

Leicester Flashman Triathlon (Senior Race)

Race Information

Thank you for taking part in the Flashman sprint triathlon. The information below should give you some idea of what to expect on race day.

Any changes to this information will be disseminated at registration and at the race briefing.

The Competitors

The Flashman historically attracts a large number of novice triathletes and this year is no different. For many people this is their first experience of the sport and we have done as much as we can to make the race novice friendly, for example we hope to provide lane counters etc.

As last year, the race has proved to be popular and once again we have reached our race limit of 200 competitors.

The Venues

The Flashman Sprint triathlon combines the use of two venues. The swim takes part in Lutterworth leisure centre's pool and registration, transition and the final all take part in Lutterworth College (formerly Lutterworth Grammar school) which is adjacent to the Leisure Centre.

Directions to the Leisure Centre/College

Lutterworth Leisure Centre is located off Coventry Road in Lutterworth. From Junction 20 on the M1 take the A4303 west to the round about. Take the third exit (the A426) downhill towards Lutterworth. Then take the third left which is a one way by Lutterworth Sound and Vision. Follow this road and it bends right, goes past Lutterworth Cycle Centre and then bears left to some traffic lights.

At the traffic lights either go straight on along Coventry Road to get to the Leisure Centre or bear right along Bitteswell Road to head to the College.

There is parking at each location.

Car Parking

There are two car parks at the leisure centre, although these are likely to be busy because of there is a junior race in the morning.

There are a number of car parks at the College. One of these is opposite the school. Please refer to the map of the school for car park locations. Do not park in the area between transition and the finish (on the map this is the area between Gate 2 and Gate 3) as this is being used for the bike out and run out routes.

There are small car parks by the Lutterworth Cycle centre and on the Lutterworth high street although these two are approximately $\frac{1}{2}$ and $\frac{3}{4}$ mile from the Grammar school.

Getting from the Leisure Centre to the Grammar School.

In the morning there is a junior race occurring. This race is using the car park at the back of the leisure centre for transition and so whilst the junior race is going on access through this car park will be restricted. To get to the Grammar school from the Leisure centre whilst this transition is being used it will be necessary to go along Coventry road and Bitteswell Road – this is about $\frac{3}{4}$ of a mile walk

Once the junior race has finished (at approximately 12pm) this transition will be cleared and it will be possible to get to the Grammar school from the Leisure centre without the detour.

Facilities

Changing facilities, showers and toilets are available at the Leisure centre along with a cafe and there are toilets and changing facilities at the College.

There is a supermarket (Morrisons) at the corner of Bitteswell and Coventry road and other food shops in the centre of Lutterworth which is less than a mile walk from the Leisure centre or College.

This year we have are having a mobile catering facility which will be situated near the finish line at Lutterworth College and there will be an ice cream van near the Leisure Centre during the morning.

Registration

Registration will be open in the College between 11 and 2pm in a room on the ground floor near the finish. This is the building L1A adjacent to the Fire Assembly point marked on the Lutterworth College Map. Follow the signs to find this room. If you need to register after this, for example you are a shift worker then please let us know.

At registration you will be provided with a pack containing your race numbers, and two numbered sticky labels. Please attach one to your bike and one to the front of your helmet and have the opportunity to collect your towel. This year we were hoping to provide Beanie hats for all competitors but unfortunately the supplier went bust a couple of weeks prior to the race and so an alternative item has been sourced. The towels are in the legendary Leicester Triathlon Club zebra stripes and are a size suitable for use in transition, on the turbo etc. We hope they will be useful!

The bike label is provided to help enforce security during transition. It will be checked when you are taking your bike into and out of transition.

The transition area itself is a secure area – only competitors themselves and race personnel will be allowed in and out this is to help keep peoples belongings secure. You must be prepared to show your race number when taking your bike into and out of transition.

Race Timing

This year we are using a timing service provided by StuWeb Race Management services. Each competitor will be issued a timing chip and to prevent the risk of loss these will be given out at registration.

Please place the chip around your left or right ankle – it is suggested you use a small amount of Vaseline or similar lubricant underneath the strap to prevent chafing.

Once you finish please ensure that you return the chips in the receptacles provided. Any lost chips will need to be paid for.

StuWeb will be providing a screen during the race allowing you to check your results. This will be located near the finish.

Race Briefing

There will be a race briefing prior to the first wave at approximately 12.45 by registration. Any last minute changes or instructions will be given here.

