



**Ribblesdale Swimming Pool, Edisford Bridge,  
Clitheroe, BB7 3LA**

We would like to wish all of you who have entered this event the best of luck with your final preparations for the race, we request that you read fully all the details outlined in this race information.

*Please note however that it is sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day.*

#### **CONFIRMATION OF ENTRY**

Competitors will be automatically forwarded a confirmation of entry by e-mail. Applicants should check the current entry list available at [www.epicevents.co.uk](http://www.epicevents.co.uk) to confirm that they have been successful in their application.

#### **PARKING**

There is a large pay and display car park directly opposite the swimming pool. There is no parking on the pool site.

#### **REGISTRATION**

Registration will be open from 7:00am and takes place outside the main swimming pool in the registration marquee.

#### **TRANSITION**

Transition is on the sports field at the top end of the swimming pool access road. It will be open from 7.00am. All bikes and kit will need to be removed from transition within 15 minutes of the final competitor finishing the event, after which transition will be dismantled and any bikes/kit will be unattended. Entrance and exit to transition will be by race number only. No race number, no entry.

To get into transition you will need to wear your bike helmet and show that it fastens and fits securely. You will need to show that your race number matches the bike sticker number which will be attached to your bike at this point.

#### **RULES GOVERNING THE EVENT**

The event will be held under the rules of the British Triathlon Federation and competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence! If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org)

### **TERMS AND CONDITIONS OF ENTRY**

Terms and conditions of entry are clearly stated on the website [www.epicevents.co.uk](http://www.epicevents.co.uk). In making the application competitors have agreed to abide by these terms and conditions of Epic Events and abide by the regulations of the governing body.

### **SWAPPING OF ENTRIES**

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the [www.epicevents.co.uk](http://www.epicevents.co.uk) website.

### **COMPETITOR CONDUCT**

Competitors are reminded that they share the facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

### **RULES GOVERNING RIDING ON THE HIGHWAY**

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times and follow the Highway Code. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ.

Please recognise that Race Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

### **RIGHT OF WAY**

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

**ON THE COURSE THERE WILL BE TWO COMPULSORY 'STOP AND FOOT DOWN' JUNCTIONS – EVEN IF THE JUNCTION IS CLEAR YOU NEED TO FOLLOW THESE RULES AND WILL BE DISQUALIFIED IF YOU FAIL TO FOLLOW THE INSTRUCTIONS.**

### **NON-DRAFTING**

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring ten metres long by three metres wide, which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre and top edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone.

A maximum of 20 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and DQs will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

## HELMETS

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

## BIKES

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon Federation. **Please ENSURE before you arrive at the event that BAR ENDS ARE PLUGGED and HEADSETS are TIGHT.**

## RACE NUMBERS

On the day you will be issued with one race number which must be clearly visible on your back for the bike and your front for the run. Do not cut or fold these race numbers, as penalties will be issued for number mutilation. Please ensure your race number is visible as you exit transition for the bike, when leaving transition for the run and most importantly when you cross the finish line. For relay teams, the swimmers will not require a number, the cyclist will wear their number on their back and the runner will wear their number on their front.

You will need a race belt for your race number. These can be purchased on the day if you don't have one.

## REGISTRATION PROCEDURE AND TIMINGS

Registration is open Sunday 7.00am – 12.15pm. Please do not leave it until five minutes before registration closes to attend. You should attend registration at least 60 minutes before your wave start time. If there is a queue you may find yourself unable to complete registration in time to race.

Registration will take place in the marquee outside the leisure centre – its location will be clearly visible from the access road to the pool – All competitors will need to register on the morning of the race.

### 1. Phase one – Number & Start Time Check

On arrival at registration, provide your name, verify your swim start time and ensure all your details are correct.

### 2. Phase two – Race Pack

Collect your race pack; this will contain your event shirt, race number, swim cap, 1 x frame sticker (Please keep these safe, as they are required to allow entry into the transition area). This will also contain your electronic timing chip and ankle strap.

