



Sunday 27th March 2022

East Leake Leisure centre, Lantern Lane, Near Loughborough, LE12 6QN

[Please read all of this 'Provisional' Event Information](#)

VENUE & DIRECTIONS -

This well-established event is now in its 19th year and was crowned **East Midlands event of the year for 2012**. [East Leake Leisure Centre](#) is located five miles north of Loughborough and ten miles south of Nottingham, with easy access to Loughborough, Nottingham, Leicester and Derby. M1 junction 24, head for Kegworth/Kingston on Soar/Gotham.

CAR PARKING –

Please respect the residents and park in designated car parks, **DO NOT park on the streets** – see map. If you are arriving after **8.30am** PLEASE use the car parks in East Leake Village, (**NOT THE LEISURE CENTRE**), there are various car parks in the village – see map. **Please do not approach Lantern Lane in your vehicles after 8.30am** you will be turned away & probably obstruct competitors (**YOURSELF**) and increase the risk of accidents. **Please do not jeopardise the future of this event AND OTHER EVENTS....** Thank you. Car parking will be available in the Leisure centre grounds **BEFORE 8.30am**. Please remember that cyclists will be on the cycle course if you are arriving after 8am, so please drive carefully on your approach to the Lantern Lane. Please allow plenty of time to park, register, rack your cycle and get to the swim start ready to collect your timing chip. **Once you have parked up in the village car parks, head for Stonebridge Drive, off Gotham Road, then take the 2nd Carlton Crescent left turn and then the [footpath leading to the Leisure Centre](#).** Please arrive event ready wearing the clothing you will start the event in. No changing facilities - only porta loos!



REGISTRATION – *Saturday 26 March 2 - 4pm & Sunday 27 March from 6.45am - 11am*

This will take place outside in the car park outside the Leisure centre main entrance building. Before registering, please find your race number on the start entry list (available on endorphinsport.com) and on entering the registration area. If you are a BTF member, please show your BTF Licence with photo or you will be asked to pay the day licence fee (£6 – adults and £1 - under 15-19 years). If you are not a BTF member then you will be emailed a copy. All competitors will receive two race numbers (to be pinned at least all 4 corners back and front of your race top, or back-to-back on a race belt). **Please bring your own safety pins.** You will also receive number stickers, for your bike frame, your helmet and bag. **Timing chips will be used; these will be issued on the morning of the event in the swim holding area** - please don't forget to secure on your left ankle before going to the pool! If you lose your chip, you will be charged - £55!! Please ensure your race number is visible at all times & do not fold your numbers! You may receive a 2-minute penalty if you do. You have been warned!

*****Please ensure you complete the [Pre-Event Health Declaration](#) before registration to save time & help us all keep safer and respecting social distancing. *****

EVENT BRIEFINGS – * Saturday 26 March 3pm & Sunday 27 March - 7.30/8.30/9.30/10.30am*

After you have registered.

You **must** attend at least one of these race briefings. This will be your best opportunity to ask questions to the event directors and be notified of any last-minute changes or safety issues.

EVENT START – First wave 8.00am

*****you will collect your timing chip before you go in the pool, when called to the holding area – not at registration*****

The first wave of competitors will be off at 8am. Swimmers will start in groups of 4 (1 per lane) at 2–3-minute intervals – depending on entry numbers. **Please note:** It is your responsibility to be in swim holding area 15mins before your allocated start time. If you miss your start time, you will be asked to wait till the end.

Only competitors will be permitted in the swim holding area. Once you have been called forward and had your name/number taken you will move into the swim holding area and collect your timing chip, prior to entering the pool.

Timing chip to be placed on left ankle.

TRANSITION AREA – Open from 7.15am onwards

This will be in the car park next to the Schools Hall near registration. Entry to the transition area will require you to show your race number and bike frame number. The transition area will only be open to competitors and will remain open throughout the duration of the event so if you are preparing to race or have finished racing, please be aware of competitors who are, they will have right of way!!! It is important that you understand where all the entrances and exits are and where your bike is in relation to these! Also make sure you set out your equipment, so that when you come into transition from the swim, your bike gear is ready to go and similarly, when you return from the bike leg, your running gear is ready to go. **Bag Drop** – there will be an area where you can leave belongings at the back of the transition area. Please remember to leave your cycling & running kit by your bike on the racking. All racking will be numbered.

THE SWIM – 400m (16 lengths).

No wetsuits! Tumble turns are permitted – no backstroke!

