



**Ulverston Swimming Pool, Priory Road,
Ulverston, LA12 9HT.**

We would like to wish all of you who have entered this event good luck with your final preparations for the race, we request that you read 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. You are requested to check on the list of entries posted on the web site to confirm that you have been successful in your application.

PARKING

Parking this year will be at Lowmill Business Park, Ulverston LA12 9EE, which is 300m from Ulverston Leisure Centre swimming pool.

THERE IS NO PARKING AT THE LEISURE CENTRE, THE ROAD CLOSE BY OR THE TENNIS CENTRE. PLEASE BE AWARE THAT POLICE WILL TICKET CARS PARKED ON THE ROAD CLOSE TO THE LEISURE CENTRE.

Parking is free, and it will then be a 300m walk to registration and race HQ. Car parking signs will be clear as you approach Ulverston, check the map at

the end of this document so you are fully aware of the parking location.

REGISTRATION

Registration will be open from 7:00 am and takes place in the main pool reception. For those in Wave 1 (08:30hrs start) you will be prioritised at registration and may move to the front of the queue.

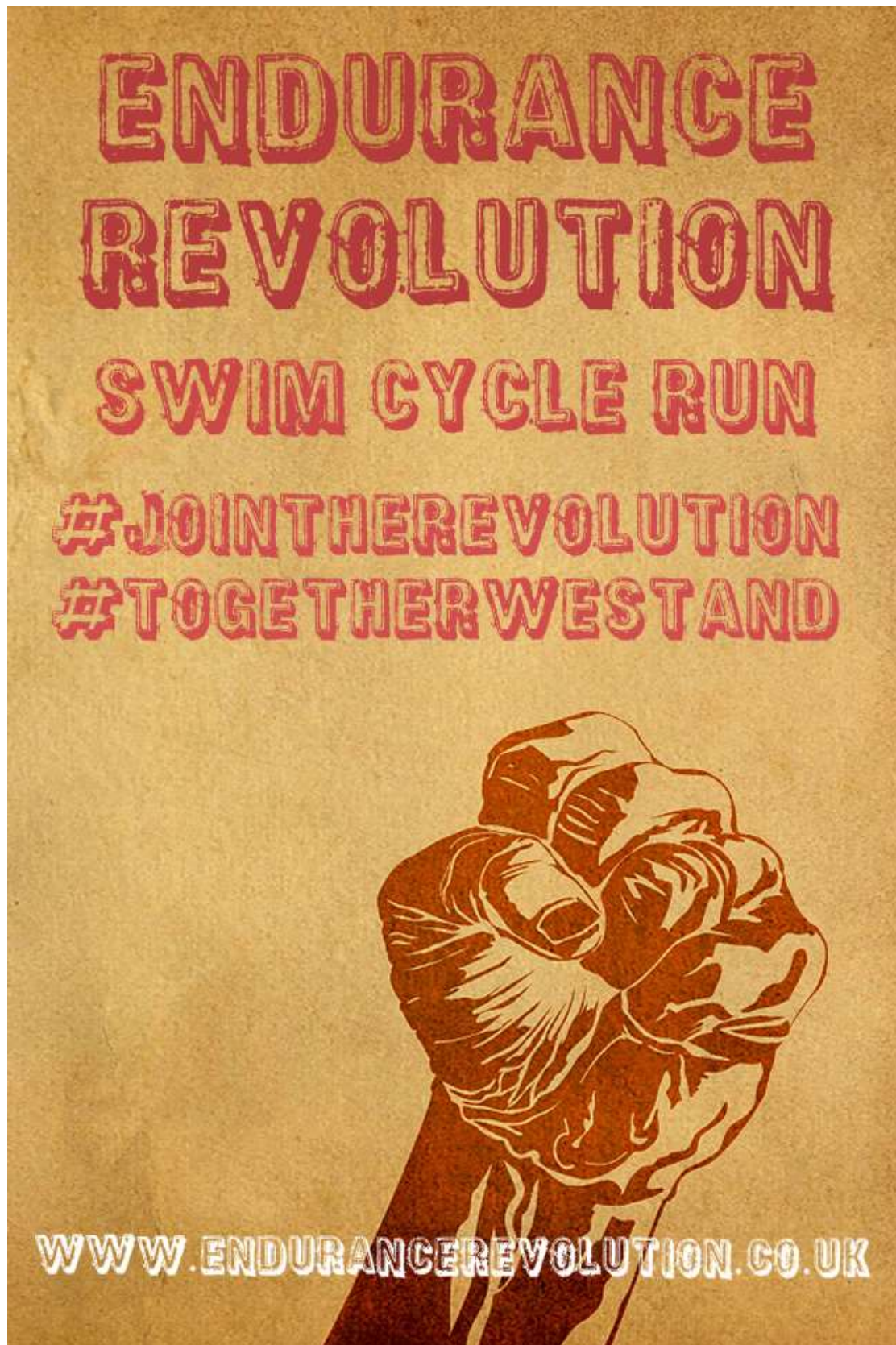
TRANSITION

Transition is in the car park at the front of the swimming pool and will be open from 7.00am. Racking will be numbered. Entries in Wave 1 will again have priority. Entrance and exit to transition will be by race number only, which must match your frame sticker number (see appendix).

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 brakes work and 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



**ENDURANCE
REVOLUTION
SWIM CYCLE RUN
#JOINTHEREVOLUTION
#TOGETHERWESTAND**

WWW.ENDURANCEREVOLUTION.CO.UK

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 website.

COMPETITOR CONDUCT

Competitors are reminded that they share both the pool 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 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. It is also illegal and may result in a prosecution by the police.

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!

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.

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 bicycle on the cycle course (approximately the size of an estate car). 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.

CYCLE HELMETS

Approved hard shell cycle 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.

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 opens Sunday 7:00am. Please do not leave it until five minutes before your start time to attend. Ideally you should attend registration at least 1 hour 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 reception area of the pool – All competitors will need to register on the morning of the race.

REGISTRATION PROCEDURE

1. Phase one – 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. **THE CHIP MUST BE IN PLACE PRIOR TO THE START OF THE SWIM SECTION.**

