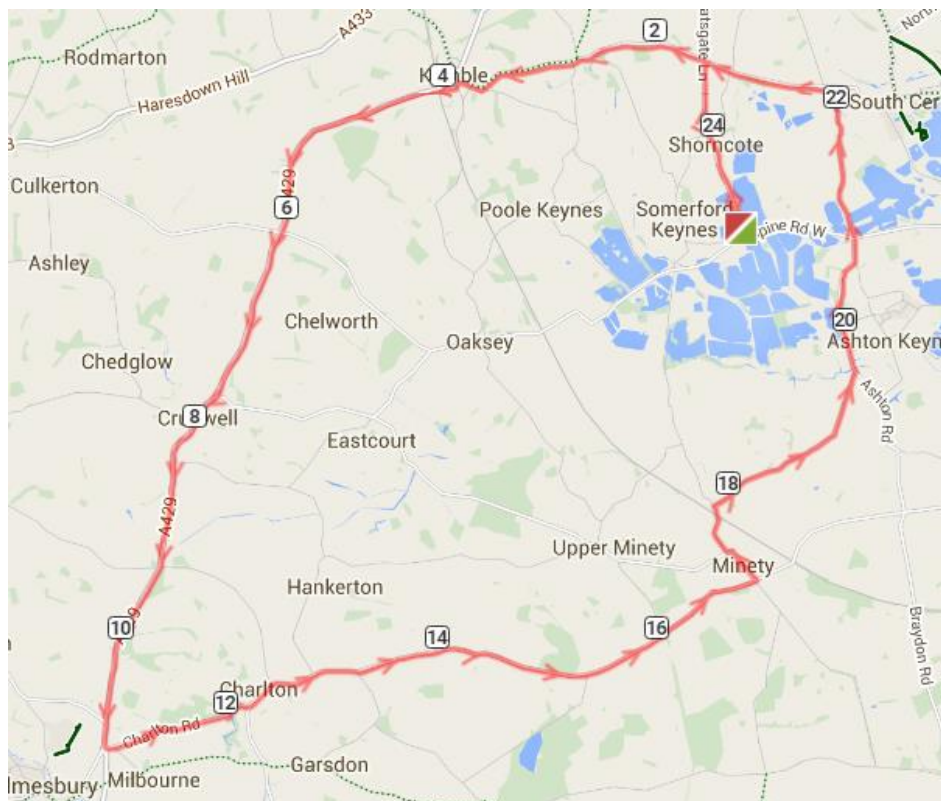
The swim is 1 lap of 1500mtrs and you must be physically able to complete the swim. If you get in to trouble, do not panic and roll on to you back and place your hand in the air, a rescue kayak will then come and assist you. Please follow the kayaker's instructions. Backstroke is not permitted in this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

At present the lake temperature is approx. 16 degrees, 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 1500mtr 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

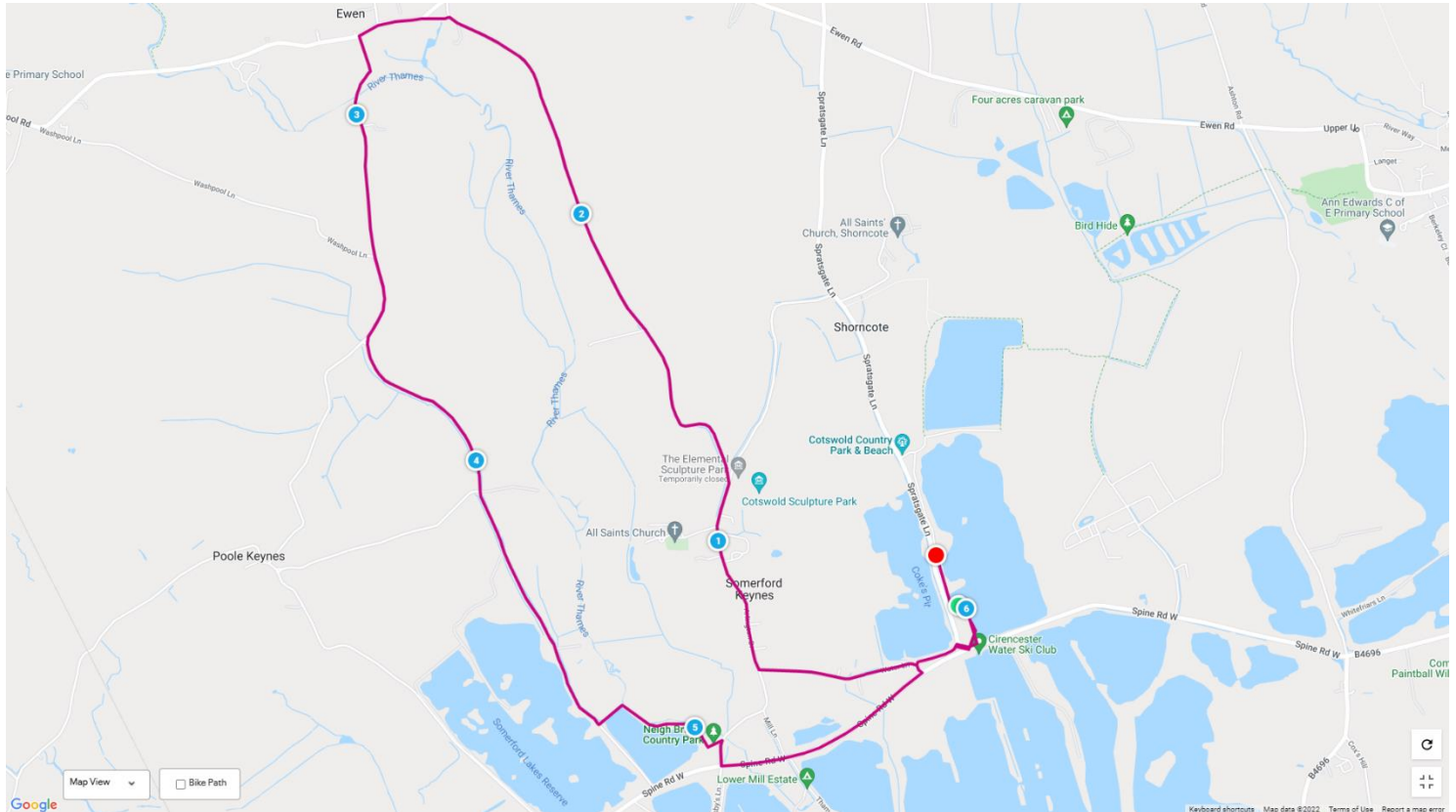
There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting below).
- Helmets MUST be worn at all times whilst you are 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 10k and is all new for 2022. You will exit transition and turn hard right along the edge of the lake, before turning right again to exit the Water Park itself. From here you will be out on the lanes around the

