

# Blithfield Triathlon 2011

## Competitor race information

### BLITHFIELD TRIATHLON

31<sup>st</sup> July 2011

Incorporating Police Sport UK National Championships

Olympic Distance 1500m – 40K – 10K

Sprint Distance 750m – 20K – 5K

Please take the time to read the important race information below to ensure that you have a smooth and enjoyable race. We look forward to seeing you at Blithfield.

Best of luck!

James Cresswell & Pete Jackson  
Race Directors Blithfield Triathlon.

#### Venue

The event HQ will be based at the Blithfield Sailing Club, Staffordshire off Seedcroft Lane, which is located on the B5014 near Abbots Bromley with good access from the A50 & A38. The Sailing club address is:-

Blithfield Reservoir  
Waters Lane  
Abbots Bromley  
Staffordshire. WS15 3DU

#### Parking

Competitor car parking will be in the field near to the race start and you will be directed by race marshals. Please arrive in plenty of time to avoid rushing around. Please do not park outside the office building. No cars will be able to leave until all participants (including the Olympic distance event) have completed the cycle section

#### Registration

Registration will take place on the Saturday afternoon (5.00pm to 6.30pm) and Sunday morning from 6.15am to 7.15am in the main Blithfield Sailing Club, which will be clearly signposted.

Please bring your valid BTF race licence if you have paid the reduced entry fee. If you cannot provide your licence you will need to pay the additional £3 as a non-BTF member to cover the cost of a day licence.

Please find your race number from the lists displayed (alphabetical order) before registering.

You will be provided with a registration pack which will include 2 race numbers, a swimming hat, and a bike sticker. Numbers must be clearly visible front and back at all times. The bike sticker must be on your frame to gain access in and out of the transition area. Race number belts are permitted.

For relay teams the team captain will need to register and 2 numbers only will be provided: one for the cyclist to be worn on the back and the other for the runner to be worn on the front. The swimmer will not need a number but must wear the swim hat provided.

#### Start Times

There will be 3 waves, please ensure you are at the start at least 10 minutes before your allocated time -

<b>Wave 1</b>	<b>0800</b>	-	<b>Sprint Distance</b>
<b>Wave 2</b>	<b>0805</b>	-	<b>All Olympic distance competitors (excluding Police Champs)</b>
<b>Wave 3</b>	<b>0810</b>	-	<b>Police Sport UK Championships</b>

#### Transition

Bike Racking will take place on race morning from 6:15am to 7:45am only.

Race equipment can be placed in the transition area once you have registered. The racking is numbered and your race number will correspond to your rack number.

The transition area is for race competitors only. Please ensure your bike is in a roadworthy condition and that you have an approved helmet, this must be worn for the duration of the cycle section. You must not remove your bike from the racking without first securing your helmet and must not unfasten it until your bike has been racked at the end of the cycle section

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### Transition (cont)

There is strictly no cycling in the transition area and bikes must be mounted / dismounted at the designated area. The transition area will close at 7:45am and you will not be allowed to remove personal belongings whilst the race is in progress. Evidence of a race number must be provided to enable access in and out of the transition area for security reasons. Your bike frame sticker must also be clearly visible on your frame at all times.

**Please ensure your bike and personal belongings are removed shortly after your race.**

### Race Briefing

There will be a mandatory race briefing near to the race start/transition area at 7:40am and will take approx.10 mins. This could include any last minute changes that could affect your race so it is important that you attend.



### Swim

**Sprint distance - 1 Lap**  
**Olympic distance - 2 Laps**

The swim will start in the water to the right of the Sailing clubhouse. Swimmers will be able to enter the water 10 minutes before the race start to warm up, but if you are competing in the Olympic distance event please be aware of other swimmers already competing.

There will be a lead canoe and safety cover throughout the swim section. Please ensure that you keep the canoeists on your left at all times. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank or to one of the safety boats. If you appear to be struggling in the swim, or if you have been in the water for a long time you may be pulled out.

The lake temperature is likely to be 16-17°C and wetsuits will therefore be

mandatory

### Bike

**Sprint distance - 1 Lap**  
**Olympic distance - 2 Laps**

All major junctions will be both signposted and marshalled but cyclists should familiarise themselves with the route prior to competing.

Please make sure that you complete the correct number of laps, 2 laps for the full distance and 1 lap for the sprint. You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines or failing to take due care will result in a disqualification. Please ride on the left and overtake briefly on the right before returning to ride on the left.

Time penalties will be issued by the race referee for infringements and motorcycle draft busters will be on the course ensuring that the BTF rules are enforced and also for safety cover.

