



**Ulverston Leisure Centre, Priory Road, Ulverston, LA12 9HT.**

We would like to wish all entrants good luck with your final preparations for the race, please read though all the details outlined in this race information document.

*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.

**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.

Please travel to the event alone. There are to be no spectators on the event site, any non-competitors present will make the event non-compliant with COVID restrictions therefore putting the event at risk.

During the event, please ensure that you keep 2mtrs away from all other competitors & marshals at all times. When in a queue or coming into contact with any event staff please ensure to wear a face covering. 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 must 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.

## **PARKING**

Parking this year will be at Ulverston Tennis Centre, LA12 9HT and at Ulverston Leisure Centre. Once both car parks are full, parking will be on the road,

**PLEASE BE AWARE THAT POLICE WILL ISSUE TICKETS FOR ANY CARS PARKED ON DOUBLE YELLOW LINES.**

Parking is free, and it will then be a short walk to Registration and Race HQ. Car parking signs will be clear as you approach Ulverston Leisure Centre.

## **REGISTRATION**

Registration is on the field behind the leisure centre and will be open from 0630 and will close at 0800. Please do not leave it until the last minute to register. When queueing for registration, please wear a face covering and remain 2 metres away from other competitors and event staff.

## **TRANSITION**

Transition is in the field at the side of the leisure centre and will be open from 0630 and will shut at 0815. Please rack your bike as soon as you have registered to allow sufficient time before the race start. Racking will be numbered to match your race number. You must have your race belt and number on, which must match your frame sticker number (see appendix).

To get into transition you will need to be wearing 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 British Triathlon Rules, 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)

# Endurance Revolution



Swim \* Cycle \* Run  
#EnduranceRevolution

## **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 both the footpaths and 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 always observe the rules of the road 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!

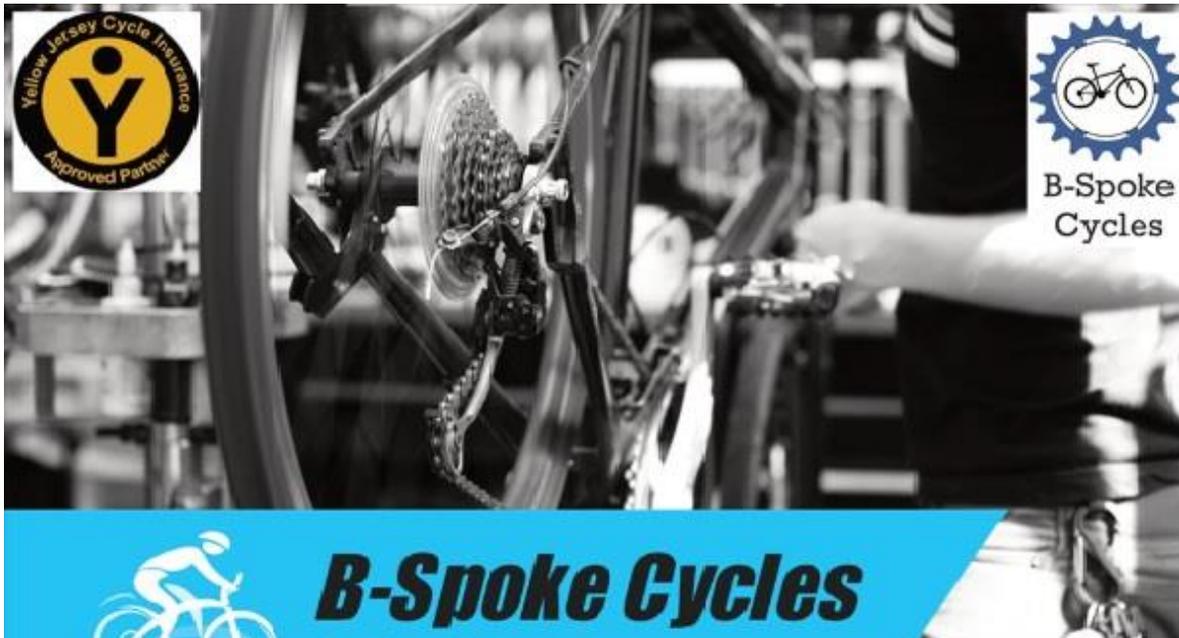
You must take the utmost care at junctions and should note in the course details that you do not have right of way at several sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

## **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.



# **B-Spoke Cycles**

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### **Our Products**

- Weekly maintenance classes
- Triathlon Specific servicing
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- Event Technical Support
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### Standard service packages

- Bronze Service £40
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- Gold Service £125

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- Sprint service package £85
- Olympic service package £125
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**b-spoke1@outlook.com**



**B-Spoke Cycles**



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**www.b-spokecycles.com**

## **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, you will need a race belt and will be available for sale at registration (n.b. cash only). Do not cut or fold these race numbers, as penalties will be issued for number mutilation and your timing chip is attached to the rear of the bib number. 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 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.**

## **REGISTRATION PROCEDURE AND TIMINGS**

Registration opens Sunday 6:30am. Please do not leave it until five minutes before to attend. Ideally you should attend registration at least 1 hour before the start time to ensure you have enough time to rack your bike. If there is a queue you may find yourself unable to complete registration in time to race.

Registration will take place in the leisure centre car park in a large gazebo, when waiting to register and registering, please ensure to wear a face covering.

