



## Race letter for the BUCS Sprint Triathlon, 2<sup>nd</sup> May 2021

It's time for the BUCS Sprint Triathlon. This year the event will be a Covid-secure event held at Lake 32 in the Cotswold Water Park.

This race letter includes all the details for race day at this beautiful venue.

### **Race Venue**

The race venue is Waterland Outdoor Pursuits at Lake 32 in the Cotswold Water Park. The swim, transition and the run will all be in and around the lake with the 25k bike on the surrounding roads. The venue address is:

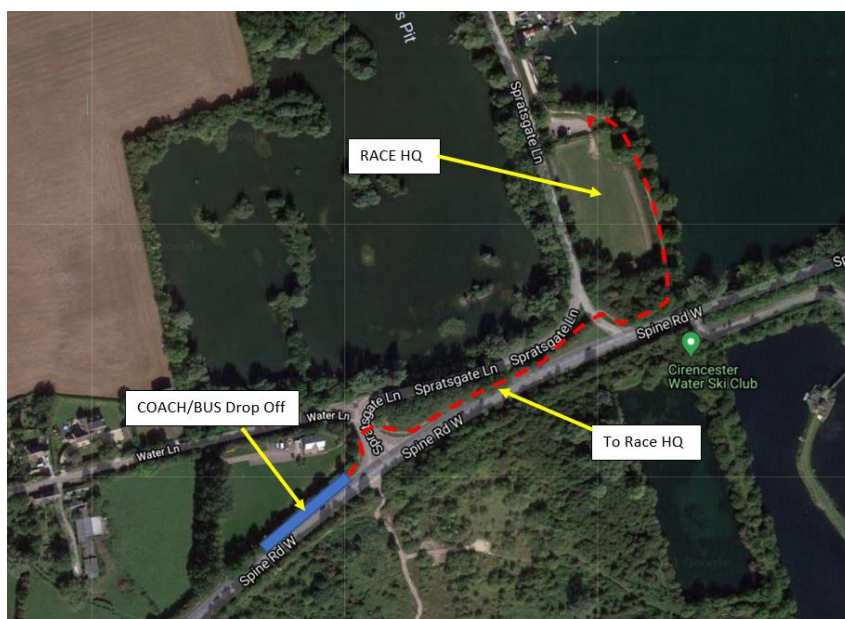
Waterland Outdoor Pursuits,  
Spratsgate Lane,  
Nr Somerford Keynes,  
Glos,  
GL7 6DF

We encourage competitors to use the mobile app [What 3 Words](#) (available for free for iPhone and Android) to help get to locations. The What 3 Words for Race HQ is **thudding.options.broad** and you can view the venue on the What 3 Words Website [HERE](#).

### **Car/Coach Parking**

We have moved the venue at short notice this year, due to Covid-19. Because of this the car/coach parking will be in several locations. Please read the details below carefully and ensure you park in the correct area. **Please DO NOT PARK IN SOMERFORD KEYNES – your vehicle will be clamped and removed.**