RACE INFORMATION AND TIMINGS

Transition area opening times are 7.00am until final finisher. 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 appendix). 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. Rack positions will be numbered. There is no distance advantage to be gained with any of the rack locations.

Transition for incoming competitors will close 30 minutes prior to the final wave start. During the race, only racing competitors will be allowed through the transition area. The transition area will be open for bike collection, please be aware of and have respect for people in transition, who are still racing.

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

RACE BRIEFING

There will be a short race briefing on poolside 15 mins before each wave start for all athletes. Please attend this race briefing as any last-minute changes, as well as any questions will be answered here.

ALL RELAY MEMBERS ARE TO ATTEND THE BRIEFING – CYCLISTS AND RUNNERS WILL NEED TO BE ON POOLSIDE

START TIMES

Wave times have been allocated by estimated time and will be confirmed by the Wednesday prior to the event. Slower swimmers will start earlier in the day and faster swimmers later. There will be 3-4 swimmers of similar speed in your lane. Please note, once the swim times have been set, you cannot swap waves – please don't email and ask.

Swim waves will be confirmed and published on our website on the Monday prior to the event.

Anyone entering after the swim waves have been published will be added to the list on Thursday afternoon before the race.

TIMING AND RESULTS

Please ensure your timing chip is in place on your left ankle for the duration of the race using the strap provided. There will be a timing mat on the entry of transition and at the finish line. When you have crossed the timing mat at the finish, please remove your chip & strap and place in the bucket provided.

A set of provisional results will be available to download later the same day from www.epicevents.co.uk. Any queries relating to provisional results posted on the web must be e-

mailed to info@epicevents.co.uk by the Tuesday following the event, after which time all results will be deemed as final and complete.

PRIZE PRESENTATION

There will be a presentation on the day and will take place following the last finisher. You need to be in attendance at presentation to collect your prize. Prizes will not be posted out.

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 3rd (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.

COURSE DETAILS

SWIM 400m



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 5 second intervals in a specific order.

Lane 1 will swim anti-clockwise, Lane 2 clockwise and so on.

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 30sec penalty may be awarded if the front swimmer does not obey this rule and a 30sec penalty may be awarded for unsporting behaviour in the pool.