The swim will be in a 4 lane, **25m pool**. Competitors need to be in the swim holding area 15mins before your start time changed & ready to **collect your timing chip**. The swim marshal will group the swimmers into waves, with 4 swimmers to a wave and each wave starting every 2-3mins.

Please note: It is the swimmer's responsibility to count their lengths, however there will be a marshal counting swimmers at random.

Your start time is based on your estimated swim time submitted on entry. The swimmers around you will be of a similar standard, but if you need to overtake then please check the opposite direction as there may be up to 4-5 swimmers per lane and we don't want any collisions! You will be told which direction to swim in, on entering the lane. On completion of

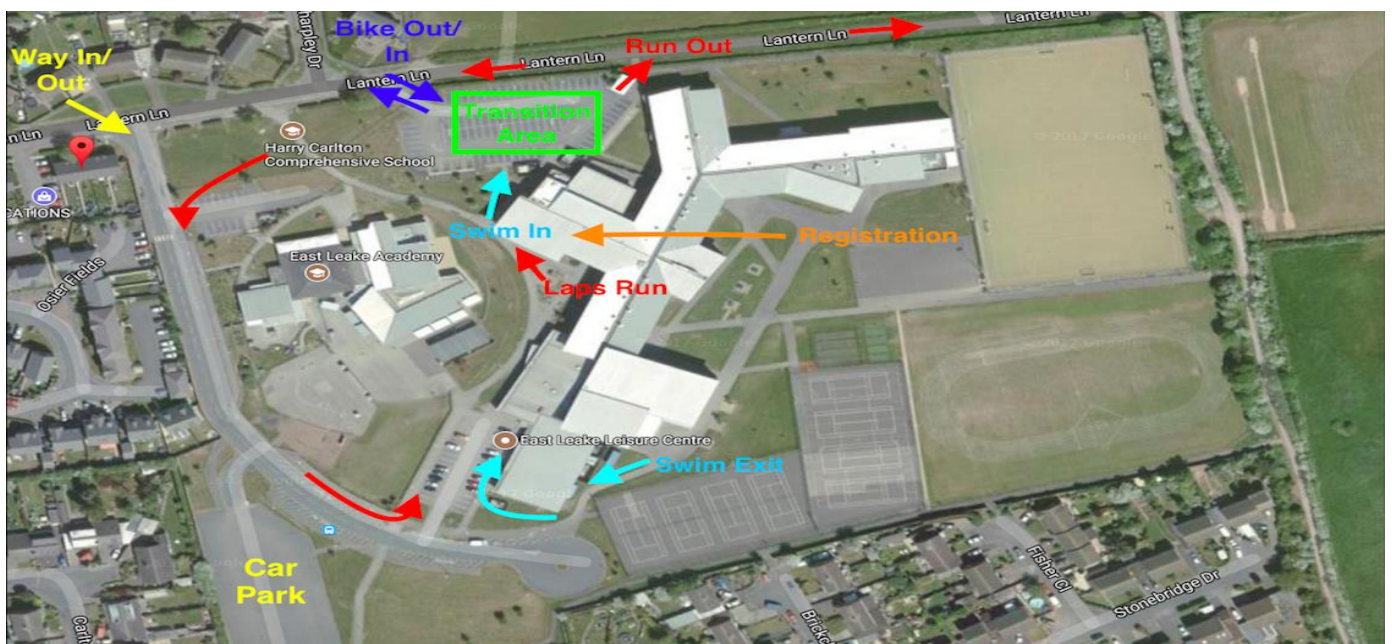
your 16 lengths, exit through the marked fire exit **There will be no changing facilities.** Follow the signs for the transition area (this is a 150m run on paths & grass, please be careful) and find your bike. The surface is tarmac & grass & will be swept clean, but if you want to wear shoes for this section then place your shoes outside the fire exit on exiting the pool. Swim hats are not supplied and are optional.

The weather could be very cold for all competitors on race day whatever time you are starting. Competitors will be allowed to leave a cycling jacket/gilet and gloves outside the fire exit if they wish but please be mindful of your start time, so we don't have 300+ items of clothing on the pool exit.

