



Cleveland Steelman Triathlon/Aquabike – Saturday 20th July 2024, 10am Race Information

Welcome

Cleveland Triathlon Club wishes you all the best for this event, taking place on Saturday 20th July – 10am

Venue

Ellerton Water Park, Scorton, Richmond, DL10 6AP

Event Facilities

Camping is available at the venue. This costs £7/adult/night and £4/U16/night. You do not need to book, please pay upon entry to the camping field. There is a shower and toilet block situated close to the camping field.

If you bring a BBQ/fire, please be respectful of the grass.

Parking

There is parking available at the event site in the field and marshals will direct you upon arrival.

Please do NOT park in the Lakeside Café car park or in the village.

Refund Policy

Cleveland Triathlon Club has a strict no refund/transfer/deferral policy on all events, this is stated upon entry. Please do not email requesting a transfer, refund or deferral.

Schedule

Registration: Friday 19th July (4pm – 7pm), Saturday 20th July (8am – 9am)

Transition: 8am – 9:30am

Race briefing: 9:45am

Race start: 10am

Results/Presentation: As soon as possible

Registration

Where possible please register on the Friday, to avoid delays prior to the race

All competitors will receive the following:

- X1 Race number

- Bike tag (must be affixed before entering transition)

- Swim cap

- Timing chip – failure to return will incur a £10 fee

- T-Shirt

If you are not using a race belt, please ensure your number is visible from the rear on the bike section and from the front on the run.

Race Briefing

The race briefing is mandatory as any safety information and last-minute changes will be announced. There will be an opportunity to ask questions following the briefing.



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Course Maps

The course maps are available at: <https://cleveland-triathlon.co.uk/events/cleveland-steelman-2024>

Please familiarise yourself with all maps, although this event is fully marshalled it is your responsibility to know the course

Transition

Bikes must be racked in your allocated numbered spot. After the event you will be able to retrieve your bike and equipment from transition only, using your race number. There will be marshals placed on the exits to check this information. If you are entering or leaving transition whilst the race is still in progress please respect other competitors and give them time and space to continue their race.

Only race wear and equipment must be placed within the transition area. Do not block the throughfare, or mark your transition spot – items causing a safety hazard will be removed. Transition marshal's instructions must be followed. Anything left in transition will be done so at the competitor's own risk, it will be marshalled but we cannot guarantee full security. The transition area is for competitors and event staff only – no spectators or children allowed.

Swim

The swim consists of two laps of the lake, marked by large buoys. Once you have completed two laps then swim to the shore for the exit where marshals will be situated. Wetsuits are mandatory for water temperatures under 15°, however we recommend them at all times – please see the BTF rules for more information on the use of wetsuits.

Full safety cover is provided and if you get into difficulties please roll onto your back and raise one arm into the air. If you show signs of difficulty or hold onto the support boat you will be returned to the shore for your own safety and not allowed to continue. Do not attempt to swim if you have not completed the appropriate open water training.

Bike

The bike is a 2x29 mile lap course. The bike course is undulating. Please familiarise yourself with the bike course maps. After you have exited the transition area, do not mount your bike until you have crossed the mount line, this will be marshalled.

Drafting will not be tolerated. Experienced marshals will be placed around the course as will mobile technical officials. Please familiarise yourself with the BTF drafting rules.

All competitors must obey the highway code at all times. It is better to sacrifice a few seconds for the safety of you and your fellow competitors. WE have the full cooperation of the local police and authorities and would like to retain their goodwill for the benefit of the event in future years

PLEASE NOTE – As you enter Scorton Village there is a narrow bridge. You do **NOT** have right of way. You must give way to oncoming traffic. Failure to do this will lead to disqualification.



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Run

This is a 2x6.5 mile lap course. It is both on and off road. Please familiarise yourself with the run course maps. Some of the run paths are uneven, please take care. There will be limited drinks at the start/finish and on one point of the run route. If you want drink bottles/food to be taken out onto the course, please label your belongings and place it in the box near transition. Dropping off litter will incur a time penalty, please carry it until the next available marshal point or bin. Please be aware of any pedestrians on footpaths.

Finish and Post Race

The result will be published on www.cleveland-triathlonclub.co.uk after the race, as well as <http://results.smartiming.co.uk/>.

Penalties and Complaints Procedure

All complaints will be addressed by the race referees. Penalties applied by the race officials will be posted at the finish on the penalty notice boards before the presentation begins, any appeals must be written and presented to the race officials (with a £15 fee, if upheld, this will be refunded) before the awards commence.