The Swim

The pool we are using is setup in six lanes. Our swim waves are going out at set intervals. You will be sharing a lane with other people but we hope to keep the intervals long enough that there will not be too many people sharing a lane at once.

Where possible lanes 1 and 2 are women only lanes and lane 6 is kept as a fast lane in order to prevent bunching towards the end of the race.

A list of start times will be provided on the club website and at registration. Please ensure you are at the pool at least ten minutes before your wave.

At the pool you will be issued with a coloured swim cap. The colours are rotated amongst different waves so that we can keep track of competitors. The caps we are using are silicone and so are suitable for people who may have latex allergies.

The swim is 400m which is 16 lengths of the pool. We hope to provide lane counters who will alert you when you have two lengths left to swim. It is possible however that we will not have enough volunteers to provide these in which case you must keep track of your own lengths.

In accordance with BTF rules, you must not swim back crawl during the race for safety reasons – any other stroke is permitted.

Once you have completed the swim then you will be directed out of the fire doors at the back of the pool towards transition.

Unfortunately the path to transition from the pool is fairly lengthy. You may wish to leave shoes outside the pool near the fire doors. If you do so these must be left outside the pool and in such a way that they (or you when you are putting them on) hinder anyone else leaving the pool.

The path to transition goes into the college grounds by the tennis courts and is taped.

Transition

The first timing mat is at the entrance to transition – make sure you run over it so your split is recorded. This entrance is also being used for the entrance from the bike course so be careful of other competitors merging in from the right.

Our racking is labelled with your race number. Note – we are using numbered racking but have arranged the entrance/exit and racking layout to minimise any position advantages that could be gained by bike placement.

In transition you must put your helmet on before you move your bike. Our BTF referee will be in transition (they will be wearing a day glow orange BTF vest) and pay attention to anything they instruct you to do.

Once you have secured your helmet then wheel your bike out of transition over another timing mat to the bike mount line – this will be signed and a marshal will instruct you where you can mount your bike. This exit is being used for both bike out and run out so please take care of other competitors.

Bike course

The bike course is approximately 18 km long and is well signed.

The map for the bike course is on the club website.

Please take care through the villages on route – particularly Dunton Bassett. You must follow the highway code on the bike course. Any infringements will be noted and time penalties will be issued in accordance with the BTF rules.

At the end of the bike course you will be guided into a lay-by on the opposite side of the road from transition. Dismount at the line and taking care in case of traffic, wheel your bike back into transition over the timing mat.

You must rack your bike before you take your helmet off.

Once your bike is racked then if appropriate change your shoes and leave transition by the same entrance you used for bike out.

Run Course

The run course follows the end of the bike course, is signed and the map is available on the club website.

The run is an out and back course which is 5km long. There will be water available at about 1¼ km into it.

At the end of the run turn back into the school buildings and keep going through until you finish underneath a gazebo where there should be a finish banner.

Presentations

We will be presenting race prizes as soon as possible after the last competitor is in. The presentation will be conducted in the school hall by the finish area.

The school bar is available from 3pm – this is in a room adjacent to the hall.

Results will be available at the finish and the timing service will be posting final results on the tri247.com website as soon as possible after the finish.

First Aid

First Aid is being provided by the Red Cross with the bike and run route patrolled by mobile RayNet teams. If you have an incident on course (whether accident or mechanical) then if possible please alert the nearest marshal and the appropriate action will be taken.

Photography

This year we are lucky enough to have the local company Infinite Images taking photos of the race. Photos can be ordered either after the race on site or through the Infinite Images website (<http://www.infiniteimages.co.uk/>).

Free Bike Checks

British Triathlon's team mechanic, race sponsor and local bike shop owner Glenn Coltman is providing a free bike check service. His staff will be operating out of his van which will be adjacent to transition. This service will be free to competitors.

Massage

A local sports masseur will be in attendance for the event and are offering pre and post race massages for a nominal fee. They will be located in a marquee close to the finish area.

Sponsors

We would like to thank the following Sponsors without whom the race wouldn't be possible.

WheelHub for providing prizes: <http://www.wheelhub.co.uk/>

Swithland Spring Water for providing water: <http://www.swithlandspringwater.co.uk/>

Pedal Power for providing prizes and bike mechanic services: <http://www.pedalpowerbikes.co.uk/>

Finally

Hope you have a successful day and enjoy the race.

Any feedback will be welcomed.

John Golding

Race Director
Leicester Triathlon Club.