



# Race letter for the #51fiver BUCS Cotswold Standard Triathlon Sunday 16<sup>th</sup> May 2021

It's time for the **51fiver BUCS Cotswold Standard Triathlon** at the fantastic Lake 32 with **DB Max!**

**This race letter contains very important information folks. It is vital that all entrants read it in full, to ensure compliance with the Covid-19 rules. These rules have to be implemented to allow the event to proceed and allow everyone to compete. Please follow the rules as your permission to race depends on it.**

## ***Race Venue***

The race venue is Waterland Outdoor Pursuits, Spratsgate Lane, Nr Cirencester, GL7 6DF. For directions to the venue, please [click here](#).

## ***Car/Coach Parking***

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. If you park in the main Cotswold Country Park and Beach you will be charged a higher rate, however this is still possible at a cost of £10 per car/van. No buses/coaches may park in the Cotswold Country Park and Beach.**

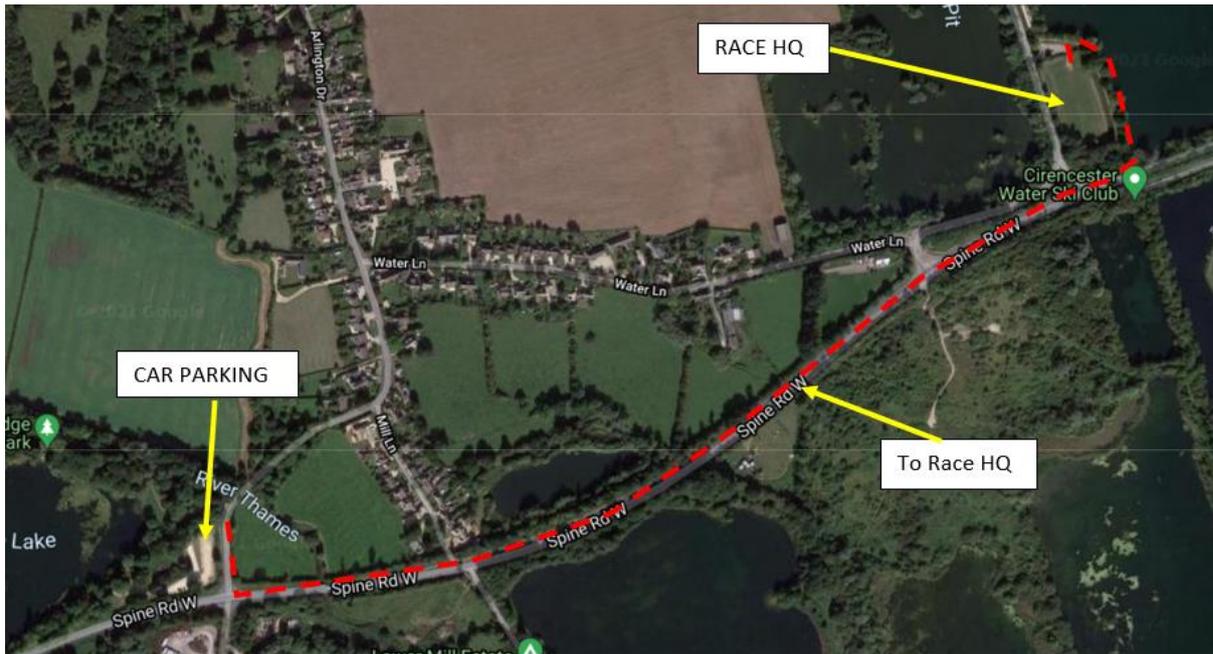
- **Coach Parking** – For those coming by coach with a driver (52-seater or 16-seater, please ensure you initially go to the **Coach Drop Off location**. This will be on the Spine Road West, and the exact location using What 3 Words is **rules.earphones.built** or click [HERE](#). From this location 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 and Mini Bus 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.



### **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 outside of more than 6 people, and people should be 2-metres apart at all times. Whilst we do not like coming across as too formal, we are committed to enforcing this rule, from the moment of arrival, through to racking, racing and then leaving the grounds.

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

### **Registration**

On arrival to registration which will be in the transition area for BUCS athletes, please watch out for other competitors who are racing. Please also ensure as you get to this area your face covering is on. All race packs containing your race number, bike number and helmet number will be given to 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. Swim Hats will also be collected at registration/entrance to transition.



