



Full Address: Rivington Blackrod School, Rivington Lane, Bolton, BL6 7RU

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 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.

COVID SYMPTOMS & SOCIAL DISTANCING

Should you be exhibiting any Covid symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines on self isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any Covid symptoms.

During the event please ensure that you keep 2mtrs away from all other competitors & all of our marshals at all times. Please do not congregate in groups and please use the hand sanitiser whenever you pass it.

It is important that everyone plays their part in ensuring that all social distancing measures are met. We have to have very strict rules in place to be able to put this event on. Please help us to ensure that we can continue with further events in the future.

RULES GOVERNING THE EVENT

The event is affiliated to BTF and 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

TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website 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 website.

COMPETITOR CONDUCT

Competitors are reminded that they share both the leisure 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. 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!

Endurance Revolution



Swim * Cycle * Run
#EnduranceRevolution

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.

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 (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.

CYCLE HELMETS

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.

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 start the bike section, when leaving transition for the run and most importantly when you cross the finish line.

For relay teams, the cyclist will wear their number on their back and the runner will wear their number on their front (you get one each).

You will need a race belt for your race number.

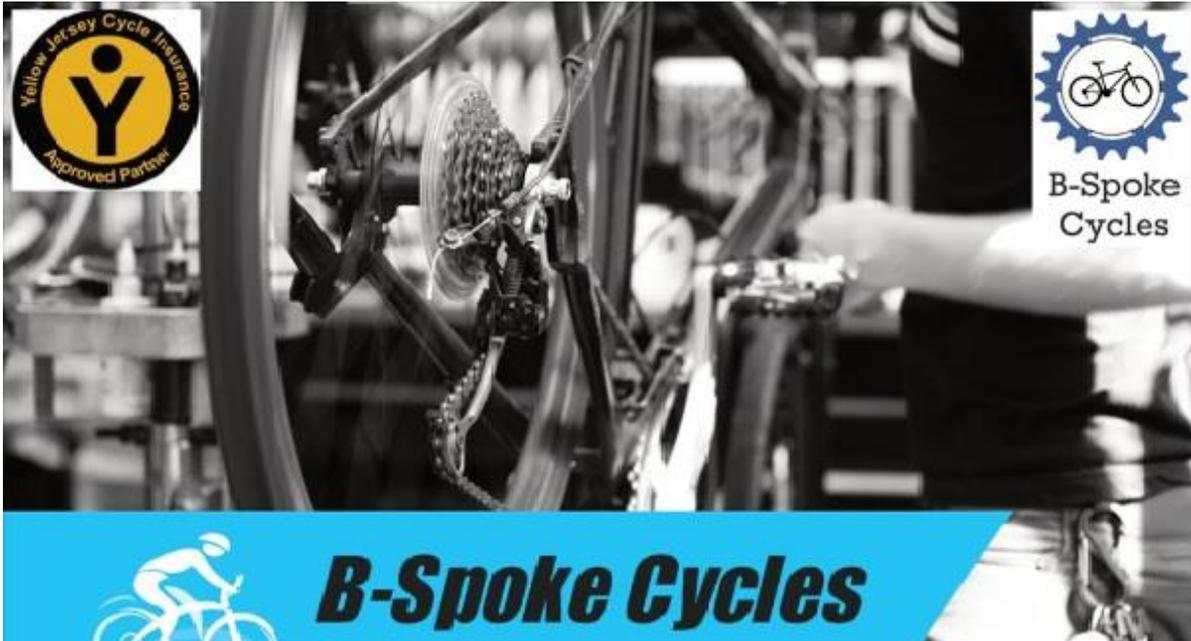
REGISTRATION PROCEDURE AND TIMINGS

Registration Open Sunday 7:15am

Please only arrive at registration for your allocated registration time.

Registration times are live on our website. Please only arrive at your given time. You will not be able to register before your specific time. If there is a queue at registration, please remember to keep 2 metres apart from any competitors or marshals around you.

Registration will take in a gazebo on the field near where transition is located. All competitors will need to register on the morning of the race.



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Race Pack:

Collect your race pack, this will contain:

- 1 x Race Number & Timing Chip
- 1 x Bike Frame Sticker (required for access to transition)

RACE INFORMATION AND TIMINGS

Transition area opens at 7:15am.

