



Capesthorne Hall Triathlon 2013

Sunday 9th June 2013

Capesthorne Hall, Siddington.- SK11 9JY

Olympic - Lake Swim 1500m - Bike 39K - Run 10K

Sprint - Lake Swim 750m - Bike 26K - Run 5K

Super Sprint/Novice - Lake Swim 375m - Bike 13K - Run 2.5K

This Event Information Booklet contains important race information, including course maps. Please read the whole document.

Capesthorne Hall Triathlon 2013 -Sunday 9th June 2013

Capesthorne Hall, Siddington - SK11 9JY

Please use the main entrance to the Hall (located on A34)

Venue Map



Timetable

07:30	Registration opens
07:45	Transition opens
08.40	Transition Closes
08.45	Race Briefing at Swim Start area
08.50	Transition Re-opens
09:00 - 11:00	Waves commence

Location

Capesthorne Hall at Siddington in East Cheshire (SK11 9JY) is five miles west of Macclesfield and conveniently situated off the A34 between Manchester and Stoke on Trent. The Hall is easily accessible from the M6 Junctions 17 (Congleton), J18 (Holmes Chapel) or J19 (Knutsford) and M56 Junction 6 (Macclesfield / Wilmslow).

Entrance to the venue is via the main gates located on the A34 (not the Mill Lane side entrance)



DIRECTIONS - [Google Maps](#)

Parking

Parking is available within the grounds of Capesthorne Hall. After entering Capesthorne Hall the car park is on your right. You must bring your Triathlon Car Park pass (appendix). Spectators will be charged £3 per adult, children are free.

Prize List

1st Overall Female/Male - Olympic	£75 My Triathlon Voucher
1st Overall Female/Male - Sprint	£50 My Triathlon Voucher
1st Overall Female/Male -Super Sprint	£40 My Triathlon Voucher
1st Overall Female/Male Vet 50	£40 My Triathlon Voucher
1st Relay Team	£60 My Triathlon Voucher
1st Female/Male Junior	£30 My Triathlon Voucher
1st Female/Male Youth	£30 My Triathlon Voucher

General Information and Race Instructions

Capesthorne Hall Triathlon	<p>Sunday 9th June 2013</p> <p>We are delighted to be hosting the third triathlon event at Capesthorne Hall.</p> <p>The following should provide you with information required so that you can get the most out of your day.</p> <p>Please remember you are responsible for your own safety at all times and all competitors undertake this event at their own risk</p>
Registration	<p>Sunday 9th June 2013</p> <p>Registration will open at 7:30am.</p> <p>Registration will be held in the grounds of Capesthorne Hall (close to transition) and will be signposted.</p> <p>At registration, you will be asked to provide proof of ID</p> <p>You will receive the following:</p> <ul style="list-style-type: none">• Event number - Race belts are allowed and will be available for purchase on the day• Event number stickers for bike and helmet• Coloured swim cap - you can keep this after the event• Numbered security ID wristband that must not be taken off until you have collected your bike from transition or completed the event <p>You will also receive your race chip. This must be attached to your ankle and worn throughout the race - anywhere else will jeopardise you getting your race time!</p> <p>Relay Team members will need to swap the ankle strap over to the next team member's ankle at each stage of the event.</p> <p>It is important that your chip is returned to the marshal at the finish line. If you your chip is lost or not handed in at the end of the race you will be charged £10.</p>
Insurance	Your entry fee already includes 3rd Party insurance. We do not allow transfers of entry as this invalidates insurance.
Course Maps	Course Maps will be displayed at registration and are already available on the website at www.cheshiretriathlon.co.uk .
Transition and racking	<p>Transition will open from 7:45 am.</p> <p>Before you come to transition –</p> <ul style="list-style-type: none">• Please fasten your security ID wrist band on either your left or right wrist• Please put your number sticker on your bike and your helmet <p>The marshal at the entrance to transition will check the number on your wristband matches the number on your bike. Please keep your wristband on at all times.</p> <p>Only entrants with a wristband and visible event number on their bike will be allowed access to the transition area. No family or friends will be allowed in</p>

	<p>transition.</p> <p>Your position in transition is identified by numbered stickers on the racking which will match your event number. Make a note of your position in transition and also note the positions of the entrance and exit points.</p> <p>Rack your bike in your event position using the handle bars or saddle to balance your bike. It is usual to rack your bike so it points in the opposite direction to your neighbour.</p> <p>Layout your equipment and if the weather is poor you may wish to keep your kit in a plastic box with a lid to keep your things dry.</p> <p>During the event you need to take care and pay attention in the transition area. Always keep a keen eye out for other competitors and if the weather is wet or inclement please take your time and slow down!</p> <p>You must put on and fasten your helmet before you unrack your bike. On re-entering transition you must not unfasten your helmet until you have racked your bike.</p> <p>Only entrants with a wristband and visible event number on their bike will be allowed access to the transition area. No family or friends will be allowed in transition.</p> <p>Your position in transition is identified by numbered stickers on the racking which will match your event number. Make a note of your position in transition and also note the positions of the entrance and exit points.</p> <p>In wet or inclement weather - take particular care and slow down</p>
Mandatory Event Briefing	<p>All entrants will be required to attend a pre-event briefing which will be held by the swim area at approximately 8:45. The briefing is mandatory and is to ensure your health and safety, and in order to allow everyone to attend, Transition will briefly close at 08.40. It will re-open as soon as the race brief is complete</p>
Swim	<p>All race distances cover the same swim course</p> <ul style="list-style-type: none"> • Novice - one lap • Sprint- two laps • Olympic - four laps <p>The swim courses are available on our website www.cheshiretriathlon.co.uk Each wave will be lead by a canoe and canoe safety cover will be present. If this is your first open water swim you're advised to stay at the back of the group at the start of your wave.</p> <p>If you find yourself in difficulty or distress during the swim then roll onto your back and raise a single arm. If you're in shallow water you may be able to stand up. A safety crew will attend to you and you will be removed from the water at the discretion of the safety crew.</p> <p>Swimming wetsuits are compulsory during the swim for safety reasons as they provide buoyancy in the water and will also enable you to swim faster as they provide extra buoyancy particularly for the legs. No wetsuit thicker than 5mm. You must also wear the swim cap provided in your registration cap. Any entrant who does not wear the issued swim cap will be disqualified.</p> <p>Care must be taken whilst entering and exiting the water.</p>

