



# East Leake 'end of season' Triathlon

**Sunday 27<sup>th</sup> September 2020**

East Leake Leisure centre, Lantern Lane,  
Near Loughborough, LE12 6QN



## Provisional Event Information

**Please read all this information – there are changes from previous years events.**

In previous years we have always been conscious of trying to make our events as spectator friendly as possible.

**\*\*\*However, throughout these times we are discouraging spectators to attend the event to avoid too many people at the venue throughout the morning. Unless absolutely necessary - you need a support helper on the day\*\*\***

### Venue & Directions -

This well-established event is now in its 17<sup>th</sup> year and was crowned **East Midlands event of the year for 2012.** East Leake leisure centre is located five miles north of Loughborough and ten miles south of Nottingham, with easy access to Loughborough, Nottingham, Leicester and Derby.

M1 junction 24, head for Kegworth/Kingston on Soar/Gotham. Visit [www.endorphinsport.com](http://www.endorphinsport.com) for a map of the area.

**Please read all the event information!**

### Car Parking -

**\*\*\*arrive changed and ready\*\*\***

**If you are arriving after 8.30am PLEASE use the car parks in East Leake Village, (NOT THE LEISURE CENTRE), opposite the fire station. Please do not approach Lantern lane in your cars after 8.30am you will be turned away & probably obstruct competitors (YOURSELF) and increase the risk of accidents TO YOURSELF. Please do not jeopardise the future of this event AND OTHER EVENTS.... Thank you.**

Car parking will be available in the Leisure centre grounds **before 8.30am.** Please remember that cyclists will be on the cycle course if you are arriving after 8am, so please drive carefully on your approach to the Lantern Lane. Please allow plenty of time to park, rack your cycle and get to the swim start ready to collect your timing chip.

### Registration – day before

**\*\*\*Saturday 26 September 12-5pm\*\*\***

The will take place outside in the car park outside the Leisure centre main entrance building. Before registering, please find your race number on the start entry list (available on [www.endorphinsport.com](http://www.endorphinsport.com)) and on entering the registration area. If you are a BTF member, please show your BTF Licence with photo or you will be asked to pay the day licence fee (£6 – adults and £1 – under 15-19 years). If you are not a BTF member then you pick up a day licence from registration. All competitors will receive two race numbers (to be pinned at least all 4 corners back and front of your race top, or back to back on a race belt). **Please bring your own safety pins.** You will also receive 2 number stickers, one for your bike frame and one for your helmet. **Timing chips will be used; these will be issued on the morning of the event in the swim holding area** - please don't forget to secure on your left ankle before going to the pool! If you lose your chip you will be charged - £50!! Please ensure your race number is visible at all times & do not fold your numbers! You may receive a 2-minute penalty if you do. You have been warned!

**\*\*\*Please ensure you arrive with your Pre Event Health questionnaire completed to save time & help us all keep safer and respecting social distancing.\*\*\***

### Race briefings – \*\*\*Saturday 26 September\*\*\*

**After you have registered.**

You **must** attend at least one of these race briefings. This will be your best opportunity to ask questions to the event directors and be notified of any last minute changes or safety issues.

### Race Start – 8:00 –

**\*\*\*you will collect your timing chip before you go in the pool – not at registration\*\*\***

The first wave of competitors will be off at 8am. Swimmers will start in groups of 4 (1 per lane) at 5-6mins intervals.

**Please note:** It is your responsibility to be in swim holding area 15mins before your allocated start time. If you miss your start time, you will be asked to wait till the end. **Only competitors will be permitted in the swim holding area.**

### Transition Area – Open from 7am onwards

This will be in the car park next to the Schools Hall near registration. Entry to the transition area will require you to show your race number and bike frame number. Should you wish to take your bike out (this is for security reasons) there will be one main entrance to the transition area, through the SWIM IN. The transition area will only be open to competitors and will remain open throughout the duration of the event so if you are preparing to race or have finished racing, please be aware of competitors who are, they will have right of way!!! It is important that you understand where all the entrances and exits are and where your bike is in relation to these! Also make sure you set out your equipment, so that when you come into transition from the swim, your bike gear is ready to go and similarly, when you return from the bike leg, your running gear is ready to go.