Please ensure that you affix the bike number sticker provided in your race pack to your bike for security reasons. You will not rack your bike prior to the start, as the event begins with a time trial format cycle start on Rivington Lane. You will only place in transition your shoes and any other items required for the run. Following the completion of the cycle section, you will enter the transition and rack your bike at the allocated number.

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 leave your running shoes in transition at least 30 minutes before you start. Please ensure you social distance at all times when entering the transition area.

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.

RACE BRIEFING

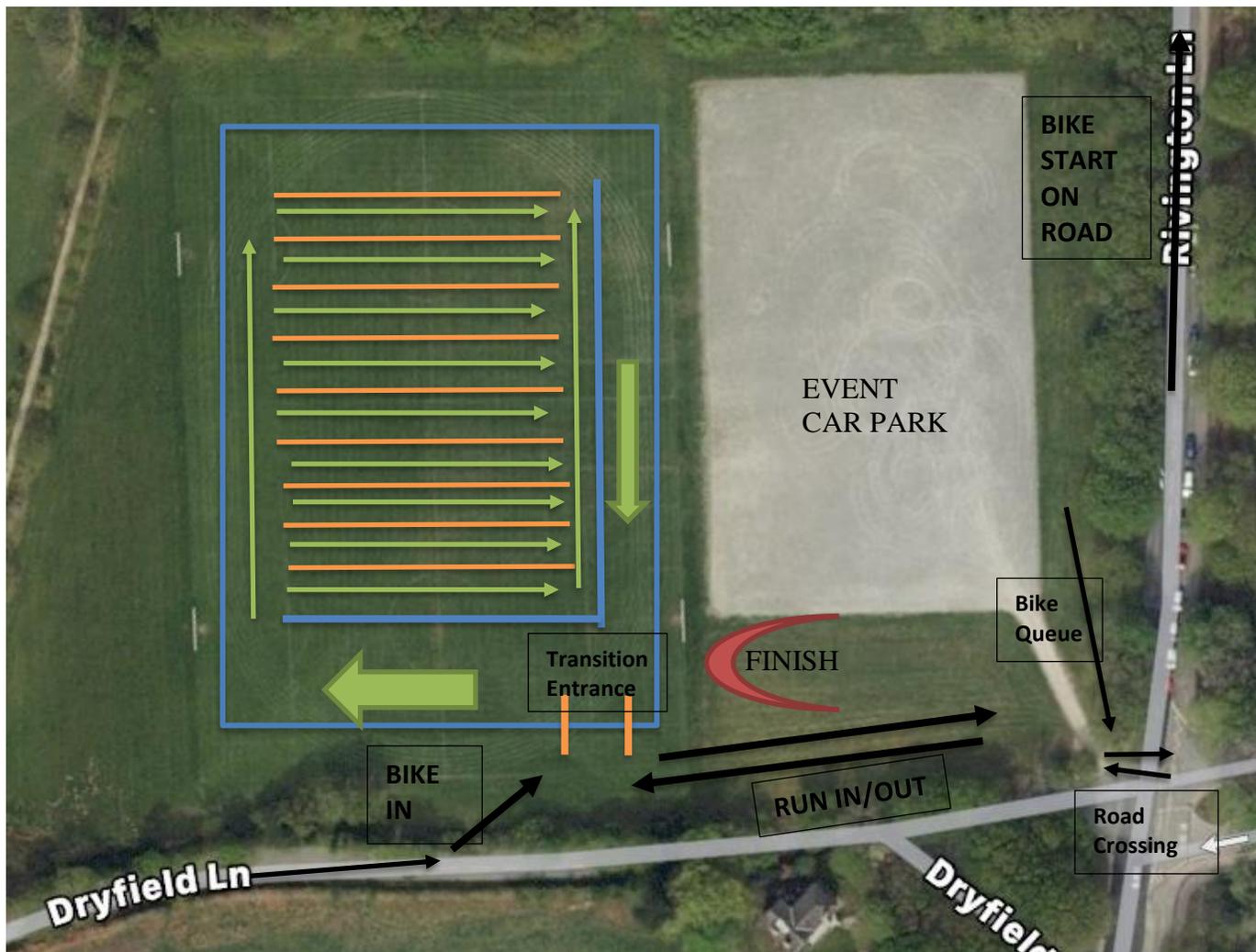
Race briefing will be over Facebook Live on Thursday 20th August. There will also be a Youtube link sent out via email to watch the briefing again.

