



Address: Edge Hill University, St Helens Road, Ormskirk, Lancashire. L39 4QP

We would like to wish all of you who have entered good luck with your final preparations for the race, and request that you read in full the details outlined in this race information, but please note unless informed directly by Epic Events that all the information attached in this race information is now FINAL & CONFIRMED.

PLEASE NOTE: THE UNIVERSITY OPERATES A STRICT 'NO DOGS' POLICY ON CAMPUS!

Taking a dog onto campus can jeopardise the future of this event with the University.

RULES GOVERNING THE EVENT

The event is affiliated to British Triathlon and will be held under their Competition 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 Competition Rules, please visit the British Triathlon website here; <https://www.britishtriathlon.org/competitionrules>

TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website www.epicevents.co.uk. On confirming entry competitors have agreed to abide by these terms and conditions and also 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 www.epicevents.co.uk website.

COMPETITOR CONDUCT

Competitors are reminded that they share the campus, sports centre and the highway with other citizens who 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 route even if some other users of the route may not offer you the same respect.

RULES GOVERNING THE HIGHWAY

You are reminded that the cycle section takes place on both closed and open road sections, please ensure that you observe the rules of the road at all times always ride on the left and give way as required. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ 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!

Event Timetable	
Saturday – Registration – please register on Saturday at Edge Hill University, St. Helens Road, Ormskirk, L39 4QP where possible (2pm-5pm)	14:00 To 17:00
Sunday – Emergency Registration at Edge Hill University	05:45
Sunday – Transition Opens	06:00
Sunday – First Race Briefing (n.b. mandatory poolside briefing 15mins before your swim start)	06:30
Sunday – Race start - First wave of swimmers in the pool	06:45
Sunday – First Finishers	08:30 (approx)
Sunday – Final Swimmers	12:00 (approx)
Sunday – Prize Giving Presentation at the Finish Area (n.b. athletes must be present to claim Prizes)	13:30 (approx)
Final Finishers	13:45 (approx)



^{THE}
Endurance Store

Running, Swimming & Triathlon Store

Wide range of road & trail running shoes
North West's number 1 swim wetsuit stockist
Wide range of running & swimming accessories
Wide range of tri-suits & clothing

www.TheEnduranceStore.com
info@TheEnduranceStore.com

308 Mossy Lea Road, Wrightington, Wigan

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 from the front edge of the front wheel for every cycle on the route (approximately the size of an estate car). 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 potentially a DQ for persistent offenders will be issued by the mobile Motorcycle Officials on the cycle route for any 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 aforementioned rules and regulations as specified by British Triathlon.

RACE NUMBERS

You will be issued with a single race number, which must be clearly visible on your back for the bike and your front for the run (race belts are recommended and can be purchased at registration). Do not cut or fold the race number, 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.

REGISTRATION PROCEDURE AND TIMINGS

Pre-Race Registration at Edge Hill University

Available on **Saturday (1400-1700hrs)** the day immediately prior to race day.

Emergency Registration at Edge Hill Sport Main Entrance - Open Sunday from 0545hrs

Please do not leave it until five minutes before your start time to attend. Ideally you should attend Pre-race Registration at Edge Hill University on Saturday before Race Day but if this is not possible please arrive at Emergency Registration **at least 60 minutes before your wave briefing time**. If there is a large queue you may find yourself unable to complete registration in time to race, please allow sufficient time. Emergency Registration will take place at the front of the Sports Centre on Sunday.



B-Spoke Cycles

Road * Mountain * Leisure * Family

Triathlon & Road Specialists
Bike servicing & repairs

www.b-spokecycles.co.uk
info@b-spokecycles.co.uk

Dunnings Bridge Road, Aintree, L30 6UU

Registration Procedure

Collect your Race Pack

To register you will need to show a personal photo ID or a valid British Triathlon Membership Card.