**Transition**

When you arrive at transition you must already have your numbers attached to your bike and your helmet.

Transition will be open from 07:00 and close at 08:10

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). This is compulsory before you are permitted to race.

When queuing and in transition before racing you **must wear a face covering** (mask or double-layered buff are both acceptable). There will be hand sanitiser in place as you enter transition - please ensure that you use it.

When entering transition, please go to your designated location. Your space will have a sticker with your race number on it

Transition will close to all competitors from 08:00. Please give priority to competitors who are already racing and make sure you give them plenty of room (a minimum of 2 metres at all times).

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



**Timing Chips**

Timing chips will be handed out at the swim start as you are queuing to get in the water. Please be at the swim start at 08:15.



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 **£55 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 and the Swim***

Wave start times have been allocated with competitors starting at 5 second intervals. Upon arrival at the start you will be required to queue and should not move forward until the space becomes available. Remember you must keep a 2 metre distance from others at all times. Your time will start as soon as you cross the timing mat just before the water itself.

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 swim starter to enter the water.

When you have completed your swim you will exit the water. Please note we can give no assistance to people getting out of the water in these Covid times.

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 During Racing***

At this event, transition will run slightly differently to ensure we can maintain social distancing at all times. On entering transition and crossing the timing point of 'Swim In' your time will stop. Transition will become neutralised and will become what we call 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 head right on to Spratsgate Lane and towards the Mount Point. Your time will start again as soon as you go over the timing point at the gate out on to the road.

When you have completed your cycle you will dismount at the dismount line and walk/run back into transition. 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 of dead time from crossing 'Bike In' to racking 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 times stated above on either transition, the difference will be added to your overall time.

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



**Swim**

The swim is 1 lap of 1500 metres 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.

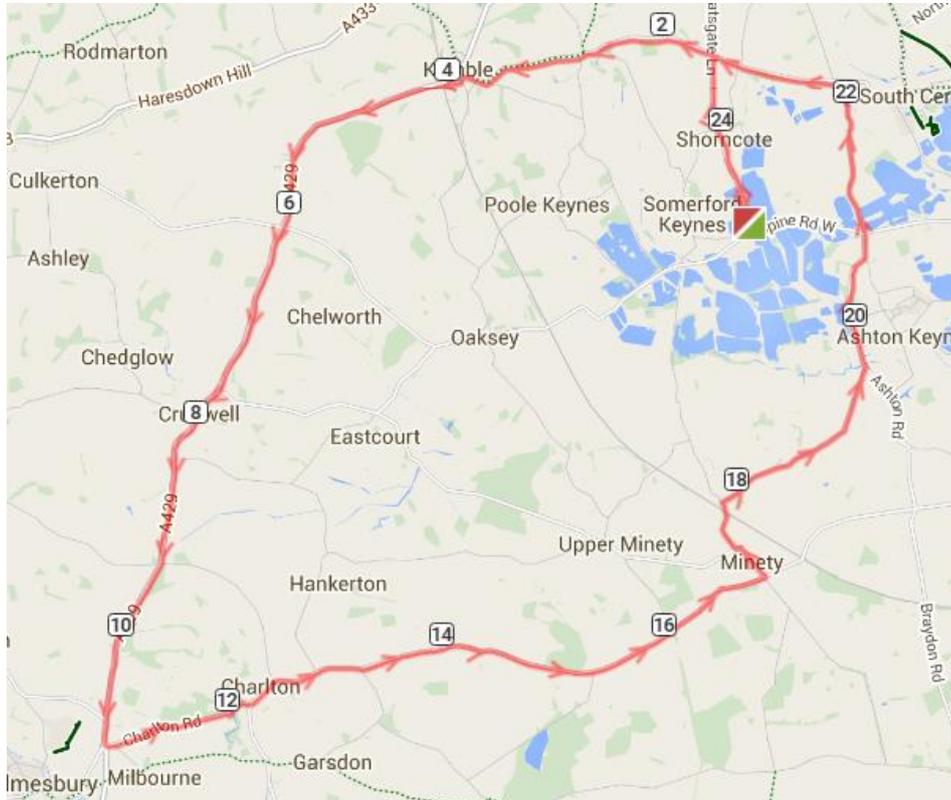
At present the lake temperature is approximately 14 degrees which means the swim will be wetsuit compulsory. Please note that you must use a wetsuit that is fit for purpose. Competitors will start from the beach at Lake 32 and swim one lap to exit at the swim exit next to transition. Please see a diagram of the 1500 metre 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.