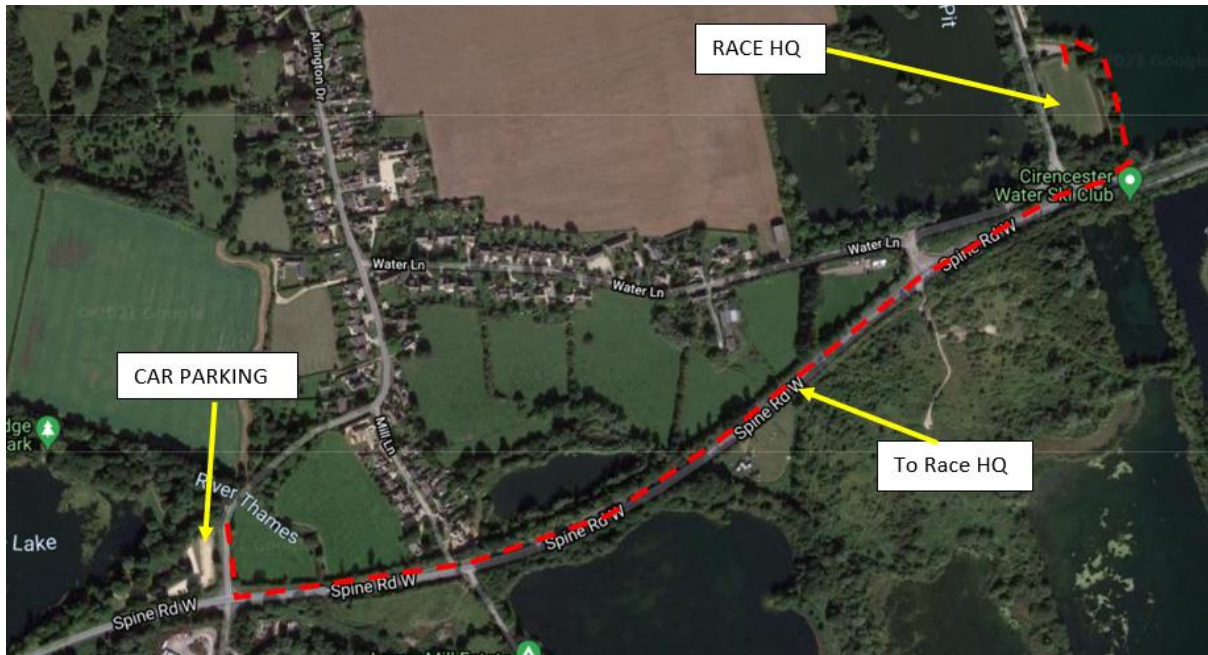
- **Coach Parking** – For those coming by coach with a driver (52-seater or 16-seater, please ensure you initially go to the **Coach Drop Off location**. This will be on the Spine Road West, and the exact location using What 3 Words is **rules.earphones.built** or click [HERE](#). From this location it is a short walk to Race HQ (approx. 500 metres). The Coach will then need to park for the duration of the event at Cleveland Lake (approx. 2.5 miles away), What 3 Words **mentioned.breathed.club** or Click [HERE](#). DO NOT try to go to the venue itself in the bus/coach. After the event you will be able to call the driver who can come and pick the team up at the same point you were dropped off. We are grateful to the Water Park Society who have permitted us to park at this lake. Please make a donation at Race HQ for the use of the area.





- **Car Parking** – For those coming by car you will park in Neigh Bridge Country Park Car Park (approx. 1k from the venue). This is a public Car Park and you will need to pay £3 to park here for the duration of the event. You can pay when you arrive by Mobile App. The What 3 Words Location is **november.flinch.clays** or you can view the location [HERE](#). The postcode for the car park is **GL7 6DX**.

Please **DO NOT PARK IN SOMERFORD KEYNES – your vehicle will be clamped and removed**. Please arrive in plenty of time to walk to the venue.



**Vans and Mini Buses** - For those coming by van or those of you driving your own hired mini bus we will have a small amount of parking in the Race HQ field (approx. 30 vehicles). The What 3 Words Location is **thudding.options.broad** and you can view the location [HERE](#). This will be done on a first-come, first-served basis, with those arriving later parking at Neigh Bridge Country Park (see above).

### ***Rule of 6 and Social Distancing***

We must all follow the Government guidelines on the Rule of 6 and social distancing. This states that individuals cannot form groups of more than 6 people and everyone should remain 2 metres apart at all times. Whilst we do not like coming across as too formal, we are committed to enforcing these rules, so compliance is compulsory from the moment of arrival at the car park, through to bike racking, racing and then leaving the grounds.

Social distancing must also be maintained whilst racing, so please keep a 2-metre distance between yourself and other participants. It is important that you do this, even if the person you are racing with is in your bubble – this is because others will not be aware of any bubbles and can report incidents, which we are keen to avoid.

### ***Registration***

All race packs containing your race number, bike number and helmet number will be by your team captain. Only team captains can collect race numbers and they will then hand them out to the rest of the team. Race numbers will be in an envelope and should only be opened if your name is on the envelope.



## Transition

You must fix your bike number to your seat post and attach the 3 helmet stickers to each side of your helmet. Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

There will be a queuing system to get into transition and you will **have to provide Photo ID** to the people checking you in (passport or driving licence are acceptable).