START TIMES

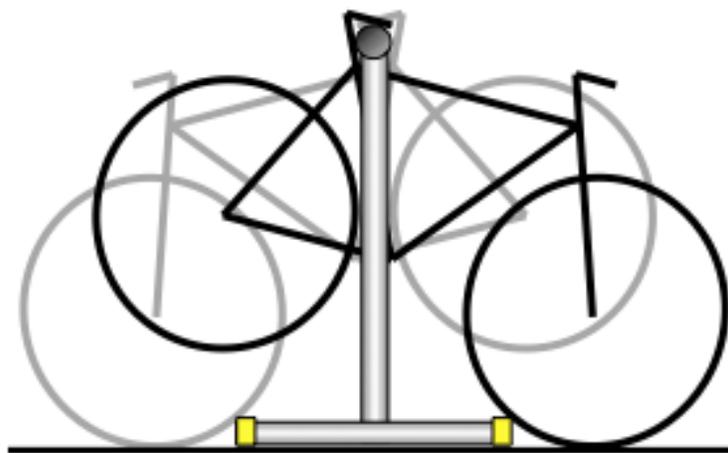
Individual start times have been allocated. The first rider will start at 08:00 with cyclists starting in 20 second intervals to follow. You will initially be asked to queue at the exit from the field, please maintain social distancing. As your start time approaches you will be asked to ride 100 metres along Rivington Lane to the official starter.

IMPORTANT: Do not go directly to the start point or gather in the road. Please queue on the field until you start. Please note, once the start times have been published, this is fixed and final. No changes will be made. Please refrain from emailing to ask.

TRANSITION LAYOUT:



SECTION ON BIKE RACK



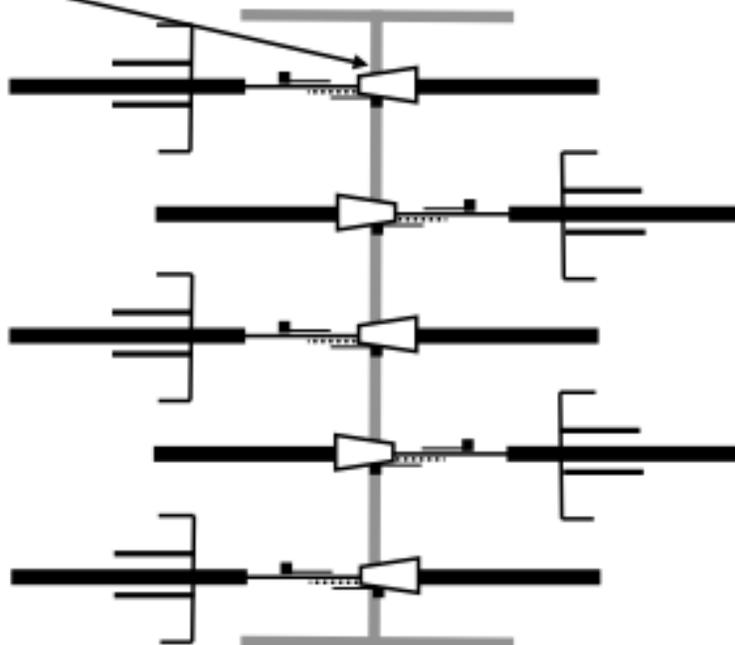
Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number.

HORWICH TRIATHLON

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Racking

PLAN ON BIKE RACK



THE BIKE - 21.6 miles (34.7km)

<https://www.strava.com/routes/2724204520999296924>



For the bike section signs will be in place like those pictured below, these may point left, right or straight on and will only be in place before a junction or at a run turn. At specific points on the course marshals may be in place, this will generally occur where you join a busy road. If a marshal tells you to slow or stop you must do so or you will be disqualified, marshals cannot legally stop or direct traffic in any way. After leaving transition, you will mount before the line on Bridge Street.



After approximately 1.5 miles there is a right turn on to Sheephouse Lane. There will be traffic coming from 3 different ways so please take care. Marshals will be present. Cars and motorbikes will come over Sheephouse Lane at speed ensure you stay to one side of the road. There are also some steep descents with sharp bends at the bottom, so again plan your course and speed accordingly do not be tempted to cross the centerline.