### 3. Phase three – Timing Chip

**THE CHIP MUST BE IN PLACE PRIOR TO THE START OF THE SWIM SECTION, IT MUST BE SECURELY FASTENED ROUND THE ANKLE.**

**THE TIMING CHIP ACTS AS A BATON FOR THE RELAY TEAMS, IT MUST BE SECURELY FASTENED ROUND THE ANKLE OF EACH TEAM MEMBER.**



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## RACE INFORMATION AND TIMINGS

Transition area is located on the sports field at the top end of the swimming pool access road. It will open from 7.00am. Bike racking will take place on Sunday morning ONLY.

Please ensure that you affix the bike number sticker provided in your race pack to your bike for security reasons. Please rack using your seat on the support frame, in alternate directions (see diagrams at the end of the notes). Please take care when racking your bike to ensure you don't knock the bikes of your fellow competitors. Only Competitors will be allowed into the transition area. Please attempt to rack your bike at least 30 minutes prior to your wave start time.

To gain access to the transition area you will be asked to show your race number. You must demonstrate on arrival to transition that your approved cycle helmet fits correctly. Rack positions will be numbered. There is no distance advantage to be gained with any of the rack locations.

During the race, only racing competitors will be allowed through the transition area. The Transition Area will be open for bike collection after you finish but please do not impede other competitors who might be still racing.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number. If challenged, please be prepared to show race numbers at all times.

All competitors must make sure that all bikes/kit are removed from transition within 15 minutes from the final competitor crossing the finish line. After this time transition will no longer be secure as it will be dismantled.

## SWIM START TIMES



The 400m swim will be conducted in a series of waves. The wave times have been selected using your submitted estimated swim times (slowest first). Each lane will contain three swimmers, set off by a countdown at 15 second intervals in a specific order. Please ensure you are on poolside 15 minutes prior to your swim wave start time for the compulsory briefing.

Lane 1 will swim anti-clockwise, Lane 2 clockwise and so on. Please refer to the pool organisation diagram.

**ALL COMPETITORS WILL PUSH START IN THE WATER, DIVING INTO THE POOL IS NOT ALLOWED AT ANY TIME. TUMBLE TURNS ARE ALLOWED.**

The lane order has been selected on swim times, however, if you do catch the swimmer in front, please tap their feet a couple of times, it is then the responsibility of the swimmer in front to let you pass at the end of the current length. Please be patient and do not attempt to overtake during the length. A 30 second penalty may be awarded if the front swimmer does not obey this rule and a 30

second penalty may be awarded for unsporting behaviour in the pool.

On completion of 14 of the required 16 lengths a "2 laps to go" board will be placed into the water in front of you.