### Relay Event – we need to see ALL BTF licenses

Only one person from each team will be expected to register. Each team will receive 2 race numbers (one for the cyclists back, one for the runner's front), 2 x number stickers for the bike and helmet. There will be a **changeover zone** for relay teams. The swimmer will run to transition area and handover the baton (timing chip) the cyclist (next to the bike). The cyclist will then be able to un-rack the bike and make their way out of transition on the bike leg. On returning, the cyclist must first rack the bike and then hand over the baton (timing chip) to the runner (waiting next to bike rack number.). The runner will then complete his/her leg and finish at the finish line. **Under 15's can race completing the swim or run leg in a Team of 3. Swimmer minimum age is 11yrs & runner is 13yrs. Age on 31<sup>st</sup> Dec.**

### **The Swim – 400m (16 lengths). No wetsuits! Tumble turns are permitted – no backstroke!**

The swim will be in a 4 lane, **25m pool**. Competitors need to be in the swim holding area 15mins before your start time changed & ready to **collect your timing chip**. The swim marshal will group the swimmers into waves, with 4 swimmers to a wave and each wave starting every 5-6mins.

**Please note:** It is the swimmer's responsibility to count their lengths, however there will be a marshal counting swimmers at random.

Your start time is based on your estimated swim time submitted on entry. The swimmers around you will be of a similar standard, but if you need to overtake then please

check the opposite direction as there may be up to 4 swimmers per lane and we don't want any collisions! You will be told which direction to swim in, on entering the lane. On completion of your 16 lengths, exit through the marked fire

exit. **There will be no changing facilities.** Follow the signs for the transition area (this is a 150m run on paths & grass, please be careful) and find your bike. The surface is tarmac & grass & will be swept clean, but if you want to wear shoes for this section then place your shoes outside the fire exit on exiting the pool. Swim hats are not supplied and are optional.

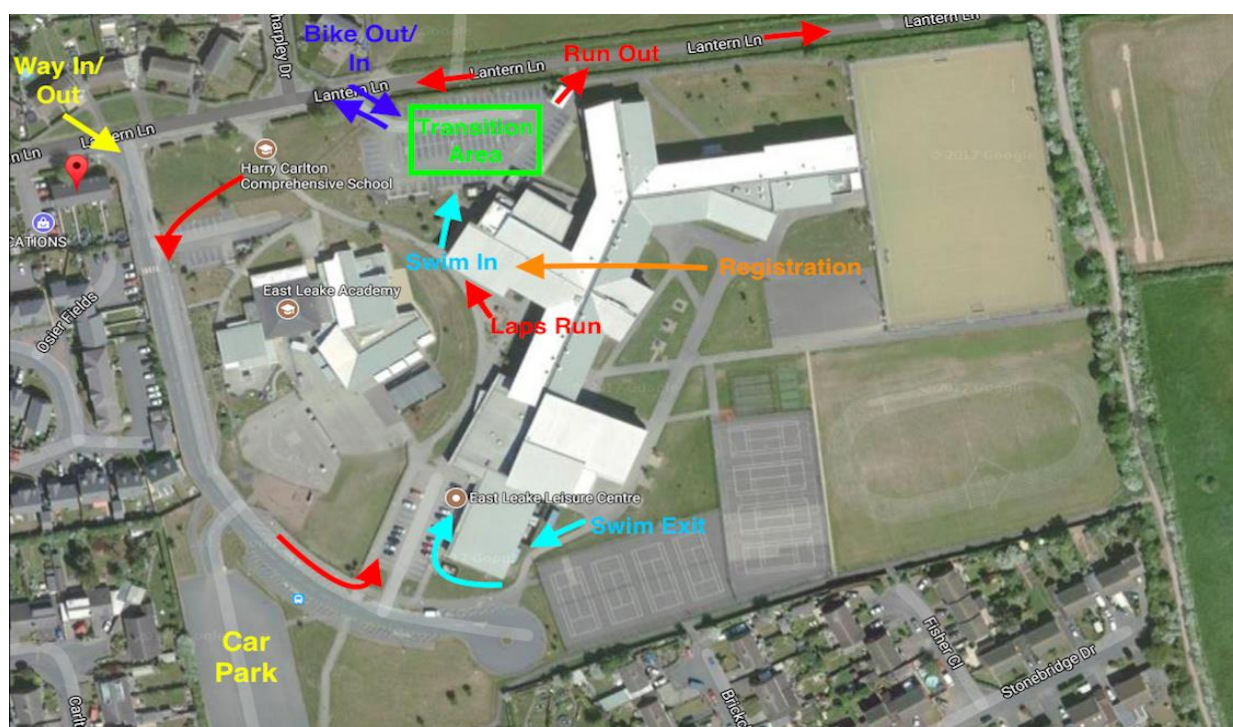
The weather could be very cold for all competitors on race day whatever time you are starting. Competitors will be allowed to leave a cycling jacket/gilet and gloves outside the fire exit if they wish but please be mindful of your start time so we don't have 300 items of clothing on the pool exit.