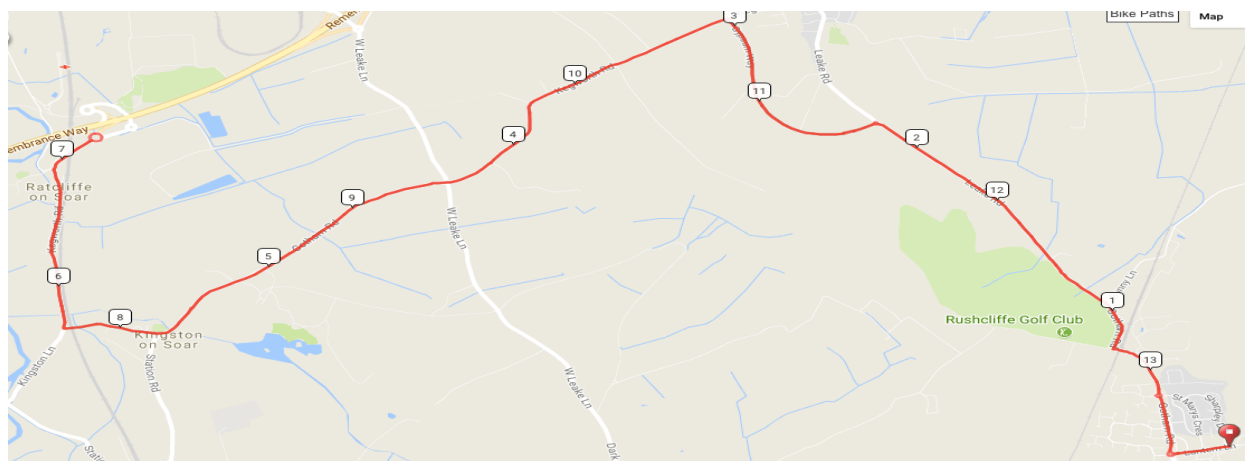
Start times are based on your estimated 400m swim time with the slowest swimmers start first from 8am.

*****Competitors need to be in the swim holding area at least 15mins before your start time changed & ready to collect your timing chip prior to entering the pool entrance*****

COURSE LAYOUT



BIKE ROUTE – 22km out & back



RUN ROUTE - 5km (3 laps).



THE BIKE – 22km out & back

Please dress appropriately for the weather conditions. **Ensure your race number is clearly visible on the back of your outer clothing.** You must have your helmet fastened, before you can touch your bike and make your way out of the BIKE OUT channel. On exiting the bike out channel, you will mount your bike at the MOUNT LINE. **DO NOT** mount your bike before this point; or you will a **time penalty** as this is for your own safety. **Please note:** all the roads used in this route are open to the public. You are expected to adhere to all rules of the Highway Code, this means giving way to traffic at junctions and all roundabouts. **Any competitors seen to not be adhering to these rules or riding dangerously will be disqualified. It isn't worth taking unnecessary risks for the sake of a couple of seconds!** The bike course is an out & back flat course. **See map on website [here](#)**

Turn left out of transition onto Lantern Lane & **turn right** at the first Round about please take care at this point, giving way to oncoming traffic. From here, follow the road down across the next round about and head towards Gotham & turn left at the mini about. Take a left at the next mini round about & head for Kingston on Soar. Through the village & **turn right** at the T-junction under the bridge, continue over the bridge at Ratcliffe on Soar then around the round about turning back on yourself heading for Kingston on Soar again **turning right** this time & follow the same route back to East Leake, turning left at the very first round about onto lantern lane & head for the transition area. Please respect the fact that all volunteers/Marshall's have given up their day so that you can race, and the event would not be possible without them, so please abide by their decision - they are there for everyone's safety. Dismount at the DISMOUNT LINE and then walk/run with your bike into transition and rack it in the same place you left from. Once your bike is racked, you are permitted to take off your helmet, change to your running gear and head out of transition.

Dangerous cycling will not be tolerated – you have been warned!

It is YOUR responsibility to ensure you study the route and are aware of the signs on route and the position of the roundabout. This is where you will head back to the leisure centre, the same way back – out & back. The roads are open to the public and marshals are only positioned at key points.

THE RUN – 5km (3 laps).

Your race number must be clearly visible on the front of your outer clothing. Exit transition through the RUN OUT gate and join the run course. Again, as in the swim, it is your responsibility to make sure you have completed the required 3 laps! On leaving the transition area, follow the race marshal's directions & signs onto the paths near the school turning right leading onto the quiet country roads and bridle paths. At the top of the track turn around traffic cone and marshal and head straight back down the same track returning to the school grounds. On returning to the school's grounds, be careful at the crossing where you join the path completing a lap around the primary school. The route will be 3 out & back flat laps. Turn around points will be marked by RUN TURN signs & race marshals. Please be aware that although these lanes are very quiet, it is possible that occasional motor vehicles may be using them for access.