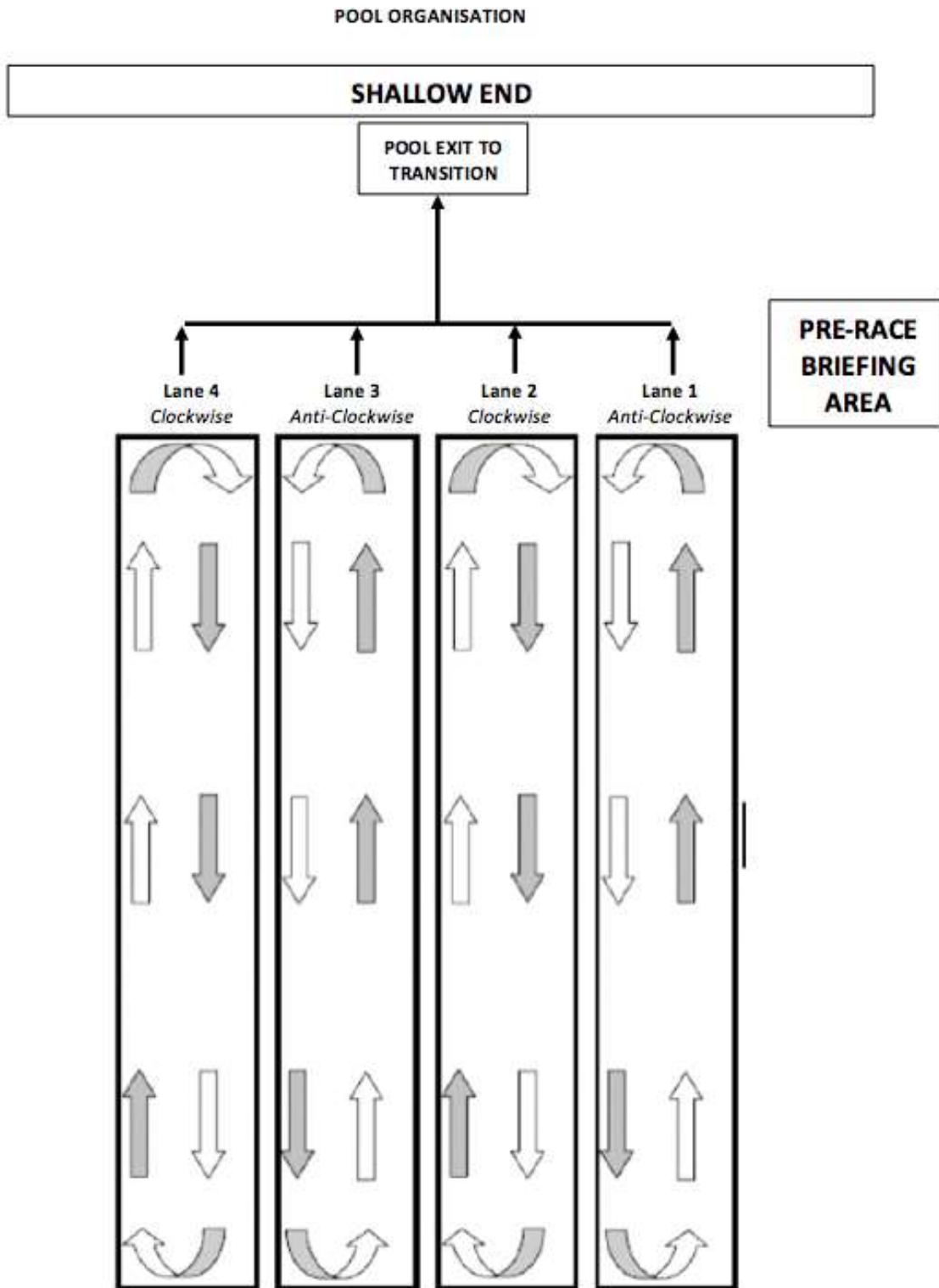
**YOU ARE ULTIMATELY RESPONSIBLE FOR COUNTING YOUR OWN LENGTHS DO NOT RELY ON THE LAP COUNTER.**

There is a 100m run to the transition area, please be careful running barefoot. Exit to the rear of the pool through the double doors and turn right to follow the route around the back of the pool to the transition area. Be aware of runners from earlier waves exiting transition.

**The route will be checked for sharp objects, but it cannot be guaranteed to be clear, therefore a barefoot run is completed at your own risk. You may leave shoes at the pool exit but ALL OTHER CLOTHES MUST BE IN TRANSITION.**

### NOTE:

**There is a swim cut off time of 15 minutes. If you fail to swim your required distance in that time you will be asked to leave the pool. You WILL be allowed to continue the event, but your swim time will be recorded as 15 minutes.**





**BIKE COURSE 18.4 miles (30km)**

<https://www.strava.com/routes/3417752>



All sections of the course will be well marked, but it is your responsibility to know the route as opposed to relying upon someone else to point the way.

For the bike section signs will be in place similar to the one pictured, these may point left, right or straight on and will only be in place before a junction or at a turn.

After leaving transition push your bike to the mount line and mount your bike. Keep to the LEFT as you cycle down the pool access road.