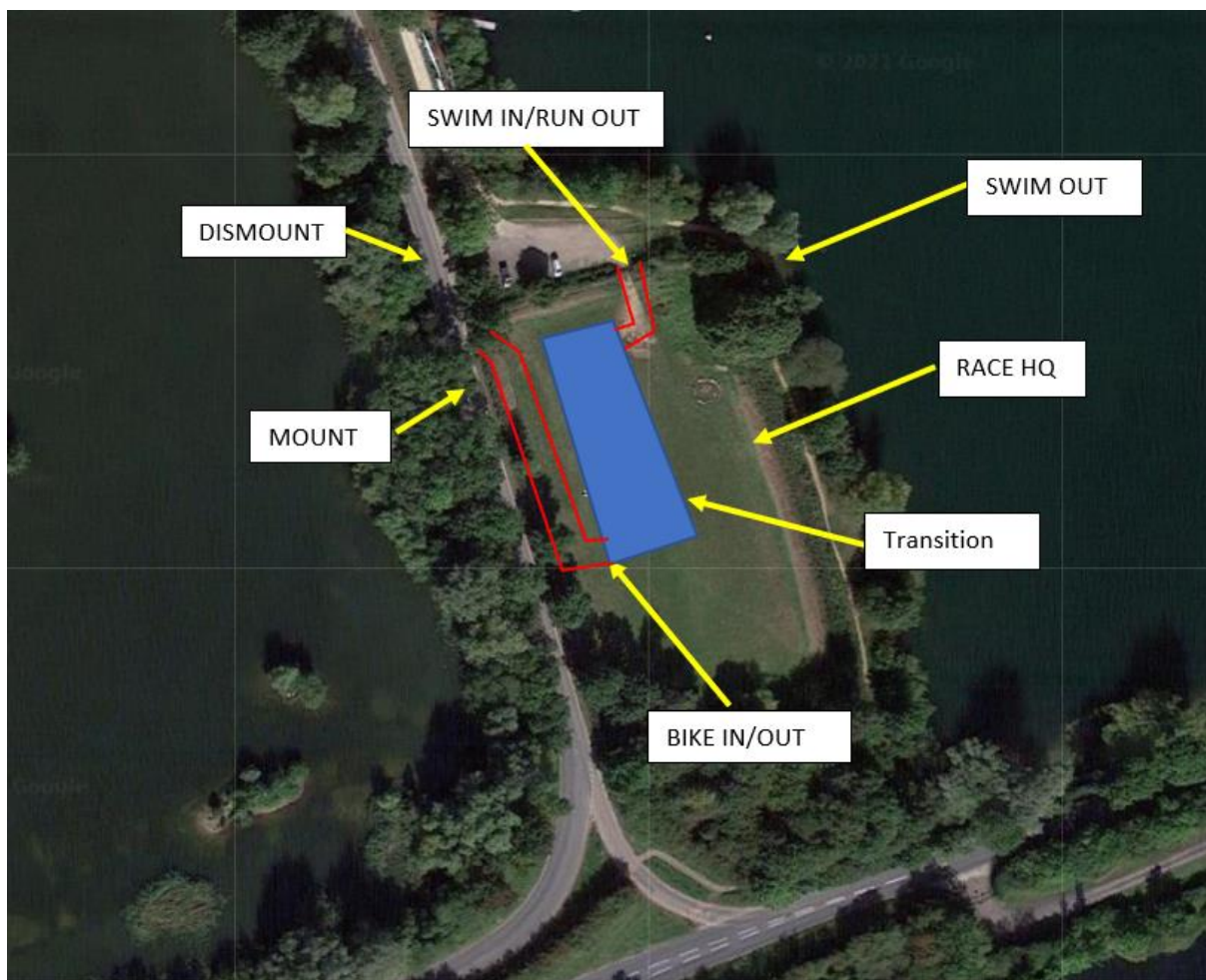
When queuing and in transition before racing you **must wear a face covering** (mask or buff are both acceptable). **Bufs must be folded so that they are at least double-layered**. A temperature check will also be done at this time.

There will be hand sanitiser in place as you enter transition - please ensure that you use it.

When entering transition, please rack anywhere but with a maximum of 5 competitors per rack.

You are permitted to enter transition 60 minutes before your race start. Please be mindful and careful of other competitors who are racing and make sure you give them plenty of room (a minimum of 2 metres).