See run course profile [here](#)

It is YOUR responsibility to ensure you study the route and are aware of how many laps you need to complete and the position of the turnaround point. The paths are open to the public and marshals are only positioned at key points.

RELAY EVENT – we need to see ALL BTF licenses

Only one person from each team will be expected to register. Each team will receive 2 race numbers (one for the cyclist's back, one for the runner's front), 2 x number stickers for the bike and helmet. The **changeover** - The swimmer will run into the transition area and handover the baton (timing chip) to the cyclist. The cyclist (standing next to bike with helmet on the head) will then be able to un-rack the bike and make their way out of transition on the bike leg. On returning, the cyclist must first rack their bike and then hand over the baton (timing chip) to the runner (waiting next to bike rack). The runner will then complete his/her leg (3x laps) and finish at the finish gantry.

Under 15's can race completing the swim or run leg in a Team of 3. Swimmer minimum age is 11yrs & runner is 13yrs. Age on 31st Dec.

AQUABIKE –

Swim & Bike - A new addition this and very well received by those who can't run for various reasons - why haven't we provided this opportunity before now! 😊 Your overall time will be recorded walking over the timing mat with your bike, when you enter transition, after dismounting your bike.

AQUATHLON –

Swim & Run – another new addition after 18 years we thought this would be a great opportunity for those who don't have a bike or don't want to bike but still be involved! After completed the swim, you will head out on the run course, completing 3 laps of the run course before crossing the finish line!

SPECTATORS –

Welcome back – we have missed you all 😊.

We have always been conscious of trying to make our events as spectator friendly as possible and we are delighted to welcome them all back again! Please respect the barriers in place and the volunteers/helpers who are doing their utmost to keep everyone safe – thank you. Please use the porta loos provided - you will NOT be allowed in the Leisure Centre throughout the morning.

We only have room for a very small number of club gazebos so please contact info@endorphinsport.com to book your gazebo in the allocated place - £20 per gazebo to the charity [headway](http://headway.org.uk)

EVENT RULES –

This event will be held in accordance with the BTF rules. Approved helmets and road worthy cycles are mandatory. All competitors will require third party insurance either via a BTF

Day Licence or as part of the BTF Membership. If you need any more information on these please visit

[British Triathlon Code of Conduct for Competitors](#)

Safeguarding & Welfare and event Photography details will be on the notice board at registration.

RESULTS –

Timing chips will be used on this event making it possible for you to view your time soon after crossing the finish line.

Please hand your timing chip back at the finish. If you lose your chip, you will be charged - £55! A provisional set of results will be published on the day; any disputes or amendments must be made immediately via the race

directors/referee **ON THE DAY**. A full set of FINAL results will be available on [Titanium race timing and endorphinsport.com](#)

PRIZES – 1, 2, 3 in each age group!

Approx. 30mins after the last finisher. Prizes will be awarded to fastest 3 Males & Females overall, 1st in each **Relay Category** and 1st, 2nd & 3rd Male & Female in each age group 15-16yrs, 17-19, 20-29, 30-39 and so on.

Please stay for the presentation we will NOT be posting medals out.

REFRESHMENTS –

Drinks and snacks will be available throughout the race near the transition area – thank you [Sanzios](#)

Please respect social distancing.

You will not be allowed in the Leisure centre throughout the morning – only competitors at the start of the swim.

FURTHER INFORMATION -

Please note that we will not be checking emails 5 days prior to the event so check social media & the website for all event information and updates. endorphinsport.com **Please understand that we will be busy in the weeks before the event and we like the great outdoors away from screens and are not glued to our phones or computers all the time! 😊**

THANK YOU

We would like to thank all the marshals/volunteers, whom without the event would never happen. All the staff at East Leake Leisure centre and all those that made it possible to run this event. Please respect the fact that all volunteers/Marshall's have given up their day so that you can enjoy the event and would not be possible without them, so please abide by their decision - they are there for everyone's safety and enjoyment.

Again, we would like to thank all marshals and volunteers and Leisure centre staff for all their hard work and support -
Thank you

Be Safe, Think of Others, Enjoy the event and hopefully see you again at our next event - Staunton Harold Triathlon weekend!

Dean & Rebecca Hughes - Event Directors