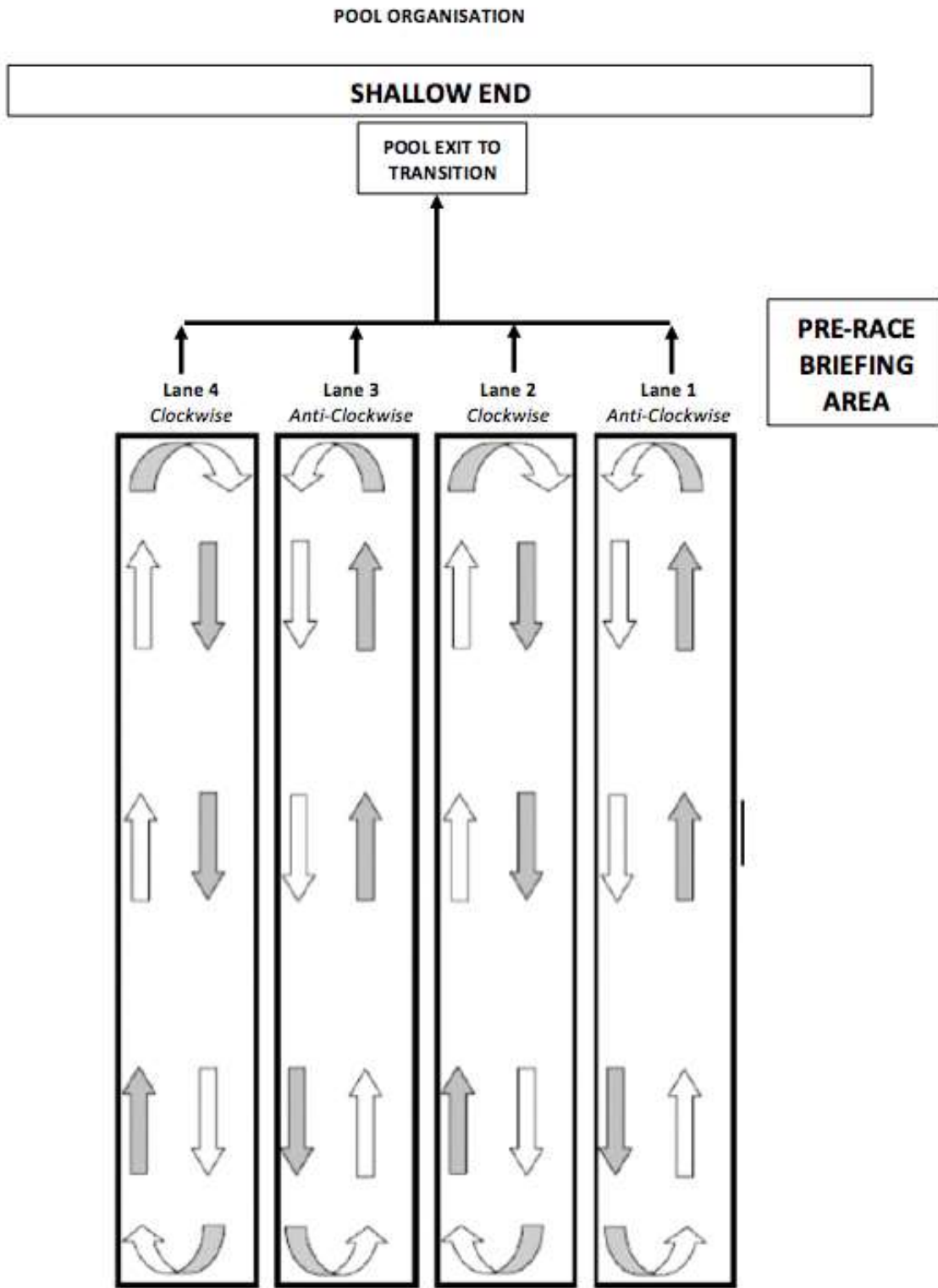
On completion of 14 of the required 16 lengths a “2 laps to go” board will be placed into the water in front of you.

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

There is a 15m 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.

ALL CLOTHING MUST BE IN TRANSITION, IT IS NOT ALLOWED ON POOLSIDE. HOWEVER, YOU MAY LEAVE A PAIR OF TRAINERS BY THE POOL EXIT IF YOU DON'T WISH TO RUN TO TRANSITION BARE FOOTED.

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.





complete a full circle returning along the coast road. The same hazards exist on the return route.

As you finally approach the swimming pool on Priory road take care as you take the junction turn across traffic. Slowdown from this point to dismount at the same point as you mounted. Keep to the left as you enter transition, as cyclists will also be leaving transition. Be patient and keep to a single file through the transition entrance. Once you have racked your bike you may take your helmet off. Your final bike time will include no transition times.

The roads are not closed and it is your responsibility to ride according to the Highway Code at all times.