**Start times are based on your estimated 400m swim time with the slowest swimmers start first from 8am.**

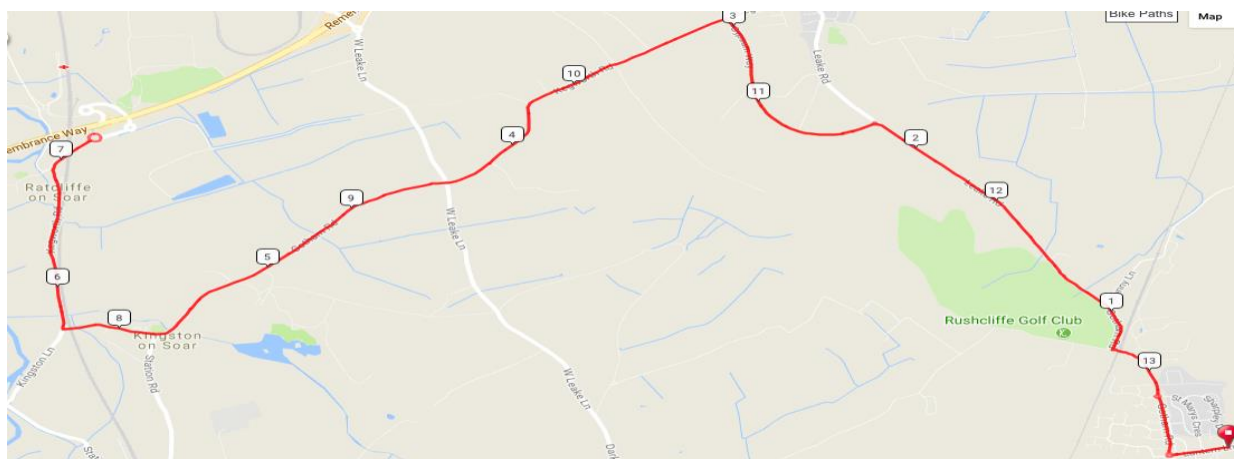
**\*\*\*Competitors need to be in the swim holding area at least 15mins before your start time changed & ready to collect your timing chip\*\*\***

**\*\*\*There will be no changing facilities, only Porta loos\*\*\***

### **Course Layout**



### **Bike Route**





## Run Route



**The Bike – 22km - NEW ROUTE FROM SEPT 2016** due to road works (Download map from website)

Please dress appropriately for the weather conditions. **Ensure your race number is clearly visible on the back of your outer clothing.** You must have your helmet fastened, before you can touch your bike and make your way out of the BIKE OUT channel. On exiting the bike out channel, you will mount your bike at the MOUNT LINE. DO NOT mount your bike before this point; or you will be disqualified as this is for your own safety. **Please note;** all the roads used in this route are open to the public. You are expected to adhere to all rules of the Highway Code, this means giving way to traffic at junctions and all roundabouts. **Any competitors seen to not be adhering to these rules or riding dangerously will be disqualified. It isn't worth taking unnecessary risks for the sake of a couple of seconds!**

The bike course will be an out & back undulating course. See map on website – [www.endorphinsport.com](http://www.endorphinsport.com)