Refreshments

The Lakeside Café, near to the race finish has an amazing selection of hot and cold food and drinks. Please pay them a visit

Please respect this venue by keeping it clean and tidy, do not drop litter – if you can carry food/gels with you onto the course then you can bring them back too

General Information

This is a BTF sanctioned event and is being held under the BTF competition rules, which are available at www.britishtriathlon.org.

BTF general advice for swimming:

Whilst water quality tests provide an indication of the suitability of a venue for open water swimming they do not mean that there is a complete absence of potential pathogens. There are simple practices that swimmers should be advised to adopt to minimise the risk of infections further:

- Cover all cuts and abrasions, however minor, with sticking plasters. You should not consider swimming if you have deep cuts
- Wash hands in fresh water before eating after you have swum
- Take a full shower at the earliest opportunity
- Try not to ingest the water whilst swimming
- In addition, all swimming kit (wetsuit, costume, goggles, hats etc.) should be washed in clean water and thoroughly dried before the next session/event

If you are unwell, don't start the race. If you have a compromised immune system, make sure you take appropriate care.



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Competitors and Spectators

Can you please make sure you do not stand on the road to spectate at the cross roads near the bike mount/dismount, stay on the grass behind the tape. Do not drop any litter at the venue. Do not park in the village

Medical Conditions and Cover

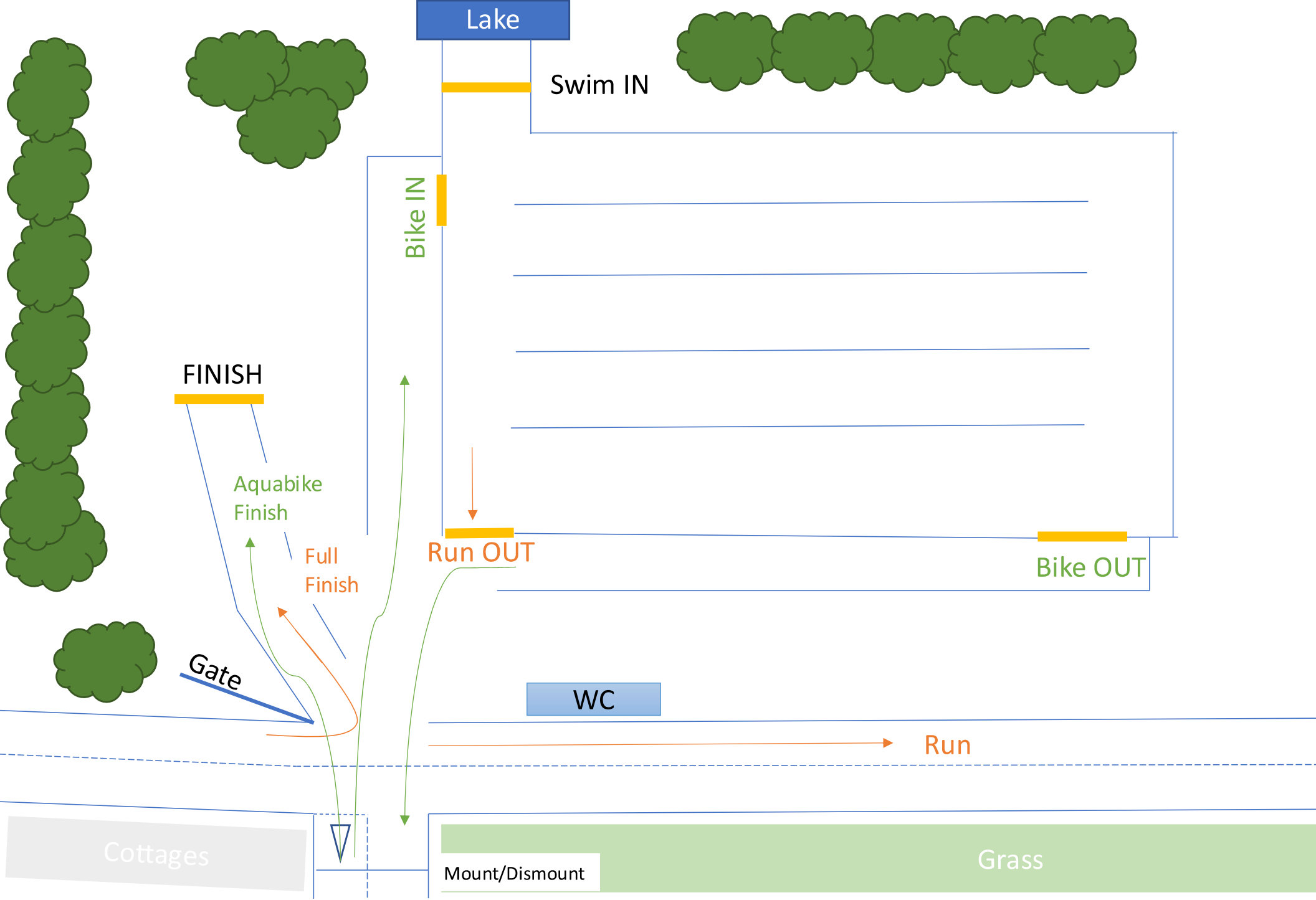
If you have any medical conditions, please provide details on the entry form and you must write this on the reverse of your race number as the medic team will check before any emergency treatment if performed. We take medical cover very seriously and full medical cover will be available on site and read to respond to any incident on the race route, before, during and after the event. Please take care – risks are simply not worth a few seconds