View the bike course here:

<https://www.strava.com/routes/3417668>

BIKE 17.4 miles (28km)

For the bike section signs will be in place similar to those pictured right. After leaving transition push your bike to the mount line, which is at the entrance to the car park (approximately 5m from the timing mat). There may be traffic from the right or left, so listen to the directions of the marshal. When clear mount your bike, moving onto the left hand side of the road ready to take the left turn out onto Priory Road and the main cycle route, which eventually merges into the Coast Road.



The 28k bike course provides great views of the coast and the South Lakeland countryside. On the outbound route be aware of the many side roads onto the main road and be extra vigilant as you reach the parking areas on the left. There are also bus stops on the route. Pay attention to the standard road signs, which offer additional information on the terrain and hazards.

After 14km you arrive at roundabout and therefore the turnaround point at Rampside. Move to the right hand land as indicated on the road and



View the run course here:

<https://www.strava.com/routes/3371093>

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 bike number sticker. The swimmer will start with the timing chip, the cyclist will take a race number for their back and the number sticker (for the bike) and the runner will take a race number for their front.

All team members will need to be at the race briefing on poolside 15 minutes before their wave start time. Once the swim starts the cyclists will make their way to transition, showing their race number on arrival through the South West corner and will await their incoming swimmer.

The cyclist may have their helmet in place and the cycle shoes on in advance. As the swimmers exit the pool they run towards transition, through the North East corner and then find their cyclist – the timing chip is then removed by the swimmer and placed on the leg of the cyclist. The cyclist then completes the bike route. At an appropriate time (at each teams own discretion) the runner will enter transition via the South West entrance (showing their race number) and wait for the incoming cyclist in their allotted spot. When the runner is waiting please do not wander around transition, as this will be a hazard to other athletes AND DO NOT BLOCK THE ENTRANCE AND EXIT for other competitors.

As the cyclists return they will rack their bikes in a safe manner and then remove their timing chip placing it on the right ankle of the runner. The runner will then leave through the North-East exit and then return across the timing mat at the finish.

RUN 3.6 miles (5.8km)

For the run section signs will be in place similar to those pictured right. 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.



On completion of the bike section, having correctly racked your bike, continue through transition exiting in the North-East corner (swim in point – be aware of incoming swimmers). The run starts by turning left and following West End Lane to reach a T-Junction. There will be marshal here as traffic is blind at this junction so please exercise caution. You will turn right and continue to the Bay Horse pub on the coast. From here cross the canal bridge and turn left onto the towpath, continue to turn left across a metal canal bridge. Be aware that this can be slippery if wet. Turn left onto North Lonsdale Rd, then right into Cross Lane. Turn right again and return to blind junction, turning left into West End Lane. Be aware of traffic entering the social club car park.

CHANGING AND SHOWERS

There are changing and shower facilities at the swimming pool. It is not advised to leave valuables in any location unless in a 'paid for' locker.

STRAVA

We have two Strava challenge section, on the run course courtesy of our epic sponsor. The sections are:

Mountain Fuel's Climbing up the Coast:

<https://www.strava.com/segments/11484192>

Epic Events Go Hard Through GSK:

<https://www.strava.com/segments/11484564>

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 following the event. You can join the club here:

www.strava.com/clubs/epicevents

On the afternoon of Tuesday following the event we will collate the results from all club members who raced and announce the winners via Strava, the Epic Events Facebook page and Twitter. Winning is a lucky dip draw.

