

# TRI COACHING UK

Presents

## EASTNOR CASTLE

## MIDDLE DISTANCE

## TRIATHLON

### Date

The first Eastnor Castle Triathlon will take place on the 24th September 2006 starting at 10.00am

### Race Venue

The race is to be held at Eastnor Castle which is situated nr to the small market town of Ledbury. Nestled in the foot hills of the Malvern's this race will be a test for athletes at the end of their race season

### Camping

Camping is available at Eastnor and is free of charge to athletes on the race weekend. It will be situated in the Dear Park near to the Finish area.

### Registration

This will take place in the Dear Park on Saturday 23rd September between 3pm and 5pm and then also from 8am on Sunday 24th September. Please ensure that you register at least 45mins before the start

BTA members must show a valid race licence of a £3 levy will be charged for day licence.

559 Active will have there stall at the event for those last minute buys.

Pasta Party will take place for athletes at 7.30pm. Guests can come but a Charge of £3 will apply.

### Race Brief

There will be a race brief by the registration tent at 9.30 am please make the effort to attend the briefing as it will give you any last minute information.

### Swim

This will be 1900m. Competitors will be swimming in the Castle Lake. It will be two laps. SARA will be in attendance for water safety and Wye Dean Canoe club for support. If you get into difficulty roll onto your back and place one hand in the air. It is likely to be a wetsuit swim

but this will be optional depending on the water temperature. This will be advised at registration.

### **Transition**

Transition 1 will be just after the exit of the lake. Transition 2 will be in the Dear park. Exact details to follow. Only athletes and officials will be allowed into the transition area. This is for the security of the bikes. The racks will be numbered. Please keep your area tidy so not to impede other athletes.

### **Bike**

Your Helmet must be on and securely clipped on before you move your bike from the racking. The bike route is a 4 lap course. This is due to a show at the Three counties showground. It is approx 86km long. It has one testing climb halfway on the course but then has a fast decent. The rest of the course is rolling with some fast sections and great views

The BTA state (rule 18.5) that " all competitors must follow the normal rules of the road, obey all traffic signals. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor". If a marshal of official tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

### **Run**

This will be in the Castles Dear park. At 10miles long this will provide a tough finish to the event. It will be a lapped run route which allows for good access for the spectators. There will be feed stations on the run providing water, high five and bananas.

### **Showers and Changing.**

There are no showers available at Eastnor but there will be toilets.

### **Refreshments.**

There will be feed stations on the run course but athletes will need to carry there own race nutrition on the bike course. Athletes will have access to water and banana's after the race and there will also be a refreshments van to sell food to spectators and athletes after there race.

### **Prizes**

These will be awarded to the first 3 male/female athletes, First 3 male/female vet 40 athletes and then 1<sup>st</sup> male/female vet 50 athletes.

### **Marshals**

Marshals are always welcome and could you please contact me before the event to let me know. 01594 860454