When you arrive at the junction with the B6243 there is a compulsory **'FOOT DOWN AND STOP'** required whether there is traffic approaching or not. Failure to do so will result in an instant disqualification. When the road is clear pull forward onto the left-hand side. Be aware of the operational pelican crossing just after the junction and be prepared to stop for pedestrians.

After 0.2 miles, the route crosses Edisford Bridge. The road is narrow and single track, please give way to vehicles already on the bridge.

At 0.3 miles, there is a right turn off the B6243 onto the Bashall Eaves road, move into the middle of the road and make the turn when it is safe to do so. Follow the Highway Code.

Continue along this road, paying attention at the various side roads, for 1.7 miles at which the road narrows at a small residential conurbation on the road side. Be aware of cars crossing the centre line and pedestrian or vehicle movements around the houses.

At the 4.9 miles, you reach the most northern part of the course at Cow Ark. You are greeted with a fast-down hill sharp turn to the left. Please control your speed on this bend.

After 5.9 miles, the road takes a sharp turn to the right. This is on a relatively flat section, but please be aware of approaching traffic.

At 6.1 miles, the route approaches a left turn at a T junction. Treat this as a GIVE WAY, but please be aware that this road can be busy as it leads to and from the inn at Whitewell.

At 7.2 miles, still heading south the route crosses the River Hodder over the Doeford Bridge. Please give way to other vehicles already on the bridge.

As you approach 7.6 miles the route arrives at a T Junction, which is a right turn across the approaching traffic and a compulsory **'FOOT DOWN AND STOP'** required whether there is traffic approaching or not. Failure to do so will result in an instant disqualification. When the road is clear pull forward onto the left-hand side.



At 7.9 miles, there is a left turn off the main road heading toward Thornley Hall. Be aware of traffic pulling across the junction and loose grit in the road. The road then climbs gently for a mile up towards Hesketh Lane.

At 8.9 miles, there is a left turn at the T junction, which takes you along Walker Fold Rd for 0.2 miles until the right turn onto the start of Jeffrey Hill. Please be aware of oncoming traffic and you take the right turn across the traffic.

For the next 0.6 miles, the road climbs steadily at first and after you bear right the extent of the 1 in 5 hill becomes evident. Ideally you will need a minimum gear ratio of 39:25, and some of you may find yourself waking at the steepest section!

At 9.7 miles, you bear left and after a further rise to the top the Longridge fell you start the welcoming decent.

At 10.7 miles, you will reach a set of cross roads at which you will turn left. **YOU WILL BE DESCENDING AT SPEED AS YOU APPROACH THESE CROSS ROADS, KEEP YOUR HEAD UP AND CONTROL YOUR SPEED WELL IN ADVANCE.**

You should remain on this road and at 13 miles the road turns right and starts the descent behind Stoneyhurst College to join the B6243 at 14.9 miles. The descent from 13-14.9 miles is fast and the roads are narrow, **TAKE CARE.**

Turn left onto the B6243, being aware of traffic from the right. As you continue on towards Clitheroe you pass the right turn at Mitton Green to the south and the turn off to Bashall Eaves as you progress onto New Lane to the north – be aware of the traffic turning onto the main highway at both of these locations.

As the road bears right on to New Lane the road starts to wind its way back to Clitheroe with a couple of sharp bends.

At 18.2 miles, the route passes the original right turn onto the Bashall Eaves Rd, be aware of both traffic and cyclists pulling across this junction. After the right bend the route drops back down onto Edisford Bridge and again give way to vehicles already on the bridge. As you approach the left turn back into Ribblesdale Pool pay particular attention to the status of the pelican crossing.

As you follow the pool access road keep to the left towards transition. Start to slow down as you approach the dismount line. Once dismounted push your bike back into transition (the same point you exited with your bike) and pay attention to competitors leaving transition. Once you have racked your bike you may take your helmet off. Your final bike time will include both transition times.