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





### **Swim**

The swim is 1 lap of 750mtrs and you must be physically able to complete the swim. If you get in to trouble, do not panic and roll on to your 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.

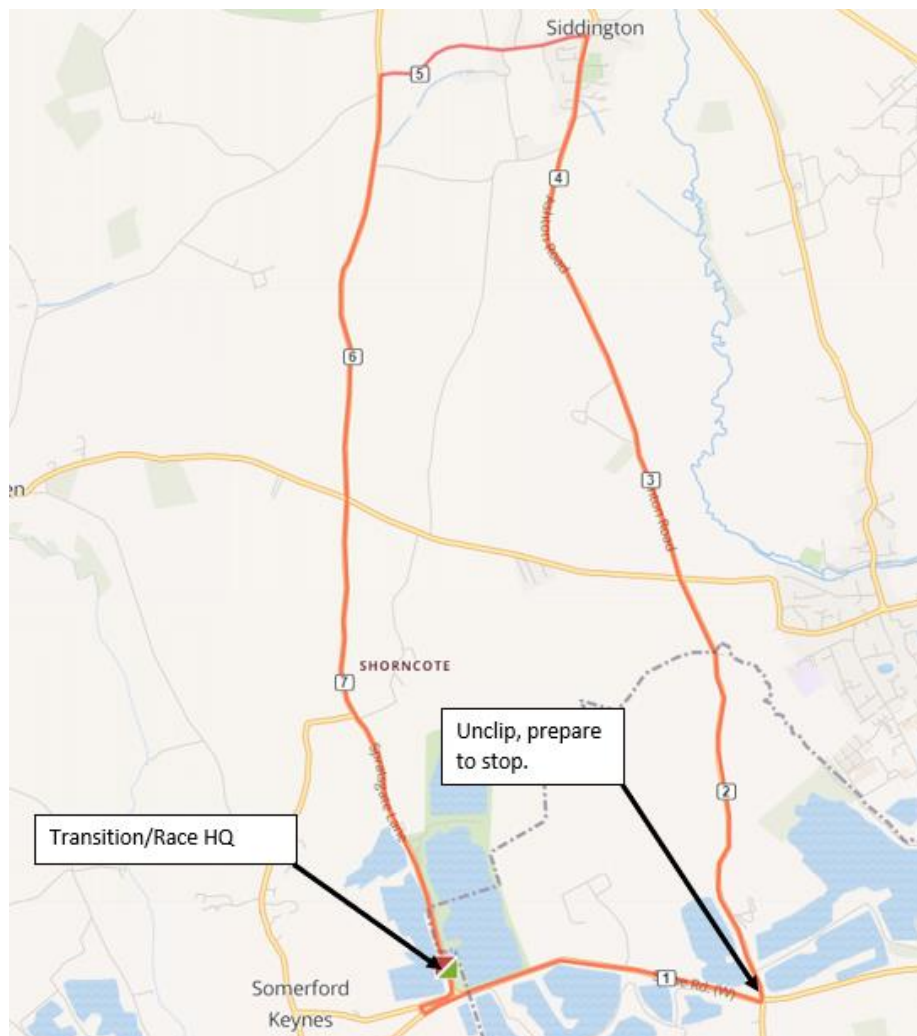
At present the lake temperature is approx. 13 degrees, this means the swim will be wetsuit compulsory. Please note that you must use a wetsuit that is fit for purpose. Competitors will start from the beach at lake 32 and

swim one 750mtr lap to exit at the swim ramp next to transition. A map of the swim route will be available to see in transition on the morning of the race.

### **Bike Route**

The bike route is a 2 lap 25k course 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.

Please note that at the second left turn on each lap from the Spine Road West on to Ashton Road, you will be required to unclip from your pedals and be prepared to stop if necessary. This will be signed. Failure to comply will be a DQ. The route is in an anti-clockwise direction.





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.

Please also cycle with due care and attention. Adhere to all marshals instructions and obey the Highway Code at all times. In the village of Siddington please be courteous and respectful to all locals as you will be on all other parts of the route and throughout the event itself.

