

# Doncaster Triathlon 2012

Hatfield Water Park, Hatfield, Doncaster, DN7 6EQ

## Welcome

Welcome to Hatfield Water Park, Hatfield, Doncaster. This is the 3rd running of Doncaster Triathlon and is jointly run by Race Hard Events and Adwick Triathlon Club.

## Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application. Race Hard Events or Adwick Tri Club cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

## Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance - BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. If you require further information about Race Rules, please visit <http://www.britishtriathlon.org> or telephone the British Triathlon Federation on 01509 226161.

## British Triathlon Licences

*Please note that all athletes will be required to show some form of photographic identification - 2012 BTF Race Licence - or other, photocopies are fine.*

If you have applied for a BTF Day Licence when entering, this will be issued to you at registration. If you did not apply for a BTF Day Licence, then you will be required to show your 2012 British Triathlon Federation Race Licence. If you are unable to do this, for any reason, then you will be required to purchase one for £3 before being allowed to register. There will be NO exceptions to this ruling. If you have a 2012 British Triathlon Federation Race Licence, please bring it with you.

## Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 17 years old on or before the 31st December 2012. In additional anyone under 18 years old must have parental permission to take part in the event. For more information visit: <http://www.britishtriathlon.org/uploads/files/Competition%20Rules%202006.pdf>

## Wetsuits

You will be required to wear a wetsuit during the swim phase at Hatfield Water Park.

## Lockers & Showers

Male and female shower and changing facilities are available within the center, free of charge to competitors.

## Additional Contacts

The is a Caravan and Camping site at Hatfield Water Park. This can be booked though them on - 01302 841572.

## Finding Hatfield Water Park

If your coming from the North or South leave the M18 at junction 5 onto the M180 towards Scunthorpe. Leave the M180 at the first exit(junction 1) and head south on the A18 to wards Hatfield/Doncaster. After 2 miles turn right sign posted Hatfield water park.

## Car Parking

Due to a police notice, Can you please not park on the entrance road to Hatfield Water Park. Car Parking will be available in a local field just next to the Water Park, He will be charging £1. Please note that there is no parking with in the Water Park.

## Registration Times

Registration is open between 6.30 and 7.30 on the morning of the race only. Within a porta cabin on the lake side.

## Transition

Transition will open to competitors on from 6.45 until 7.45. And will remain closed until the last runner leaves T2.

## Race Briefing

Will be in transition area at 7.45.



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## Numbers/ Timing chips

In your race pack you will have a bike number sticker and two race numbers. You will need to have your number stuck to your bike before racking in transition. Race numbers must be visible on your back when on the bike and on the front when on the run (number belts are acceptable). Timing chip should be around your left leg at all times during the race. Competitors who lose chips will be charged £25. Your chip will be removed in the finish area.

## Race Start Times

All competitor will start at 8am.

## Race Format & Distances

### Swim - 1500 metres - 2 laps

From the start you will swim 300m to the first buoy, turn left around the buoy. After 250m turn around the second buoy heading back towards the start. After 200m turn around the final buoy on the lap. Head back towards the first buoy of the lap completing the same lap again. After doing two laps exit the water up the boat slip way to T1.

### Water Safety

Is provided by power boats and canoes. If you get into difficulty roll over on your back and wave your hands in the air. A safety boat will come and get you.

### Bike - 41km

The bike route will be signposted and marshalled on turns. After leaving T1 mount your bike after the mount line. Exit the water park to the main road. Turn left on the A18 towards Thorne. At the first roundabout completely circle the round about 4<sup>th</sup> exit on the A18 towards Doncaster. After 1.5km take the left turn onto the A614 sign posted Bawtry/Hatfield Woodhouse. Follow the road for 10km at the round about take the 1<sup>st</sup> exit B1396 to Haxey/Westwoodside. After 5.5km take the left turn on to Idle Bank. After 9km exit the roundabout 1<sup>st</sup> exit and then turn immediately right (Take care this is a quiet road and will be well marshalled but cars have the right of way). Continue for 2.5km where you will turn left to join the A18 towards Doncaster after 5.5km leave the roundabout at the 2<sup>nd</sup> exit towards Doncaster still on the A18. After 3km turn right onto the

road of the Water Park (Again take care this junction will be well marshalled but cars have the right of way).

### Run - 10km - 2 laps

The run route will be signposted and marshalled. Turn left out of T2 follow the tape though the campsite to the main exit (At this point you will have to cross the bike course, It will be marshalled please follow the marshals instructions). After exiting the Water Park turn left follow the road/track. Turn right onto the bridge over the motorway. After the bridge turn right down to the road. At the road turn left please stay on the grass verge then footpath on the left hand side of the road. Take your next left onto a track. Follow the track all the way down until it turns into a footpath that bends round to the left. Follow the footpath until you get back to the bridge. Turn right on to the bridge then right again as you exit the bridge. Follow the track down then turn left on to another track and straight left again on to a footpath. Half way down the path there is a stile please take care crossing it. At the end of the footpath turn right on to the track. Then fork right into the the playing fields. Please follow the tape round the edge of the field keeping it on your left hand side. After going nearly the full way round the field exit through the hedge across the track and back into the water park. Pass transition and straight on for your 2<sup>nd</sup> lap. After completing your 2<sup>nd</sup> lap you will turn left round the transition and the finish will be in front of you.

### Course Reconnaissance

There is no swimming at the marina at any time up to the race. The bike and run course are on public roads/footpaths and can be cycled at any time at your own risk.

### Medical Conditions

Please write on the back of your race number any medical conditions, prescription medication and next of kin contact details that may be useful in the case of an emergency.

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## Prizes

Prizes will be given to the first 3 males overall and first 3 females overall. There will also be a prize for the best V40 and V50 male and female. Subject to entries further prizes may be awarded.

Presentation will take place as soon as possible after the race.

## Time Penalties & Appeals

Penalties will be displayed on the porta cabin used for registration. Any appeal to penalties can only be made on the day and before prize giving.

## Sports Massage

Chartered Physiotherapist Steve Chadwick-Higgins will be present to offer sports massage both before and after the race. He will be located opposite transition with a camper van and tent. £7 for 10 minutes. Pre-book at £5 contact [physio-steve@hotmail.co.uk](mailto:physio-steve@hotmail.co.uk)

## Results

Will be posted on [www.racehard.co.uk](http://www.racehard.co.uk) as soon as possible. Hopefully on the evening of the race.

## Refreshments

The marina will be serving tea and coffee all day along with some food.

## Withdrawals

If you have to pull out at any point during the race please make yourself aware to one of the marshals.