**RUN COURSE 5 miles (8 km)**

<https://www.strava.com/routes/3417791>



On completion of the bike section, enter the transition at the same point you exited with your bike. Having correctly racked your bike continue through transition exiting at the same corner as 'swim in'. Cross the timing mat and keep to the right as swimmers may still be coming out of the pool in later waves. Turn right at the end of the chute and follow markers across the sports field (stay to left of markers) to the exit in the North East corner.

The run route then leaves the field, follows the riverside and crosses the river onto Edison Road where you will head right towards Waddington. Just before you get to Waddington you will turn left onto Twitter Lane. You will continue along Twitter Lane until you reach the turnaround point. You will then retrace your steps back to the playing fields and sprint finish to the red inflatable gantry/finish line.



The run will initially cross the playing fields and over the river whereupon it follows quiet country lanes until the turnaround point at 4k. You will then retrace your steps back to the finish line. Apart from the

initial and final playing field section the run is along the local roads.

All sections of the course will be well marked, but it is your responsibility to know the route as opposed to relying upon someone else to point the way.

For the run section, signs will be in place similar to the one pictured, these may point left, right or straight on and will only be in place before a junction or at a turn.

There are no drink stations on the run course, so please ensure you carry sufficient provision or you are suitably hydrated before you commence the run.