Turn left out of transition onto Lantern Lane & **turn right** at the first Round about please take care at this point, giving way to oncoming traffic. From here, follow the road down across the next round about and head towards Gotham & turn left at the mini about. Take a left at the next mini round about & head for Kingston on Soar. Through the village & **turn right** at the T-junction under the bridge, continue over the bridge at Ratcliffe on Soar then around the round about turning back on yourself heading for Kingston on Soar again **turning right** this time & follow the same route back to East Leake turning left at the very first round about onto lantern lane & head for the transition area. Please respect the fact that all volunteers/Marshall's have given up their day so that you can race and the event would not be possible without them, so please abide by their decision - they are there for everyone's safety. Dismount at the DISMOUNT LINE and then run with your bike into transition and rack it in the same place you left from. Once your bike is racked, you are permitted to take off your helmet, change to your running gear and head out of transition. ***Dangerous cycling will not be tolerated – you have been warned!***

**The Run – 5km (3 laps).** NO BANDS TO COLLECT!

**Your number must be clearly visible on the front of your outer clothing.** Exit transition through the RUN OUT gate and join the run course. Again, as in the swim, it is your responsibility to make sure you have completed the required 3 laps! On leaving the transition area, follow the race marshal's directions & signs onto the paths near the school turning right leading onto the quite country roads and bridle paths. At the top of the track turn around traffic cone and marshal and head straight back down the same track

returning to the school grounds. On returning to the school's grounds, be careful at the crossing where you join the path completing a lap around the primary school. The route will be 3 out & back flat laps. Turn around points will be marked by RUN TURN signs & race marshals. Please be aware that although these lanes are very quiet, it is possible that occasional motor vehicles may be using them for access.

**Spectators –** Please discourage your friends and family to attend unless you need a specific helper....

In previous years we have always been conscious of trying to make our events as spectator friendly as possible.

**\*\*\*However, throughout these times we are discouraging spectators to attend the event to avoid too many people at the venue. Unless absolutely necessary - you need a support helper on the day\*\***

## Event Rules –

This event will be held in accordance with the BTF rules. Approved helmets and road worthy cycles are mandatory. All competitors will require third party insurance either via a BTF Day Licence or as part of the BTF Membership. If you need any more information on these please visit [British Triathlon Code of Conduct for Competitors](#)  
**Safeguarding & Welfare and event Photography** details will be on the notice board at registration.

## Results –

Timing chips will be used on this event making it possible for you to view your time soon after crossing the finish line. Please hand your timing chip back at the finish. If you lose your chip you will be charged - £50! A provisional set of results will be published on the day; any disputes or amendments must be made immediately via the race directors/referee **ON THE DAY**. A full set of FINAL results will be available on [www.endorphinsport.com](http://www.endorphinsport.com) the Monday following the event.

## Prizes – 1, 2, 3 in each age group!

There will be **NO formal presentation** but we will lay out prizes for those allegeable approx. 30mins after the last finisher. Prizes will be awarded to fastest 3 Males & Females overall, 1st in each **Fastest Team** (at least 2 in team), **Fastest Family** (3 people as relay) and **1st, 2nd & 3rd Male & Female in each age group 15-16yrs, 17-19, 20-29, 30-39 and so on.**

**Please try & stay to collect your prize, we will not post prizes after the event.**

## Refreshments – [Little Schnauzer Coffee Company](#)

Drinks and snacks will be available throughout the race near the transition area. **Please respect social distancing.**  
**You will not be allowed into the Leisure centre throughout the morning – only competitors at the start of the swim.**

## Further Information -

Please note that we will not be checking emails 4 days prior to the event so check the website for all event information [www.endorphinsport.com](http://www.endorphinsport.com) or call Dean 07719386447 **before doing so please double check if it is necessary! Please understand that we will be busy in the weeks before the event and we like the great outdoors and are not glued to our phones all the time! ☺**

## Thank you

We would like to thank all the marshals/volunteers, whom without the event would never happen. All the staff at East Leake Leisure centre and all those that made it possible to run this event. Please respect the fact that all volunteers/Marshall's have given up their day so that you can enjoy the event and would not be possible without them, so please abide by their decision - they are there for everyone's safety and enjoyment.

Again, we would like to thank all marshals and volunteers and Leisure centre staff for all their hard work and support -

**Thank you**

**Be Safe, Think of Others, enjoy the event and hopefully see you again at our 2021 events:**

**[28th March 2021 - East Leake Triathlon](#)**

**[13th June 2021 - Staunton Harold Triathlon](#)**

**Dean & Rich  
Events Directors**