FINAL NOTE

On behalf of Epic Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

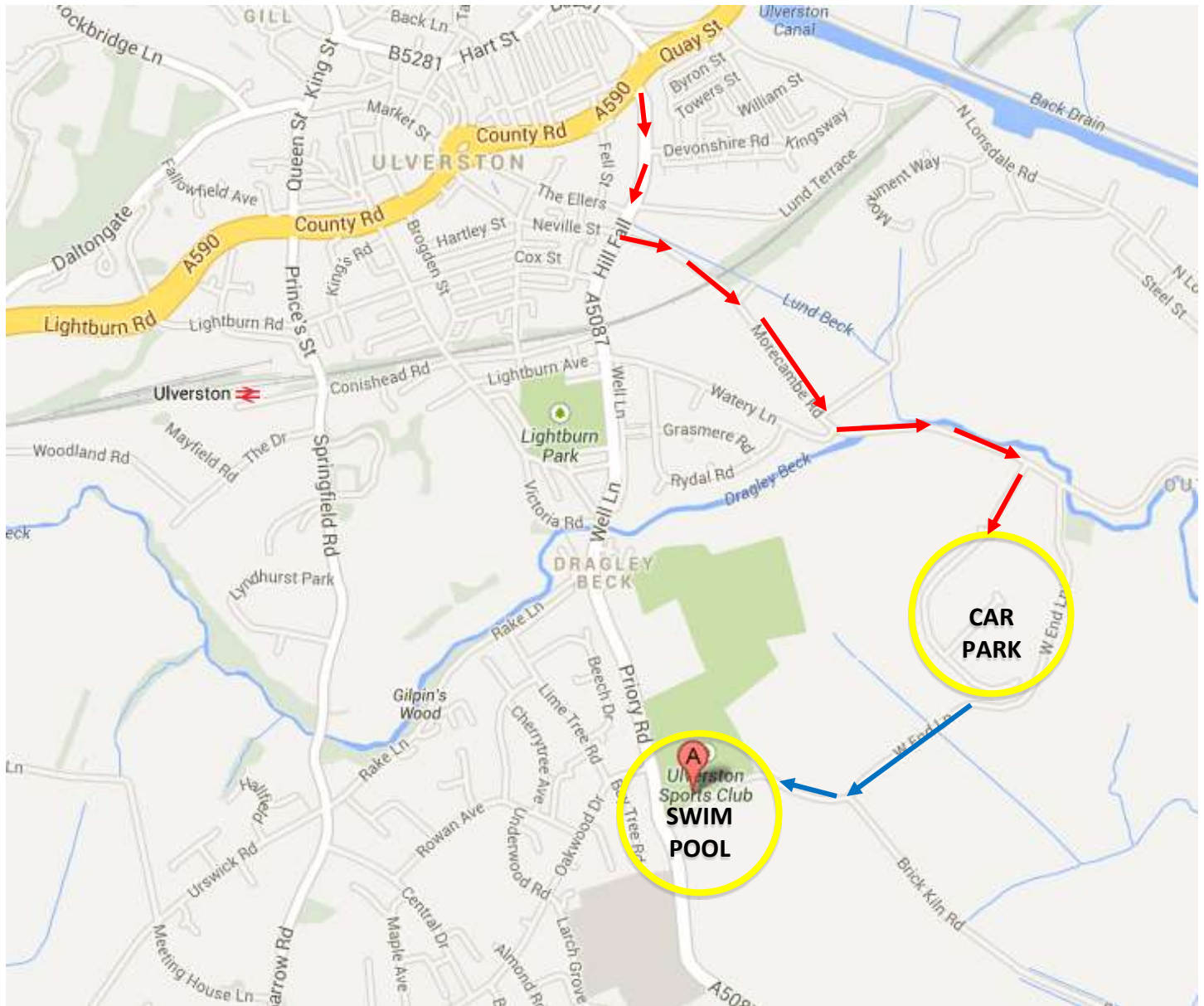
Yours in sport,

Epic Events

e-mail: events@epicevents.co.uk

website: www.epicevents.co.uk

LOCATION PLAN

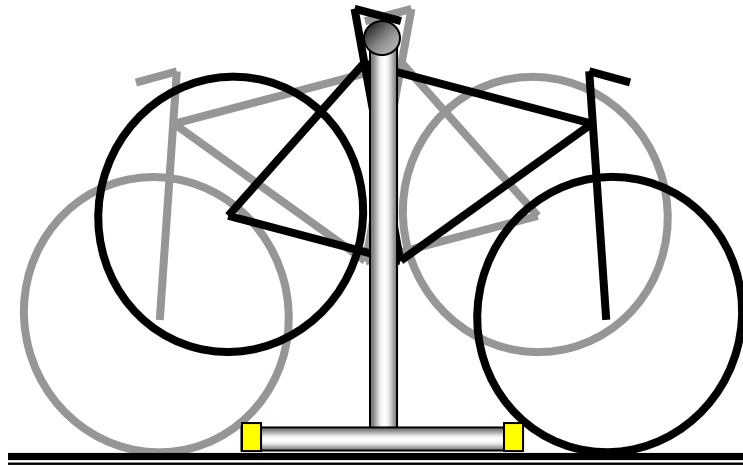


TRANSITION LAYOUT



BIKE RACKING OPERATION

SECTION ON BIKE RACK



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

ULVERSTON TRIATHLON
001
Racking

PLAN ON BIKE RACK