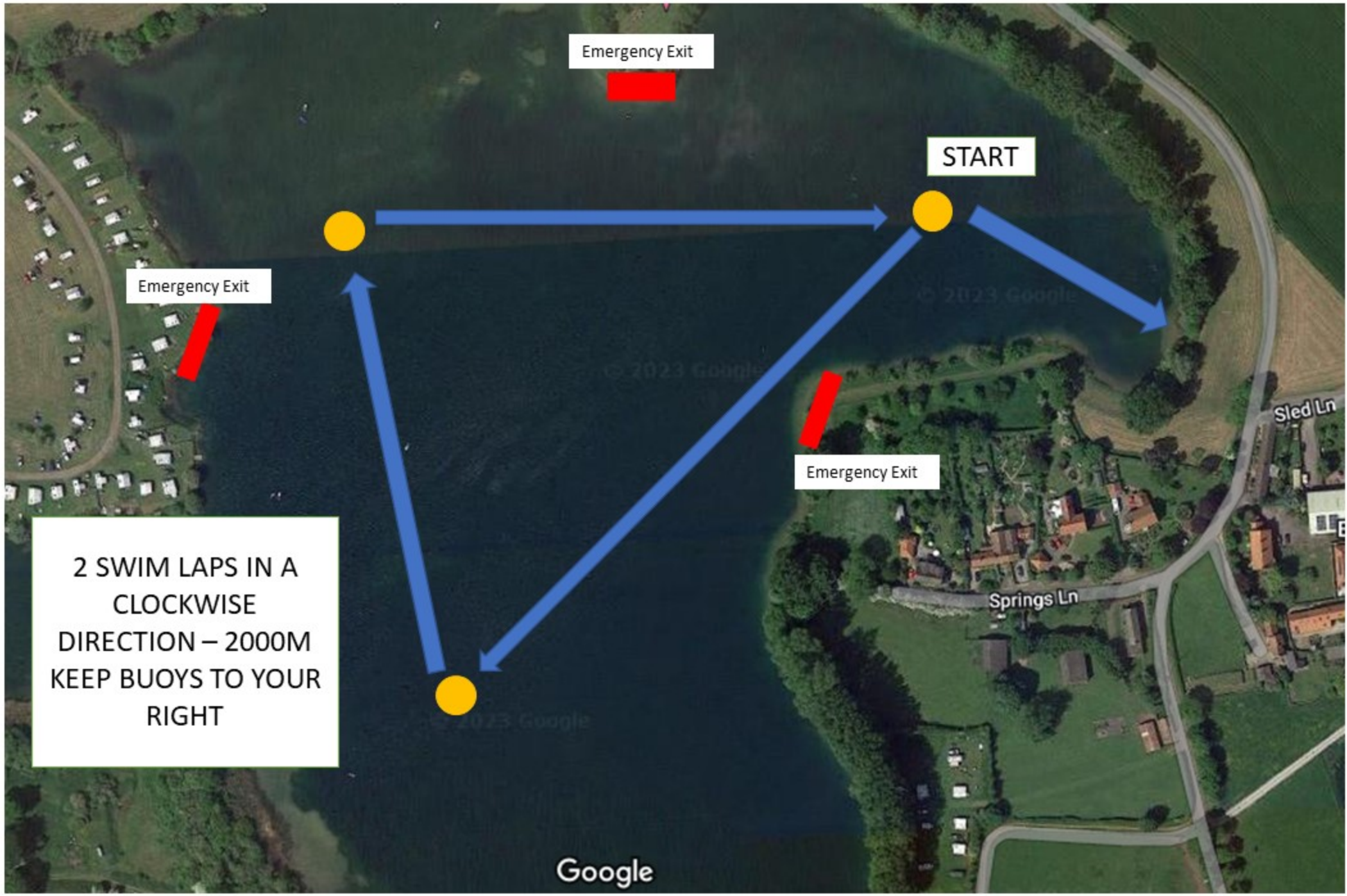
Good luck and enjoy your race

Race Director

Sandra Main

Sandramain_41@msn.com





Emergency Exit

START

Emergency Exit

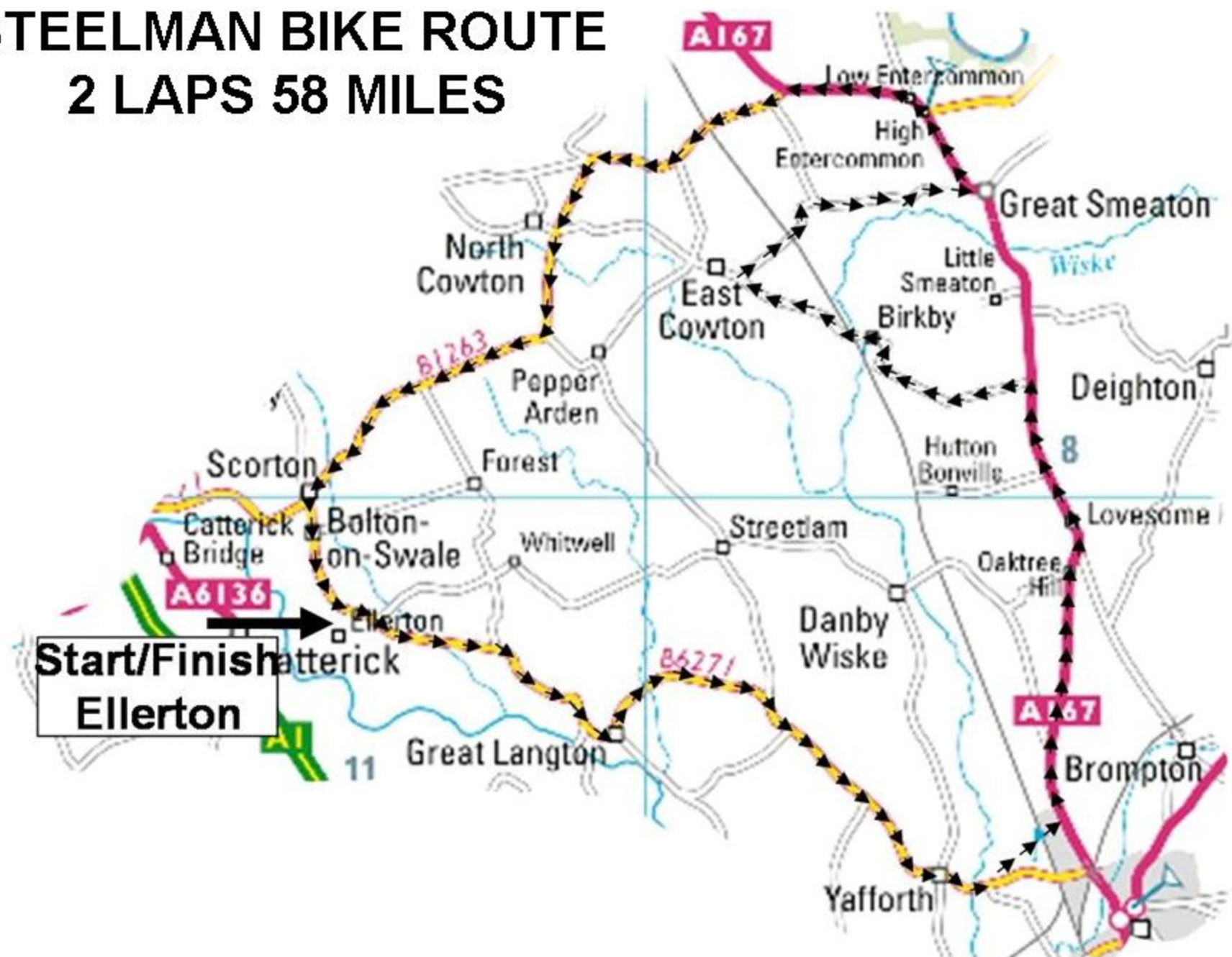
Emergency Exit

2 SWIM LAPS IN A
CLOCKWISE
DIRECTION – 2000M
KEEP BUOYS TO YOUR
RIGHT

Google

STEELMAN BIKE ROUTE

2 LAPS 58 MILES



The number on the map are mile markers
The run route is 2 laps
The run is a mixture of grass, trail and road