### **Run Route**

The run route is 2 laps of Lake 32 in a clockwise direction. Please be aware that the park is open and many other people will be out walking and enjoying the area, so please take care and act with courtesy at all times. It is your responsibility to count your own run laps. On your first lap you will take the outside lane at the finish and at the end of the 2<sup>nd</sup> lap you will bear right in to the finish straight to finish under the gantry.



### **Mandatory Pre-Race Video Briefing**

The race briefing is done via video and is compulsory for all competitors to watch, please click [HERE](#) to view the briefing.



### **Start Times**

RACE TIMING & MULTISPORT EVENTS

Wave start times have been allocated with competitors starting every 5 seconds. Upon arrival at the start you will be required to queue in a socially distant manner. There will also be hand sanitiser for you to use before entering the start area; please ensure you use this. You will be called forward by the starter to begin your race.

### **Transition During Racing**

On entering transition and crossing the timing point of 'Swim In' your time will stop. Transition will become neutralised and will become a 'dead zone'. This will allow you to take your time in transition and keep your distance from any other competitors who may be around you. You will have 4 minutes to complete your transition, run/walk with your bike to 'Bike Out' and then mount your bike.

Please note that as the bike course is 2 laps, you will pass by transition at the end of your first lap. Please take care here and slow down to allow other riders to come out on to the course. At the end of your 2<sup>nd</sup> lap slow down in advance of dismount, dismount before the line and run with your bike back through bike in. Here once again your time will stop and you will enter the neutralised 'dead zone'. The same rules and timings will apply here and you will have 2 minutes to rack your bike in the place provided to you and then exit on to the run at 'Run Out'. Once you cross the timing point at 'Run Out' your time will start again.

Please note that if your time goes over the stated time on either transition, the difference will be added to your overall time.

### **Finish**

Firstly recover. Once you cross the line, please ensure that you continue to keep a 2-metre distance from all other competitors at all times. You will be able to collect your medal after finishing. Please follow instruction from marshals.

When you have collected your medal you will be able to rest and recover. Once recovered please go to transition and collect your bike and belongings. Please take care and be considerate of other competitors still. When back at your bike, please apply a face covering again.

When you have collected your bike you can exit transition via the bike check out area (you will need your race number). From the time of finishing your event to leaving the venue should be no more than 90 minutes. Please do not congregate in groups at any time.

### **Spectators are NOT permitted**

Unfortunately, spectators **are not permitted** at this event. The only exception is for participants who are under 18, who are permitted to have one parent/guardian accompany them or for those with a medical exemption. Again only 1 spectator is permitted

### **About your timing chip**

Please note that any timing mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

Your timing chip 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.**

Please deposit your timing chip in the designated bin 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 £55 each** so please remember to hand it back.



### ***IPods and MP3 Players***

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

### ***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 at [dbmaxresults.co.uk](http://dbmaxresults.co.uk) via your smart phones.

### ***Toilets***

Toilets will be available for all competitors as portable toilets only and are located near transition. When using the toilets please use the hand sanitiser provided before entering, then wipe the toilet down after use with the disinfectant wipes and flush them away. When leaving the toilet please ensure you again sanitise your hands.

### ***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. Marshals receive a free entry to a future DB Max event. If you are interested in marshalling, please email [james@dbmax.co.uk](mailto:james@dbmax.co.uk).

### ***Presentation***

There will be no presentation at this event and all winners medals will be posted out by BUCS after the event.

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

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## 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 with a time penalty, 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...

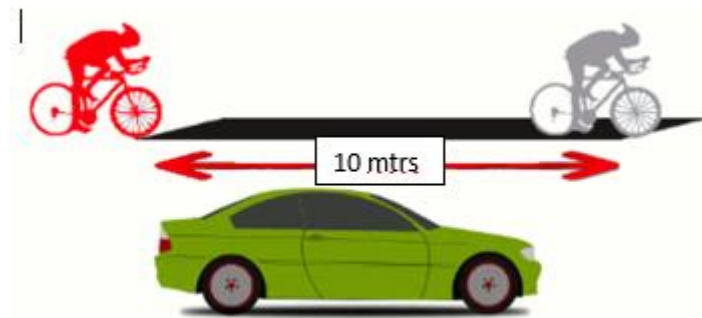
- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, 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.
- 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.
- 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.





## 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 cyclists centre point. If you wish to overtake the cyclist in front, you have 25 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/moto 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 1-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....!***