Collect your race pack, this will contain;

- 1 x Race Number (req'd for access to transition)
- 1 x Bike Frame Sticker (req'd for access to transition)
- 1 x Custom Swim Cap
- 1 x Custom Technical T shirt
- 1 x Timing Chip – prior to starting the race fasten the strap by placing it around your left ankle and secure it in place using the Velcro fastener (attachment anywhere else will jeopardise an accurate race time.

n.b. please check you have the correct and matching race number, frame sticker and timing chip before leaving registration

RACE INFORMATION AND TIMINGS

Race HQ is open from 0545hrs and the Transition area open at 0600hrs. Bike racking will take place on Sunday morning ONLY.

Please ensure that you affix the bike number sticker provided in your race pack to the frame of your bike at the front for security reasons. Please rack in the corresponding numbered rack position using your seat onto the racking frame, in alternate directions. Only competitors will be allowed into the transition area (no friends/family allowed). Please attempt to rack your bike at least 30 minutes prior to your briefing time. 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.

Removal of your bike from the transition area will not be possible without your race number, which

corresponds with your bike frame sticker number on your frame/handlebars. If challenged, please be prepared to show race numbers at all times.

MANDATORY RACE BRIEFING

You will be issued with a briefing time which will require you to attend a short race briefing 15-30mins prior to your individual start time – this is mandatory for all participants. Any late changes (if required) will be included, as well as any questions can be answered here. DO NOT miss this briefing.

TRANSITION LOCATION AND ACCESS

Transition is on the running track in front of the Sports Centre (n.b. this is a change from previous years). Transition will be open from 0600hrs and for the remainder of the event. Entries in the earlier swim times will have priority at the start of the event. To rack your bikes and kit you will need to enter and exit the transition area at the entrance on the running track.

Please keep the amount of equipment left in transition to a minimum. Transition boxes etc. are not allowed to be kept in transition as per British Triathlon rules but excess kit and bags can be left at the side of the running track away from the main transition area.