	<p>Once you exit the water -you will run along the edge of the water, cross the bridge and enter transition.</p> <p>You can purchase a wetsuit from www.mytriathlon.co.uk or alternatively, you can hire a wetsuit from: www.mywetsuithire.co.uk</p>
Bike	<p>Important - Always ride to your known ability</p> <p>All race distances cover the same route - an anticlockwise course of 13km - you are responsible for counting your own laps</p> <ul style="list-style-type: none"> • Novice - one lap • Sprint- two laps • Olympic - three laps <p>The route joins a main road at two points and you must be prepared to stop. If the rule of the road requires you to stop and you do not, we have police and race marshalls who will disqualify anyone who does not observe the highway code.</p> <p>Routes are included on our website, we recommend that you cycle the route several times to familiarise yourself with the road conditions.</p> <p>This is a non-drafting event. the Highway Code must be followed at all times. In order to ensure that drafting does not occur, there will be draft busters that will sweep the course looking for offenders and giving time penalties. Drafting means that you must not travel within 7 metres of the wheel of the competitor in front and no closer than 3 metres to the side. For a definition of drafting and how to avoid a time penalty or disqualification see the event rules at www.britishtriathlon.org</p> <p>The bike stage will take place on public highways which are open to other road users - please ride accordingly, there are a number of traffic management measures in place on the bike course and these will be clearly signposted. All competitors must follow the normal rules of the road, obey all traffic signals and must follow any instructions given by the police. Any infringement of the law and the subsequent legal action is the sole responsibility of the competitor.</p> <p>It is your responsibility to ensure that your bike is in good working order and road worthy. Also ensure that your helmet carried the British kite mark.</p> <p>The course is well signposted - please follow the signage</p>
Run	<p>All race distances cover the same route - you are responsible for counting your own laps:</p> <ul style="list-style-type: none"> • Novice - one lap • Sprint - two laps • Olympic - four laps <p>All routes are included on our website, we recommend that you run the route several times to familiarise yourself with the conditions.</p> <p>The run is partly path, partly track. The nature of the course means that you may encounter tree roots, soft ground and other hazards. Take care especially after rain.</p> <p>There is a water drinks station at the start of the second lap for the sprint and second, third and fourth for the Olympic distance</p> <p>Please watch out for competitors and the general public</p>

Medical	<p>Red Cross will be in attendance on the day, however, you should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhoea or other forms of distress.</p> <p>If you have an existing medical condition you should check with your doctor that you are able to take part. If you are able enter, ensure that full details of your condition are written on the reverse of both of your event numbers in case of an emergency - make sure you include all information such as current medication.</p>
Hydration	Fluids lost in sweat must be replaced. There is a drink station on the run course - start of second lap - however, it is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before - alcohol can have a serious impact on hydration.
Failure to finish	If you withdraw from the event at any stage before the finish -you Must inform the registration desk. This will allow us to account for all entrants.
MP3 / Mobile Phones	MP3/Ipods/mobile phones etc are not permitted at any time during the event.
General rules and event conduct	This race is being run under the guidelines laid down by the British Triathlon Federation. These are available on line at www.britishtriathlon.org . The rules must be abided by at all times and are in place for the safety and enjoyment of all entrants and spectators
Spectators	<p>Spectators are welcome to come along and watch the event and cheer the entrants on. Please be mindful of competitors and where necessary step out of the way of oncoming triathletes.</p> <p>Please be aware that the bridge is very narrow and please allow spectators to pass.</p> <p>Please also note that the area where the bike race starts/finishes is very narrow and will get very crowded - entrants not only have to mount and dismount but also triathletes on the bike course will pass through here several times. Please find an alternative area to spectate if it is busy!</p>
At the finish	Bring warm clothes with you in case the weather is cold. You should ensure that you stay warm and dry after the event
Volunteers	<p>It is not possible to have too many marshals so if you have family and friends that are available and willing, we are always happy for extra volunteers on the day to help the event run smoothly. If anybody interested could email: contactus@cheshiretriathlon.co.uk</p> <p>You do not require any previous experience or knowledge on triathlon to become an event marshal; any necessary briefing will be provided by email before the event and verbally on the day of the event.</p> <p>We will provide refreshments for volunteers on the day and their enthusiastic encouragement and support is always greatly appreciated by entrants.</p>

Swim Course



Bike Course



Run Course



