



RedVenom.co.uk ITU World Aquathlon Qualifier 2013

RedVenom.co.uk / Tri It ITU World Aquathlon Championship Qualifier

Saturday 25th May 2013



Hetton Lyons Country Park
Downs Pit Lane, Hetton-le-Hole, Sunderland. DH5 9DS

Please follow the race on Facebook and Twitter to keep up to date with latest news, results and photographs etc

www.facebook.com/redvenom.co.uk

https://twitter.com/RedVenom_co_uk

The event has been organised by Redvenom.co.uk and their experienced events team and we are indebted to our sponsors. Look out for their trade stands adjacent to the main building. Good quality coffee will also be available on site.



TRI - IT Gym
Tri -IT Coaching

Thank you to all of the organising committee and the volunteer marshals/helpers without whom this race could not take place



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This Race Pack contains important information.

Please read the whole document

Timetable – Saturday 25th May 2013

Registration Opens	13:30
Registration Closes	14:45
Transition Opens	14:00
Transition Closes	15:00
Race Briefing	15:00
First wave start	15:15
Presentation & Prize-giving	17:00 (approx)

The event is held on a closed road traffic free circuit at Hetton Lyons Park, Hetton Le Hole, County Durham, DH5 9DS (if using sat-nav this is the nearest postcode. The park itself is approx. 1/4 mile further along the road on the right), and will consist of a 750m 2 lap lake swim followed by a 5km 4 lap tarmac run around the short loop of the Cycle track.

At registration you will be asked to provide proof of ID or Home Nations membership if applicable.

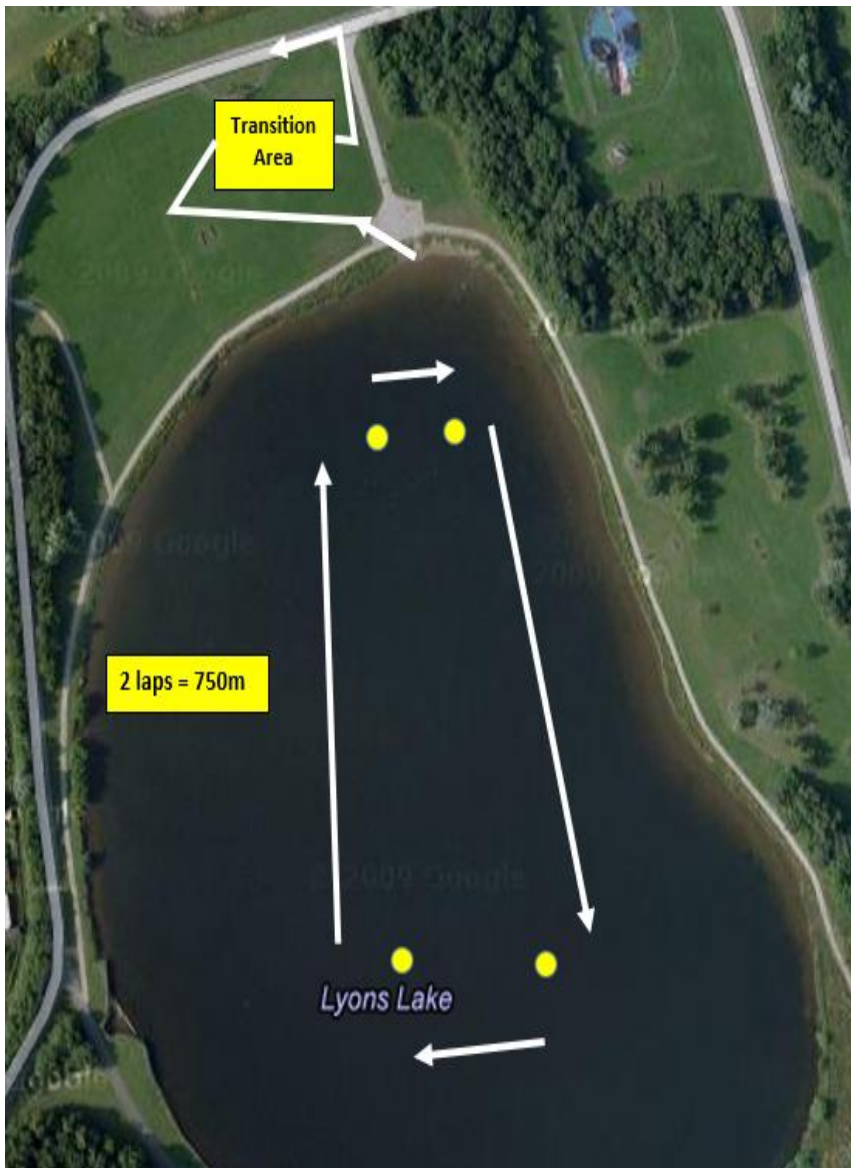
You will receive the following:

- BTF Race Day Licence (if not already a member)
- Race Number – must be worn on the front (Race belts are allowed and will be available for purchase on the day from www.redvenom.co.uk)
- Race Timing Chip –this must be attached to your ankle and worn throughout the race (attachment anywhere else will jeopardise an accurate race time)

NB: Competitors may use their own swim caps during the event. Please don't forget to bring yours. Remember, 2 caps are warmer than 1!



Swim & Transition



PLEASE NOTE:

You are advised that inland waters are never completely safe to swim in, although risks of disease and infection are very low and the water quality levels are regularly tested by Sunderland Council.

Swimmers are mainly susceptible to infection when their immune systems are low, probably due to ill health at the time, so if you feel unwell on the day of the race it is advisable not to swim. The water temperature and condition are monitored on a regular basis and information will be posted on the morning of the race.

The temperature of the water will be displayed on race day and advice given as to the wearing of wetsuits which will be determined by water temperature.

There will be safety canoeists patrolling the course. You will never be far from assistance and in the event of any problem please roll on to your back and raise your arm so you can easily be identified and escorted to the side of the lake.

IN THE EVENT YOU RETIRE FROM THE RACE & IN THE INTEREST OF SAFETY YOU MUST REPORT TO A RACE MARSHAL GIVING YOUR NAME AND NUMBER.

The swim will comprise of a deep water start followed by 2 clockwise laps of the course.

Once you have completed the second lap, exit the lake and run to transition as indicated.

Please note you must NOT leave any kit at lakeside, all run clothing, shoes and other equipment must be positioned in the transition area. Please ensure you keep the transition area tidy and once you have removed your wetsuit make sure it is neatly placed within your transition space, transition boxes will be allowed. On exiting transition turn left on to the tarmac road to commence the run section.



Run



The run course consists of 4 full anti – clockwise laps of the lake on good quality tarmac paths and then a 200m section (**only after the fourth lap**) into the finish chute in front of the main building and trade stands (indicated by the gold arrows in the diagram). Remember, it is your responsibility to count laps. You will be disqualified for completing too few laps.



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General Information

Please note that the park is an open public park and while every effort is made to ensure members of the public do not stray onto the course it cannot be guaranteed so please be vigilant at all times.

Parking & Changing

There is ample car parking on site, vehicles and belongings are left at your own risk. Changing facilities including showers are available in the main building.

Timing

Each competitor will be given a chip time and provisional results will be available for viewing immediately after the race and will be published on several websites after the race.

Additionally we will be posting the results on the Redvenom.co.uk Facebook page after the event. Please ensure you return your chip after you finish. Lost chips will incur a £25 charge.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals.

If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help out. Any extra assistance would be greatly appreciated! Please contact info@redvenom.co.uk if available

Litter

Please take your litter home or use the designated bins within the park

Thank you for your support and have a great race!