### Course

- After leaving transition turn left to the end of the private road onto Waters Lane and head out of the Sailing Club.
- At the T-junction turn right along Seedcroft Lane until arriving at the main cross roads
- At the cross roads turn left onto the main Lichfield Road (B5014), which takes you through the village of Abbots Bromley through the High Street & Baggott Street and onto Uttoxeter road. **Please note that there are chicanes through the village and extra care must be taken.**
- Make a left hand turn (signposted Rugely) onto the B5013 and over the viaduct through the centre of Blithfield Reservoir and continue for approx.2 miles through Admaston.
- At the mini island take first exit onto Colton Road (6 miles).
- Turn left onto Blithbury Road (7.5 miles) for 2.5 miles
- At Blithbury crossroads turn left back onto Uttoxeter Road (B5014), which continues onto Lichfield Road.
- Cyclists will either continue on Lichfield Road past Seedcroft Lane for the 2<sup>nd</sup> lap and repeat the course for lap 2 (Olympic distance)

or

- Sprint distance after reaching Seedcroft Lane turn left back up Seedcroft Lane towards the Sailing Club.
- Turning left down to Waters Road back into the Sailing Club.

**Olympic distance after completing your second lap turn left back towards the Sailing club**

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### Run

**Sprint distance - 1 Lap**

**Olympic distance - 2 Laps**

Exit Transition and head out along the waters edge following the off road path and through the gate onto Watery Lane towards the causeway. At the end of the road turn left onto the dam wall turning around the cone  $\frac{3}{4}$  of the way across the causeway and retrace steps back towards the finish area. The run turnaround (for olympic distance only) will be just before the finish area. **PLEASE KEEP LEFT AT ALL TIMES**



### Feed Stations

There will be a feedstation at the finish area and on the run which you will pass twice on each lap offering High Five energy drink and water.

### Medical Advice

Please write all medical details on the back of your race number. Whether you have a medical condition or not, if you feel unwell on race day – don't race!

### Accommodation

Contact the East Staffordshire Tourist Office on 01283 508111 or go to [www.enjoyeaststaffs.co.uk](http://www.enjoyeaststaffs.co.uk)

### Camping

Free on-site camping is available from Saturday afternoon until Sunday afternoon opposite the office buildings (not the sailing club) as you head down to the water, and will be clearly signposted.

### Toilets

There will be a number of toilets inside the sailing club as well as temporary toilets located near to the Transition area.

### Massage

Post race massage will be provided by Nrgize Health & Fitness ([www.nrgize.me.uk](http://www.nrgize.me.uk))

### Refreshments

Hot drinks will be available in the Sailing Clubhouse from 6:15am and food will be available once the swim has started.

### Results and Prize giving

We intend to post a full set of results onto [www.punishingevents.com](http://www.punishingevents.com) soon after the event.

Presentation will take place near to registration. We aim to do the prize giving as soon as possible after the last competitor has finished. Prizes awarded to:

First 3 overall - male and female

First Relay team

First male and female in the following age categories:

Under 20's, 20 – 24,

25 - 29, 30 – 34, 35 - 39, 40 – 44, 45 - 49, 50 – 54, 55 - 59, 60 – 64, 65 - 69, 70 – 74, 75 - 79, 80 – 84

### Police Sport UK Championships

We are proud to be hosting the 2011 Police Sport UK Championships.

We will have prizes for seniors, Vets and Supervets, as well as first police force region (3 competitors from same force / club).

This will take place at the same time as the main prize presentation.

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### Blue Seventy Multisport Series 2011

The Blithfield Triathlon is part of the Blue Seventy 2011 Multi Sports series and all competitors will be automatically entered into the series by completing a minimum of 3 out of the 6 events. There will be a Blue seventy Helix for the first male and female in the series as well as prizes for the Top 3, vets and supervet winners.

### Acknowledgements

Punishing Events would like to thank:

South Staffordshire Water PLC

Stafford Triathlon Club

Blithfield Sailing Club

High Five

Total Fitness Nottingham

St Johns Ambulance

British Triathlon Federation

All supporting marshals

### Contact us:

Email: [punishingevents@hotmail.com](mailto:punishingevents@hotmail.com)

Race Organiser 07940 581507

### Marshall's

We are always in need of marshals on the course so if there are any partners or friends out there that are willing to help please get in touch with us.

Telephone 01332 513299 or 07815 784199.

## Other Punishing Events in 2011

### 20th Derby Triathlon

A fun event aimed at all abilities Ideal introduction into triathlon

400m pool swim - 18K cycle - 5K run

Etwall Leisure centre, Derby

11th September 2011

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### Carsington Duathlon

A challenging Duathlon set in the scenic Peak District

5K run - 30K cycle - 5K run

Carsington Water, Derbyshire

October 2nd 2011