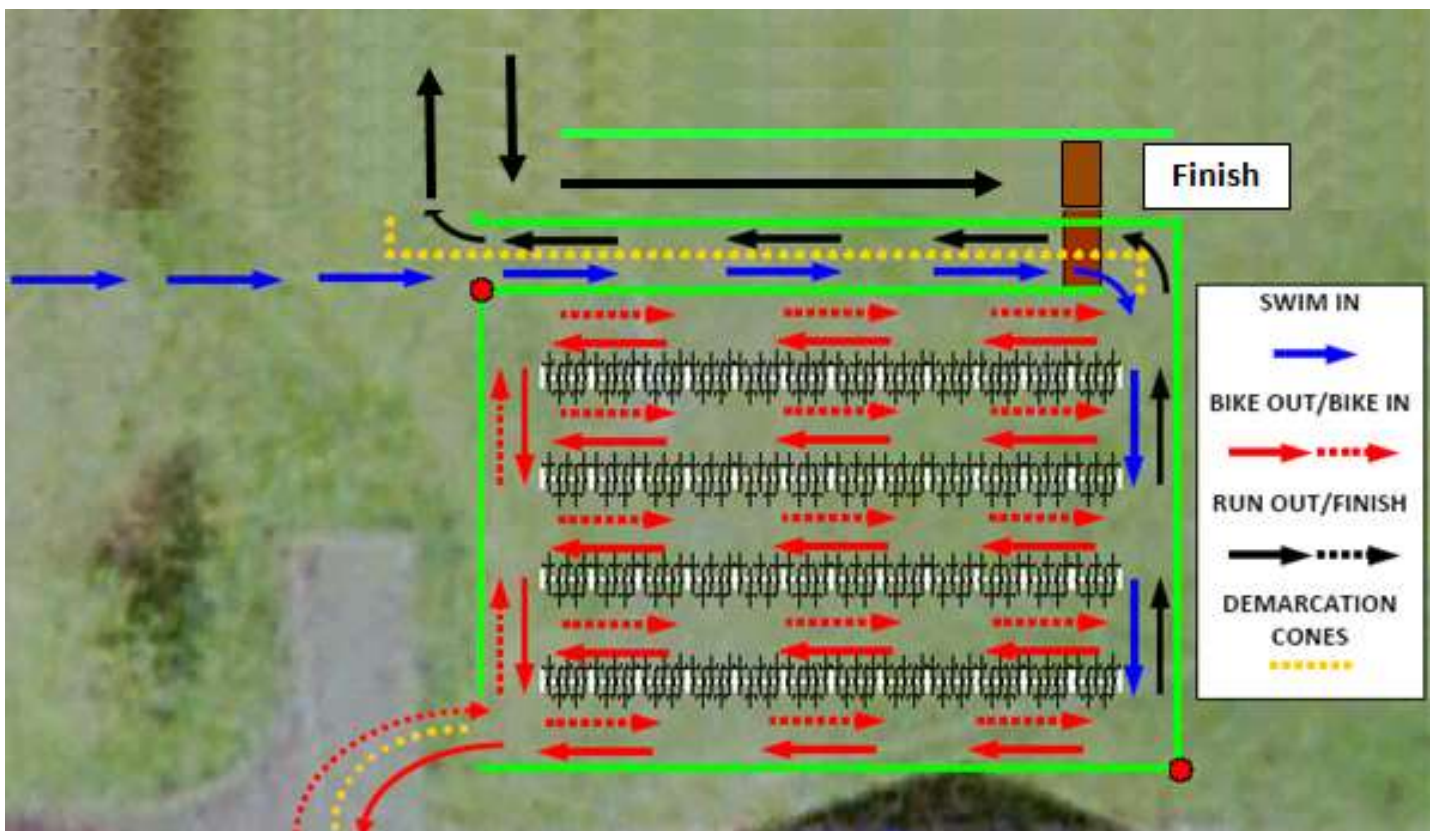
**TRANSITION**

**NO PLASTIC STORAGE BOXES OR BAGS IN TRANSITION.**

The transition area should be used in a specific manner (see pictures below). When you return from the swim you will enter the transition and cross the timing mat. Moving through transition area and collecting your bike as you go, exiting in the opposite corner to the entry point (keeping to the left on exit).

On return from the cycle section you reverse this process. Enter transition at the corner where you exited to start the bike, deposit your bike and exit in the corner, which you originally entered after the swim.

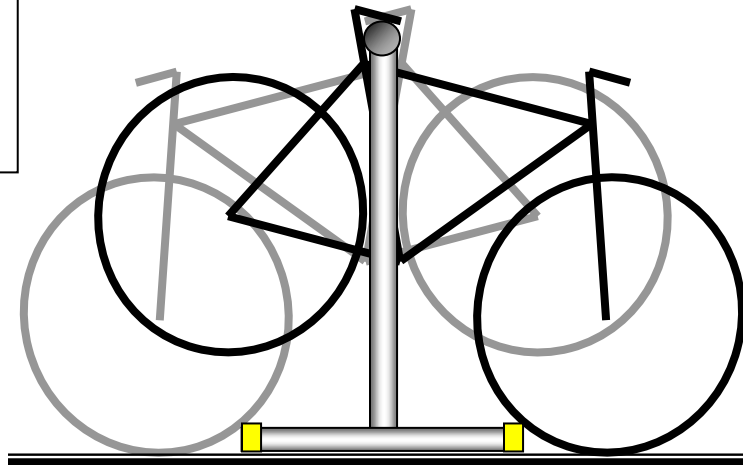
Transition boxes etc are not allowed to be kept in transition as per BTF rules.



### HOW TO RACK YOUR BIKE

Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number.