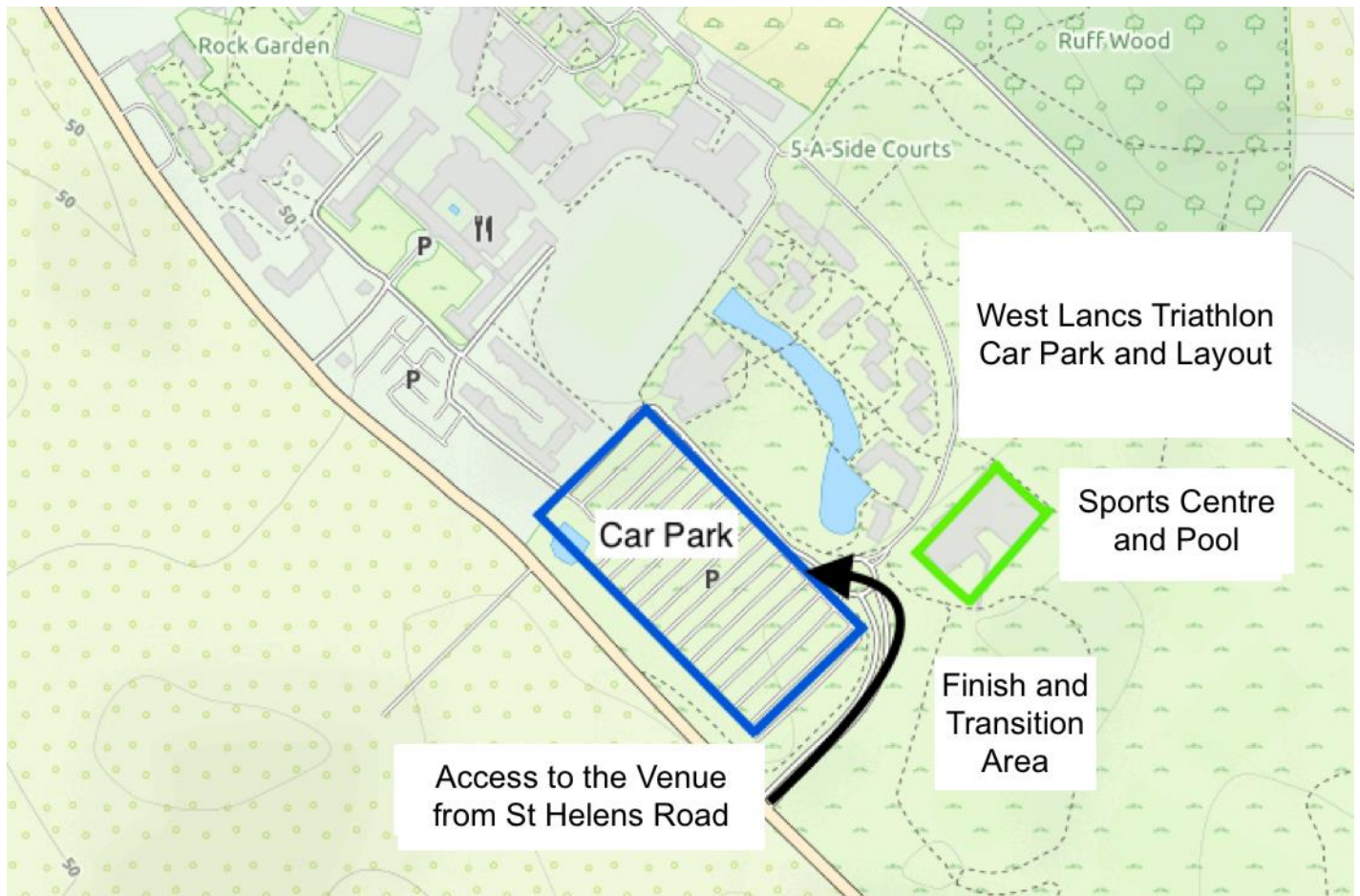
ENTRY TO TRANSITION

To gain entry to transition to rack your bike you will need to:

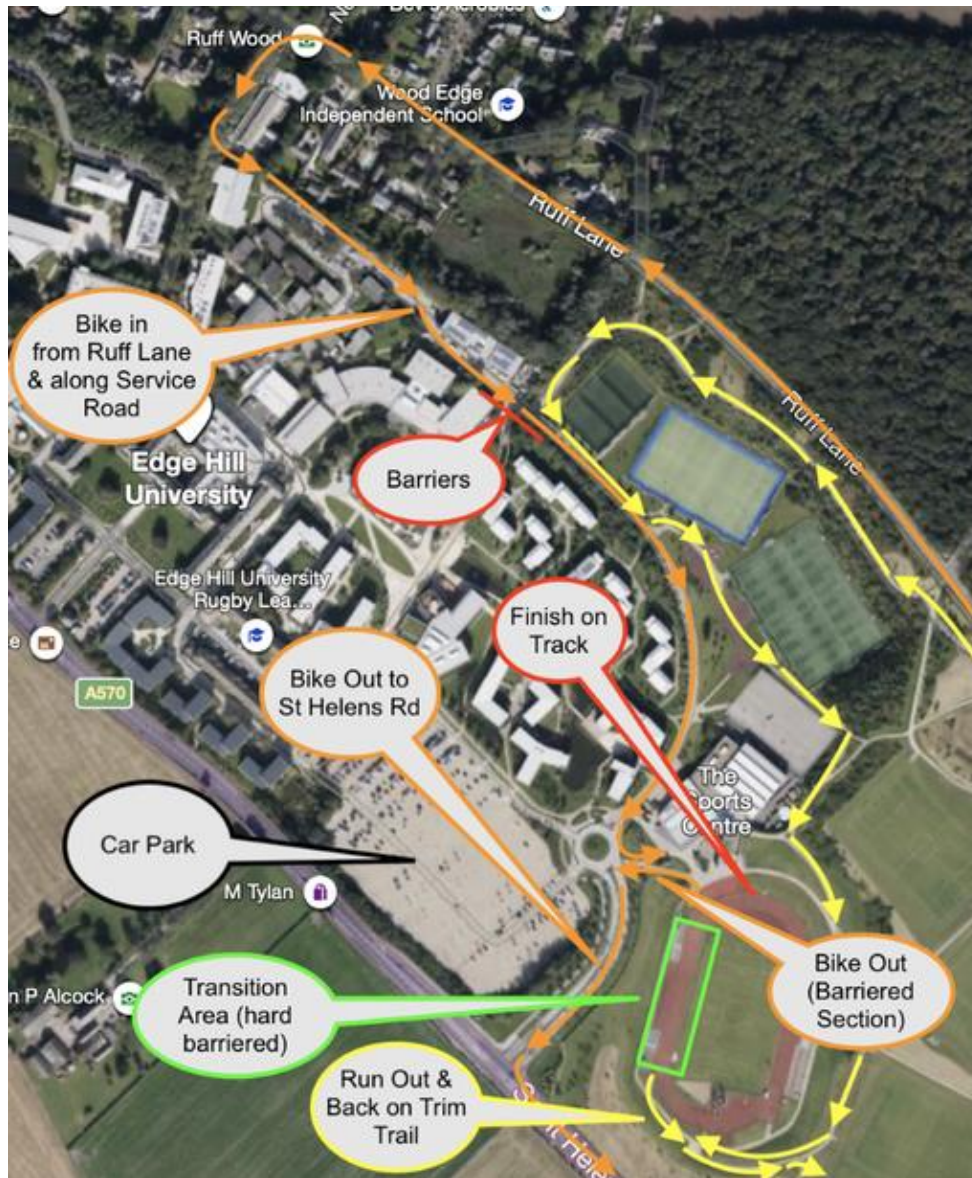
- Register and collect your race pack.
- Attach your bike sticker to the front of the frame or handlebars of your bike.
- Display your race number.
- Put your helmet on and ensure its fully fastened.