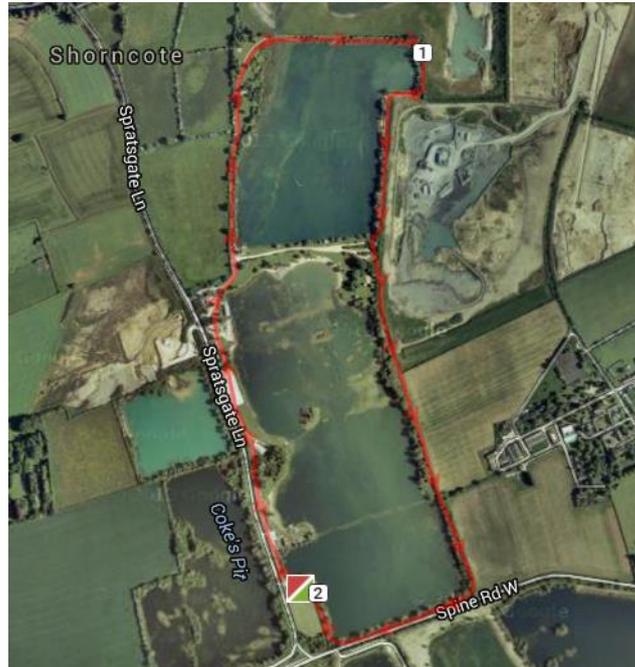
### ***Bike Route Rules***

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 from the referee). Every event we do for BUCS, sees the top athletes penalised for drafting. This can be the difference between first and tenth – **do not draft**.
- 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 3 laps of both Lake 31 and Lake 32. Please be aware that other people may be out walking, so please take care and act with courtesy at all times. It is your responsibility to count your own run laps. On your first and second lap you will take the outside lane at the finish area to complete your laps. At the end of your 3<sup>rd</sup> lap you will bear right in to the finish straight to finish under the gantry. 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.

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 (and water) at this time. Please follow instructions from marshals on where to pick these up.

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 give priority to other competitors still racing and ensure that you keep a 2 metre distance at all times. 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 40 minutes. Please do not congregate in groups at any time. When heading back to transition please be aware that other people will be racing and give them plenty of room.

## 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 30 minutes

Bike – 2 hours 30 minutes

Run – 1 hour 35 minutes

## Water Station

A water station will be available on the run course only. You will be expected to be self-sufficient on the bike. If you do need to use a water station, then you must follow marshal instructions. It may be necessary to queue at a 2 metre distance to other competitors to maintain social distancing. There will be hand sanitiser available at



the water station. 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**

Unfortunately spectators **ARE NOT** permitted at this event due to Covid-19 restrictions. The only exceptions are for under 18's and those who need help on medical grounds. In this instance, 1 spectator per person is permitted but this must be agreed in advance.

### **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.

### **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.

### **Refreshments**

The **Café at Lake 32** will be serving tea, coffee, soft drinks and hot food throughout the event.

### **Toilets and Showers**

Toilets will be available for competitors. Unfortunately, due to the current guidelines we are unable to provide showers.

### **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 who would like to marshal, please email [james@dbmax.co.uk](mailto: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.

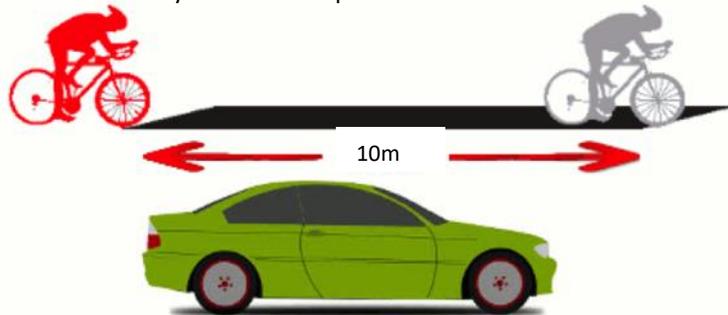
### General Rules and Race Conduct...

- 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 2m 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 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....!***