SECTION ON BIKE RACK

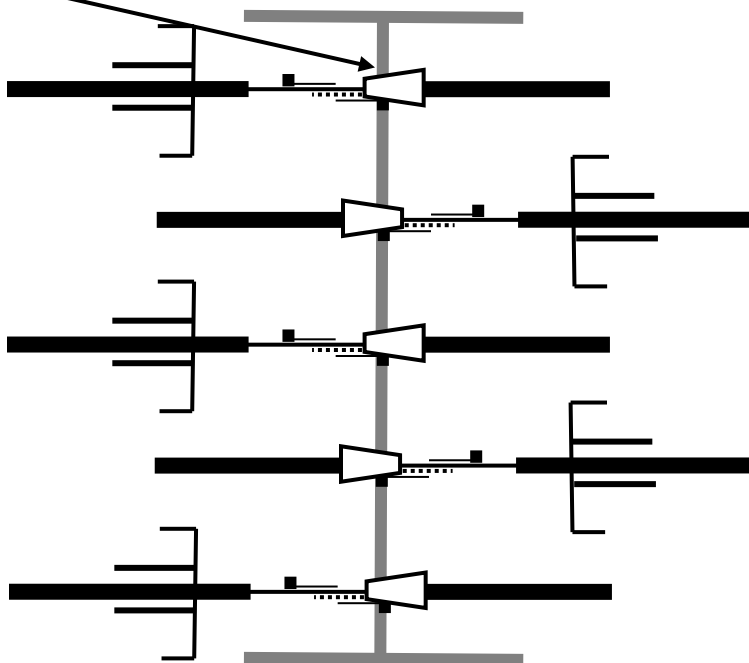


CLITHEROE TRIATHLON

**001**

Racking

PLAN ON BIKE RACK



## RELAY TEAM INFORMATION

Each relay team will need to register together. Each team will be issued with a timing chip, which will act as the relay baton, two race numbers and one number sticker. The swimmer will start with the timing chip, the cyclist will take a race number for their back and the bike number sticker and the runner will take a race number for their front.

The timing chip must be secured firmly in place before each member of the team starts. The change over should take place INSIDE THE TRANSITION. The cyclist should have their bike racked and once they have the chip secured, they may take their bike from the racks. The cyclist should rack their bikes before handing the chip to the runner.

## TIME PENALTIES AND APPEALS

Only officials have the right to award a penalty and all penalties must be directed through the race director. If you have a query over any results, please inform the race director immediately on the day. All appeals must be issued in writing to the organisers within 1 hour of the penalty being posted.

If you withdraw from the race, please report to a race marshal, advising of your race number and return your timing chip.

## PRIZES AND PRESENTATIONS

Presentation will take place at 15:00 or after the final finisher, whichever comes first. It will take place at the Registration Tent. You must attend presentation to collect your prize. Prizes will not be posted out following the event.

Prizes will be awarded for the following categories (subject to minimum entry of 3 per age group as per the finalised entry list):

- ❑ Open Male 1st 2nd 3rd (All Age Groups)
- ❑ Open Female 1st 2nd 3<sup>rd</sup> (All Age Groups)
- ❑ Male V40; V50; V60+ = 1st place
- ❑ Female V40; V50; V60+ = 1st place

If you win an Open Prize, you will not be eligible for either the V40, V50 or V60+ individual Prizes.

## RESULTS

A set of provisional results will be available to download later the same day from [www.epicevents.co.uk](http://www.epicevents.co.uk).

Any queries relating to provisional results posted on the web must be e-mailed to [events@epicevents.co.uk](mailto:events@epicevents.co.uk) by Monday following the event, after which time all results will be deemed as final and complete.

## MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application.

Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin.



This is not just an administrative request, it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day - don't race!

### STRAVA CHALLENGE

We have three Strava challenge segments for you on the course. The segments are:

The Mountain Fuel Monster -

<https://www.strava.com/segments/9310345>

Epic Events Cow Ark Climb -

<https://www.strava.com/segments/11681959>

On the Tuesday following the event, we will collate the results from all the club members who raced and announce the winners via Strava, the Epic Events Facebook page and Twitter. Winning is a lucky dip draw so everyone is in with a chance and we have some fabulous prizes donated to us from our amazing sponsors.

**NOTE** – You must be a member of the Epic Events Strava Club and you must ensure your race stats are uploaded no later than Tuesday 12:00 following the event.

Join the Epic Events Strava Club Here:

<https://www.strava.com/clubs/epic-events-115948>

### EVENT TIMETABLE

- 07:00 – Registration
- 07:00 – Transition opens
- 08:00 – First swim wave
- 12:15 – Registration closes
- 13:00 – Last swim wave
- 15:00 – Presentation

### Good Luck

We look forward to seeing you on the day and good luck for your race.

We request that you read fully all the details outlined in this race information pack. Please note that all information attached in this race information is now FINAL & CONFIRMED.

*Please note however that it is sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day.*

Regards

EPICEVENTS

[info@epicevents.co.uk](mailto:info@epicevents.co.uk)

[www.epicevents.co.uk](http://www.epicevents.co.uk)