- Walk to the transition entrance where you will be greeted and shown where to rack your bike.
- No boxes or large bags to be left in transition – these can be left at the opposite end of the 3G pitch away from the main transition area

EVENT CAR PARK, SPORTS CENTRE AND TRANSITION AREA:

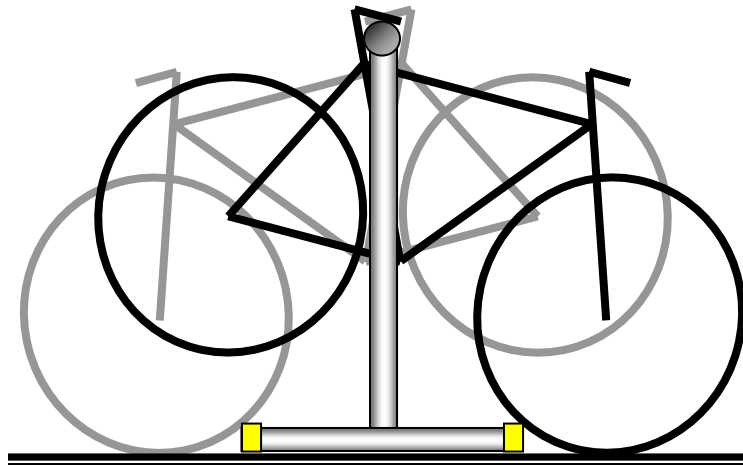


ACCESS TO TRANSITION



BIKE RACKING OPERATION

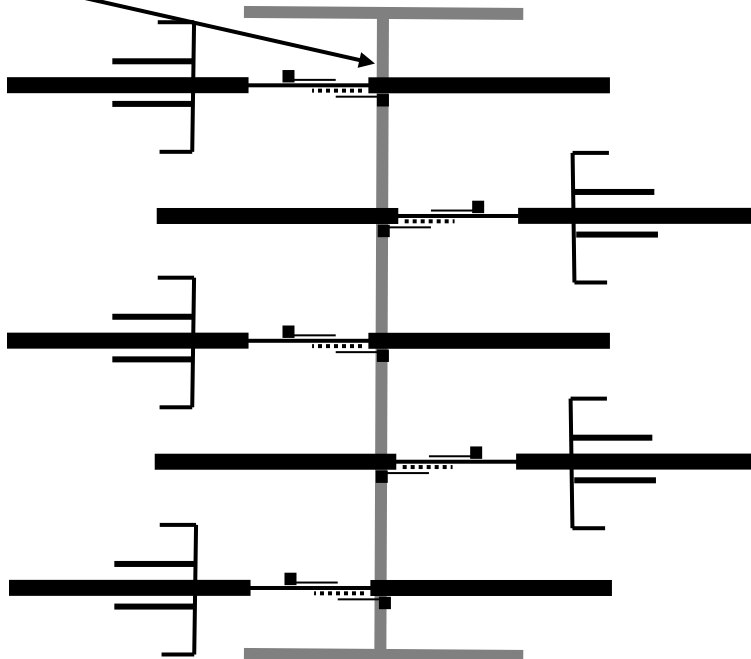
SECTION ON BIKE RACK



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

WEST LANCS TRIATHLON
001
Racking

PLAN ON BIKE RACK





THE SWIM - 400M (16 x 25m lengths)



The 400m swim will be conducted in the 25m pool inside the sports centre and will require the completion of 16 lengths. Start times have been allocated using the estimated swim times submitted on entry (Slowest first). Each swimmer has been allocated a lane and a fixed start time which must be adhered to. Please refer to the start list which will be emailed to you prior to the event and will include your poolside briefing time and your swim start time. Please report to poolside for your poolside briefing time and certainly no less than 20 minutes before your start time. If you miss your allocated starting slot then you will not be able to start and unfortunately it will be race over.

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

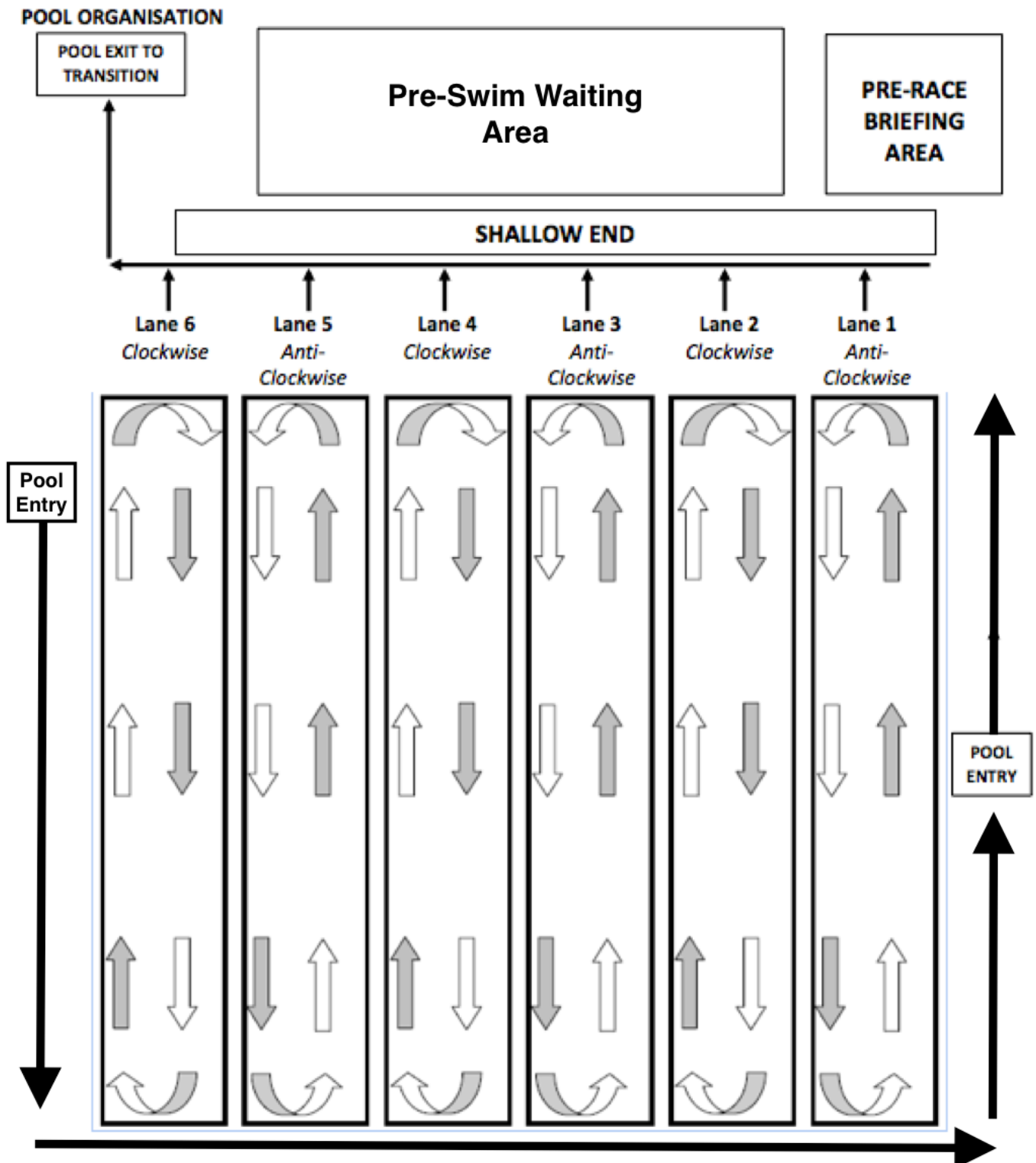
All competitors will push start in the water, diving into the pool is not allowed at any time. Tumble turns are allowed. The lane order has been selected on swim times, however, if you do catch the swimmer in front please tap their feet a couple of times, it is then the responsibility of the swimmer in