At the end of this section (5 miles) there is a left-hand turn after a fast decent at a T junction. The bottom of this decent is the junction with the A675. **SLOW DOWN! AND GIVE WAY TO TRAFFIC FROM THE RIGHT.** Traffic will be coming from your right, although there is now a cycle lane on this road and trees have been cut back improving your view of traffic. Continue along the A675 through Belmont and Abbey Village until 13miles where you will arrive at the junction with the M65 motorway. Take the first left off the roundabout onto the A674, Chorley Road, following signs for Wheelton up the hill.

At approx. 16.5 miles, just at the start of the dual carriageway, you need to take a sweeping left turn onto Blackburn Road (B6228) heading towards Eaves Lane. Having crossed over the M61 and canal bridge (straight on at mini roundabout) at approximately 18 miles keep left along Eaves Lane and at 18.5 miles turn left (straight on as the crow flies) continuing along Eaves Lane. Travel a further 300m to a mini-roundabout keeping left as the road turns into Cowling Brow (sign posted for Cowling Industrial Estate).

As you cycle on through Limbrick at approximately 19.5 miles there is a narrow bridge, please be aware of oncoming traffic. After Limbrick the route runs parallel with the Motorway and at approximately 21 miles the road bears left onto Babylon Lane and over the motorway bridge.

You should carry on straight to the end of New Road. At this point you will join the A673. This is a fast road and care must be taken when turning onto the road, a marshal will be in place but they are not responsible for managing the traffic.

When on the A673 there is a set of traffic lights. You **MUST** dismount and use the pavement when you reach the lights. Shortly after you will take a left turn onto Dryfield Lane taking you back up to transition.

THE RUN – 4.5 miles (7.2km)

<https://www.strava.com/routes/2724206173173929356>



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



On completion of the bike section, having correctly racked your bike, you will then exit transition. You will then cross the road with help from the marshals and head out on the run course. You must also cross the road on your return, please ensure that you listen to marshals and check for traffic.

Rivington Pike is very exposed to the elements and you should be prepared - bring a windproof/waterproof jacket just in case the forecast is poor! The descent from Rivington Pike is rocky and slippery underfoot, off-road shoes are recommended, and you should take your time when descending.

RELAY TEAM INFORMATION

Each relay team member will need to register together. Each team will be issued with 1 timing chip, which will act as the relay baton, two+ race numbers and one bike number sticker. The cyclist 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.

The cyclist will start and, whilst cycling, the runner will get ready for their return inside transition by their bike racking spot. Whilst waiting in transition, please do not wander round. This is a hazard to other athletes. Please do not block any entrances or exist or impede other competitors.

Upon the return of the cyclist, the bike is racked in a safe manner and they then remove their timing chip, placing it on the ankle of the runner. The runner will then leave transition, complete the run section before returning to cross the timing mat at the finish.

SPECTATORS

Due to the current COVID regulations, we are not allowed to have spectators on site. Please do not bring spectators to the event as they will not be allowed on the finish field and will be asked to stay in their car. We will be live streaming the event using Facebook Live, on the Epic Events Facebook page. Please direct your friends and family to the Facebook page and they'll be able to see you cross the line at the finish!! It's really important that you understand and support us with regards to this matter, to ensure future events are able to take place.

TIMING AND RESULTS

Please ensure your timing chip is in place securely on either your race belt or attached to your clothing. A set of provisional results will be available to download immediately after your race from www.epicevents.co.uk. Any queries relating to provisional results posted on the web must be emailed to info@epicevents.co.uk by the Tuesday following the event, after which time all results will be deemed as final and complete.

PRIZE GIVING AND PRESENTATION

Presentation will take place on Facebook Live after the event has taken place. Competitors and spectators are not allowed to attend the presentation. Any prizes will be emailed out after 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 3rd (All Age Groups)
- ❑ Male U20; V40; V50; V60+ = 1st place
- ❑ Female U20; V40; V50; V60+ = 1st place

If you win an Open Prize, you will not be eligible for either the U20, V40, V50 or V60 individual Prizes.

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 & emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request, it could be a matter of life and death in an emergency.

EPIC CLUB CHAMPIONSHIPS

This year at Horwich Triathlon we are launching the Epic Club Championships! The rules are simple, all finishers will receive points based on their finish position and the club with the most points will win. You need a minimum of 3 ladies and 4 men to take part from your club. The winning club will win a £1000 donation made to a children's charity/sports group/club of their choice.

Finally

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