local area, and you will run along Water Lane in Somerford Keynes and turn right on to Arlington Drive. From here you run up to Ewen and turn left and then left again down Quiet Lane to the Spine Road, from here it is back in to the Water Park, past the lake and in to the finish. 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.



Finish

When you are approaching the finish of your event, please take the right hand funnel to follow the barriers to the finish line and finish under the arch.

When you have collected your bike you can exit transition via the bike check out area (you will need your race number). When heading back to transition please be aware that other people will be racing and give them plenty of room.

Relays

If you are competing as a relay, then please note that the chip you 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 over 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 place the chip securely on their left ankle. At this point the cyclist can run to their bike, put on and do up their helmet and head out onto the bike route. On return, the cyclist will return to transition, rack their bike, remove their helmet and run to the changeover point to hand the chip over 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.

Cut-Offs

There are no official cut-offs in the event, however you will be expected to complete the event in less than 5 hours total. In the unlikely event that an event manager deems that you are not fit to continue they will remove you from the event. We expect each discipline to take you no longer than:

Swim – 1 hour 15 minutes

Bike – 2 hours 15 minutes

Run – 1 hour 30 minutes

Presentations and Awards

There will be no presentation at the event. Award winners will be emailed details of their prizes the week after the event.

Male Overall	1 st , 2 nd and 3 rd
Female Overall	1 st , 2 nd and 3 rd
Male Vet (40-49)	1 st , 2 nd and 3 rd
Female Vet (40-49)	1 st , 2 nd and 3 rd
Male SupVet (50-59)	1 st
Female SupVet (50-59)	1 st
Male SupVet60+	1 st
Female SupVet60+	1 st
Male Junior (under 20)	1 st
Female Junior (under 20)	1 st

Water Station

A water station will be available on the run course only at approx. 5k. You will be expected to be self-sufficient on the bike. When you collect your water you must move away from the water station and take on your fluid. When you have finished you **MUST** place the cup in the bins provided as you are not permitted to run with the cup.

Litter

Littering is obviously not acceptable at any time. If you use gels you must return to transition with the wrappers and take your litter home with you. Littering incurs immediate disqualification.

Spectators

Spectators **ARE** permitted at this event. The best location to watch from is around the finish funnel, or out on the run route. Please do not try to enter the Cotswold Park and Beach area at any time as this is now a paid area only.

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](#) and on also via our smart phone results app available at the same link.

Pre and Post Race Massage

Free massage will be available from the [Physio Clinic, Bristol](#) in the gazebo at race finish.

Refreshments

The **Café at Lake 32** will be serving tea, coffee, soft drinks and hot food throughout the event. The Coffee Lada will also be on site selling top quality coffee and a range of soft drinks.

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.

Race Photography

[Charles Whiton Photography](#) will be on site taking photos from the day. These are available to buy after the event. Please feel free to smile for the camera and make sure your race bib is clearly visible. You will be able to view your photos on your individual results page once the photographer has uploaded them to his site. The bib recognition means you can access your own photos quickly and easily.

Marshals

As with all DB Max races we could not hold the event without the help of all the marshals. Please thank them where possible. If you have any family or friends attending with you why not ask them to help us. In return we will keep you them fed and watered and you will also receive a free entry (or similar) to a future DB Max event. If you are interested in helping out please email james@dbmax.co.uk

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.

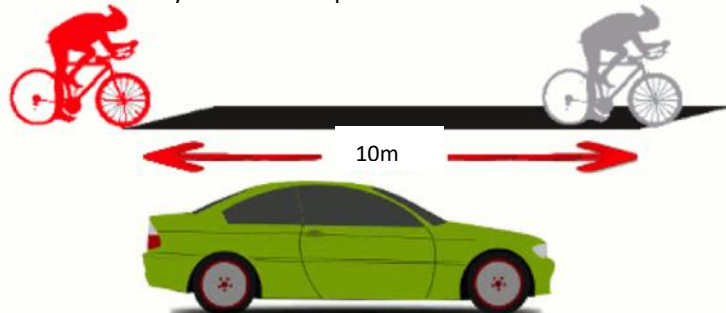
General Rules and Race Conduct...

- 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....!