front to let you pass at the end of the current length. A time penalty may be awarded if the front swimmer persistently ignores this rule and does not allow faster swimmers to pass at the end of the pool. Please be patient and do not attempt to overtake during the length, a time penalty may also be awarded for any inappropriate conduct in the pool.

On completion of 14 of the required 16 lengths a kickboard will be placed into the water in front of you by the lane counter but please be aware it is your responsibility to count the number of lengths completed – the counters will assist where they can but with 500 participants it is impossible for them to count for every single participant.

There is a short run to the transition area which includes some clean and flat concrete/tarmac and grass - it is possible to pass through this section in barefeet but if you have sensitive feet or feel uncomfortable it is possible to leave footwear outside the pool at the swim exit for this purpose but please stay clear of the timing mats at swim exit and adhere the marshal's instructions n.b. ANY FOOTWEAR DROP OFF MUST BE COMPLETED **BEFORE COMING TO THE POOL**. Do not bring footwear or clothing into the pool area, you are not permitted to bring anything additional into the pool area, it must be kept clear – if you do bring anything with you it will be left in the Sports Centre Reception area for collection after the race. **The route from Swim Exit to Transition will be checked for sharp objects, but it cannot be guaranteed to be clear, therefore a barefoot run is completed at your own risk.** Exit to the side of the pool by the sauna/steam room area and through the staff exit then follow the route into transition. Be aware of runners/cyclists from earlier waves exiting transition.

As per British Triathlon rules competitors are not allowed to wear neoprene shorts/swim suits or calf guards of any material for a pool based swim.



THE BIKE – 18.5km (11.5miles)

Route

<https://www.strava.com/routes/2934519108494621164>



For the bike section signs will be in place similar to below, these may point left, right or straight on and will be in place before a junction or turn. At specific points on the course marshals will be in place, typically where you join a busy road or an area with reduced visibility. If a marshal tells you to slow or stop you must do so or you will be disqualified, but please be aware marshals cannot legally stop or direct traffic on the public highway in any way.



When collecting your bike from T1 you MUST fasten your helmet BEFORE touching your bike. After leaving transition, you will push your bike to the mount line marked on the path at the side of the track and manned by a marshal who will remind you to mount AFTER the line. There will be a time penalty if you mount before the line.

After 400m the course exits the University campus via the main entrance/exit onto St Helens Road where cyclists will turn left onto the short cycle lane which will ensure that participants are not affected by the traffic lights, after 800m take the left turn into Scarth Hill Lane. Then after 1.4km turn right to begin the first of THREE laps around Whiteley's Lane, Wigan Road, School Lane and Vicarage Lane (see route).

Whiteley's Lane is closed to traffic but you must still follow normal highway rules also being aware that resident's may require vehicular access and fellow competitors passing through on laps 2 and 3 – keep to the left, overtake on the right but do not cross the centre white line. Wigan Road and School Lane remain open to traffic with Vicarage Ln and Ruff Ln also closed however a one-way system for vehicles is necessary to maintain residents access.