## **REGISTRATION PROCEDURE**

### **1. Phase one – Race Pack**

Collect your race pack, this will contain:

- 1 x Race Number with timing chip on reverse
- 1 x Bike Frame Sticker (required for access to transition)
- Custom Event Technical T-Shirt

**YOUR TIMING CHIP IS ATTACHED TO THE BACK OF YOUR RACE NUMBER. PLEASE ENSURE TO WEAR YOUR RACE NUMBER ON YOUR RACE BELT AT ALL TIMES.**

### **RACE INFORMATION AND TIMINGS**

Transition area opening times are 6.30am 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 as soon as you have registered to avoid any delay to the race start.

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 will close 15 minutes before the race 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 your race number at any given times.

### **RACE BRIEFING**

There will be no on the day race briefing. Briefings will be on social media and will also be emailed to you. Please ensure to watch the briefing prior to your arrival.

### **START TIMES**

The race start is 0830. **You will be set off in bib number order.** Please be ready to start from 0830 as all competitors will be set off within 15 minutes, this will avoid any delay. Please queue in the field ready for the race start. You will be set off one by one to allow for social distancing throughout the course and race start. When queueing please ensure you are keeping 2 metres distance from all other competitors.

## **TIMING AND RESULTS**

Please ensure your race number is on your race belt for the duration of the event. There will be timing points upon entry to transition, the start line and at the finish line. Only remove your race belt when you have finished the event.

A set of provisional results will be available to download immediately after your race 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 [simon@epicevents.co.uk](mailto:simon@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 no presentation on event day. Prizes will be emailed out post event once all results are finalised.

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 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.

**RUN 1 - 3.6 miles (5.8km)**

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



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



The run starts by turning left There will be marshal here as please exercise caution. You coast. From here cross the 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.

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and following West End Lane to reach a T-Junction. to ensure you can turn right across the road safely, will turn right and continue to the Bay Horse pub on the canal bridge and turn left onto the towpath, continue to

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.

**BIKE 17.4 miles (28km)**

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



For the bike section signs will be in place, similar to those pictured. After leaving transition push your bike to the mount line, which is at the right or left, please listen to the moving onto the left-hand side of and the main cycle route, which



entrance to the car park. There may be traffic from the directions of the marshal. When clear mount your bike, the road ready to take the left turn out onto Priory Road 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 which is the turnaround point at Rampside. Move to the right-hand land as indicated on the road and complete a full circle returning along the coast road. The same hazards exist on the return route.

At the end of the route as you approach the swimming pool on Priory road take care as you turn right into the junction across traffic. Ride slowly 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. Please be patient and keep to single file through the transition entrance. Once you have racked your bike you may take your helmet off but please do not remove your helmet before then as this contravenes the Race Rules and can be subject to a penalty.

Please note the roads will be quiet but are not closed, and it is your responsibility to ride according to the Highway Code at all times.

**RUN 2 - 1.3 miles (2.2km)**

**Route:** <https://www.strava.com/routes/2804740385826656528>

For run number 2 you will shorter and initially follows heading to the T junction, at right again back onto West

Upon completion of run head to the finish in the car



follow the yellow signs as illustrated. The second run is the same route as run 1. You will start by turning left and which point you turn right onto Morecambe Road and End Lane. Marshals will be on hand to direct you.

number 2 you will turn right into the leisure centre and park. The finish is marked by a large red gantry.

## **RELAY TEAM INFORMATION**

Each relay team will need to register together. Each team will be issued with a race number with a timing chip on the rear, which will act as the relay baton, and one bike number sticker. The runner will start with the race belt, the cyclist will take the number sticker (for the bike).

All team members will need to have watched the race briefing prior to attending the event.

The cyclist may have their helmet in place and cycle shoes on in advance and should wait in transition for the runner. As the first runner returns, they run towards transition, and then find their cyclist in transition – the race belt is then removed by the runner and handed to the cyclist. The cyclist must wear the race number on their back. The cyclist then completes the bike route. At an appropriate time (at each team's own discretion) the runner will enter transition (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 race belt and hand it to the runner. The runner will then leave transition and will return through the finish line, at which point the race belt can be removed.

## **CHANGING AND SHOWERS**

Please note entrants will not be permitted access to the Leisure Centre. There are no changing facilities available, please change at your car if necessary. There will be portable toilets on site.

## **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,

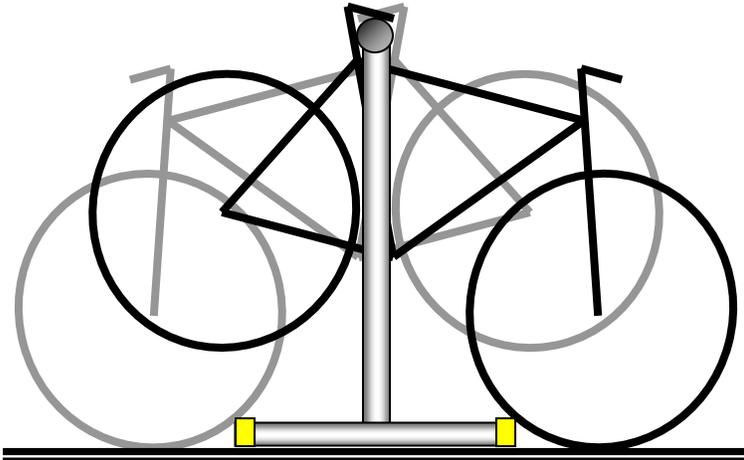
Epic Events  
e-mail: [info@epicevents.co.uk](mailto:info@epicevents.co.uk)  
website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

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