After you have completed THREE LAPS turn right from Vicarage Ln onto Ruff Lane and back towards campus. There are signs denoting "Laps Left or Finish Right" and also a timing point at the junction of Vicarage Lane and Ruff Lane to record that participants have completed 3 LAPS.

West Lancs Triathlon is a NON-DRAFTING event, there will be a 2min penalty for drafting and potential disqualification for persistent offenders. A further explanation of the drafting rules is available on page 3 and also a summary [here](#). Please note there will be anti-drafting motorcycle referees on the bike course throughout the race

At the end of Lap 3 you will turn left off Ruff Lane into the rear Campus entrance and then follow the signed route along the service road back to the Dismount Line where you will be reminded by a marshal to dismount before the line and then push your bike into transition to rack and then remove your helmet.

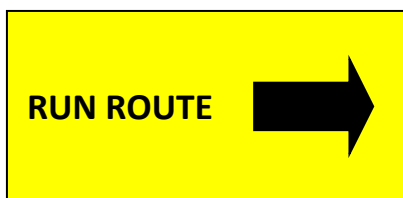
THE RUN - 5km (3.1miles)

Route

<https://www.strava.com/routes/2934526361697586668>



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



The run course is flat and fast and covers the purpose built running and conditioning trail added to Edge Hill Sport as part of the £25m million new sports centre project. The surface is an even mix of tarmac and gravel with the final 400m to the finish around the new running track. The course will be fully signposted and marshalled with a drinks station that will have water available after at the start of the route, please ensure you remain

RELAY TEAM INFORMATION

hydrated and make use of the drinks stations as required.

On completion of the bike section, having correctly racked your bike and removed your helmet, you will then exit transition and bear right to follow the 5k run route. The run route is two loops.

The run is relatively simple and follows the running trail but all runners should ensure they are paying attention to the marshals and route signage – please be aware of the route as you are running and follow signs/directions diligently.

At the end of the second lap you will turn back towards and then onto the running track for a rousing finish in front of the sports centre, where our Race Announcer will 'shout you home'!

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 changeover 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.

TIMING AND RESULTS

Please ensure your timing chip is secured to your left ankle for the duration of the race using the Velcro strap. **DO NOT cross any of the timing points before starting your race.** There will be 6 x timing points during the race – swim exit from the pool, bike exit from transition, bike lap, bike entrance to transition, run exit from transition and at the finish line. After crossing the finish, please remove your chip & strap and place in the bucket provided.

Any lost or missing chips will be charged at £20 each, this will be taken automatically from your debit/credit card if you fail to return it.

RESULTS

Your provisional result will be published LIVE on the results page on our website [HERE](#) as you cross the finish the finish line. Any queries relating to provisional results must be e-mailed to simon@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final and complete.

PRIZE GIVING AND PRESENTATION

Presentation will take place at 13:30 (approx) at the Finish area. You must attend to collect your prize, as prizes will not be posted out following the event. Prizes will be awarded for the following categories (min. entry 10 per age group):

- ❑ 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. 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!

EDGE HILL SPORT

Edge Hill Sport and University provides an incredible venue for West Lancashire Spring and Summer Triathlon each year. Please ensure you treat the facilities with respect. The leisure centre café will be open for business during and after the event along with a mobile catering facility at the front of the Sports Centre.

PHOTOGRAPHS

Race photographs will be taken by the Official Event Photographers and will be **available as a FREE hi-res digital download** approx. 12-24hrs

after the event. Please be aware that all images will be published online, if you prefer your pictures not to be published please make us aware as soon as possible.

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: info@epicevents.co.uk

website: www.epicevents.co.uk



THE Endurance Coach

Sports Science & Coaching Support

Triathlon Coaching Plans
VO2 Max Testing
Lactate Threshold Testing
Open Water Swim Coaching (Wigan)
Bike Fitting Services

www.TheEnduranceCoach.com
testing@TheEnduranceCoach.com

308 Mossy Lea Road, Wrightington, Wigan