

**CURLY'S  
ATHLETES**

08:30  
Sunday the 24th September 2023



# The Woodhall Spa Sprint Triathlon 2023 'Welcome Curly's tri-Athletes!'





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## It's Triathlon time!

"Jubilee Park are delighted to be bringing Triathlon to the Park after an incredibly successful return of the 10k event back in June.

Curly's Athletes are a great fit for us and their extensive involvement with charity and community races was a great bonus, their mantra of "Purpose before profit" fits perfectly with our event and organisational ethos.

We are really looking forward to working with them to deliver the 2023 race and beyond.

We look forward to welcoming Triathletes and supporters back to Jubilee Park and the start line."

The race is ran under British Triathlon Federation Rules, a copy of which can be found here: [www.britishtriathlon.org/competitionrules](http://www.britishtriathlon.org/competitionrules) we have also highlighted the main points in this information pack.



Curly's Athletes is a community and charity focused event management team, who believe everyone is an athlete. We're a super small team, with a non profit ethos and a drive to 'do good' (that takes many different forms... but all gets people moving!)

We're here to help you find your next challenge, give you a bit of support and plenty of encouragement!

Our goal is to promote physical activity by providing people with inspirational, fun, great value and professionally run physical challenges. We know the benefits of this to the individuals and community are huge (both in terms of physical and mental well-being.)

If you would like to look for your next challenge or find out more about Curly's Athletes then pop along to our website: <http://www.curlysathletes.co.uk> or Facebook page: <https://www.facebook.com/curlysathletes/>



# Parking

Car parking is at a premium and a real challenge in the area. We have however secured a lovely field :) Of course, it's going to be busy. Allow time, car share as much as possible and if you can park away from the main car park that's great but do not block residential streets and/or any access to properties (A £1 charity fee may apply at the car park)

Nb: This is a field... so if you're coming in the weekend sports car then it may be a tad 'grassy' so take care and if in doubt please find space locally on some lovely smooth tarmac. **DO NOT PARK ON GREEN LANE** (this is a single track road... you don't want to be 'that person' who blocks the road)

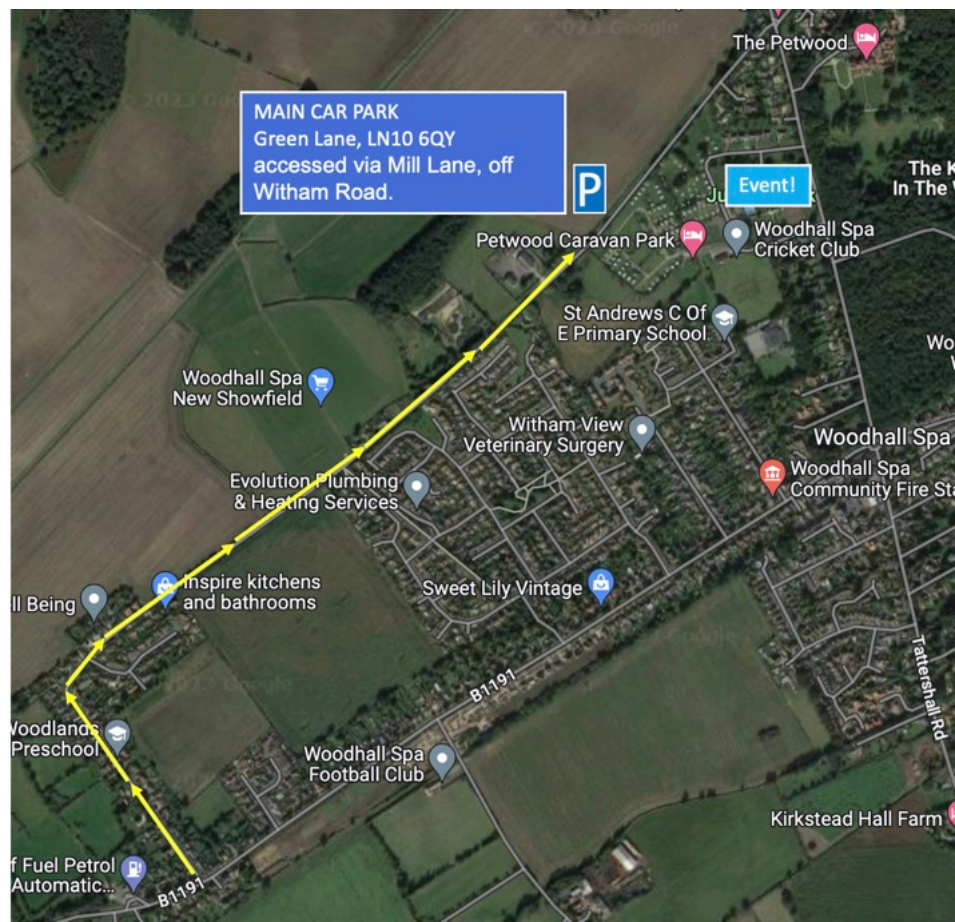
Green Lane – This is the main car park & is ideally accessed via Mill Lane, off Witham Road. Postcode is LN10 6QY

**Jubilee Park – NOT FOR Triathletes or Spectators.** This Car Park is open for disabled parking, site customers & residents. Please don't head for it as a triathlete as you will be turned away.

Please note: As you depart the main car park if before 13:00 please turn right on exiting at the top end of the road will be closed. **Please also note that runners will be on the road and paths in this area so please take care and be considerate.**

## Finding Jubilee Park

You'll find handy little yellow arrows directing you in to registration, it's around 500-750 metres from the main car park (depending in which spot you park in)



# Numbers, Timing chips, Stickers, Help, & T-shirts

All numbers, stickers and t-shirts are collected on event weekend from our registration tents next to the transition exit.

Registration is open will be open Saturday 16:30-18:30 and Sunday 06:30 to 08:00.

If you are a BTF member, please ensure you have your membership card. Should you not be able to produce this then you will be charged £5 for a day licence.

We have a pre-packed envelope for you and inside you will find the follow:

- 2 x race numbers, one to fasten to the rear of your top for the cycle part and one to fasten to the front of your top for the run (1 can be used if using a number belt, but ensure number is displayed rear for cycle and front for run) \*NB no race numbers need fastening to anything you're swimming in ... leave these on your clothes/number belt in transition.
- 1 x bike sticker, to be stuck to the left hand side of your seat post
- 1 x helmet sticker, to be stuck on the front or left hand side of your helmet
- Timing chip and ankle strap, for oddly enough fastening on your LEFT ANKLE (it then avoids your bike gears ;) ) ahead of the swim. THIS MUST BE RETURNED AT THE END OF THE EVENT (failure to do so will result in a charge for a replacement) If it falls off and you don't pick it up then please flag to your closest marshal, this will likely lead to no split times been available for you. If you pop a safety pin through the velcro strap this can help prevent it falling off :)
- T-shirts, you told us your size when you signed up and it will be on the front of our race envelope :) You collect these when you collect your number and no swapping sizes.
- Transition wrist band, please put this on before dropping your bike and kit off. It must then be worn at all times until you've collected your bike and you toddle off home triumphantly.

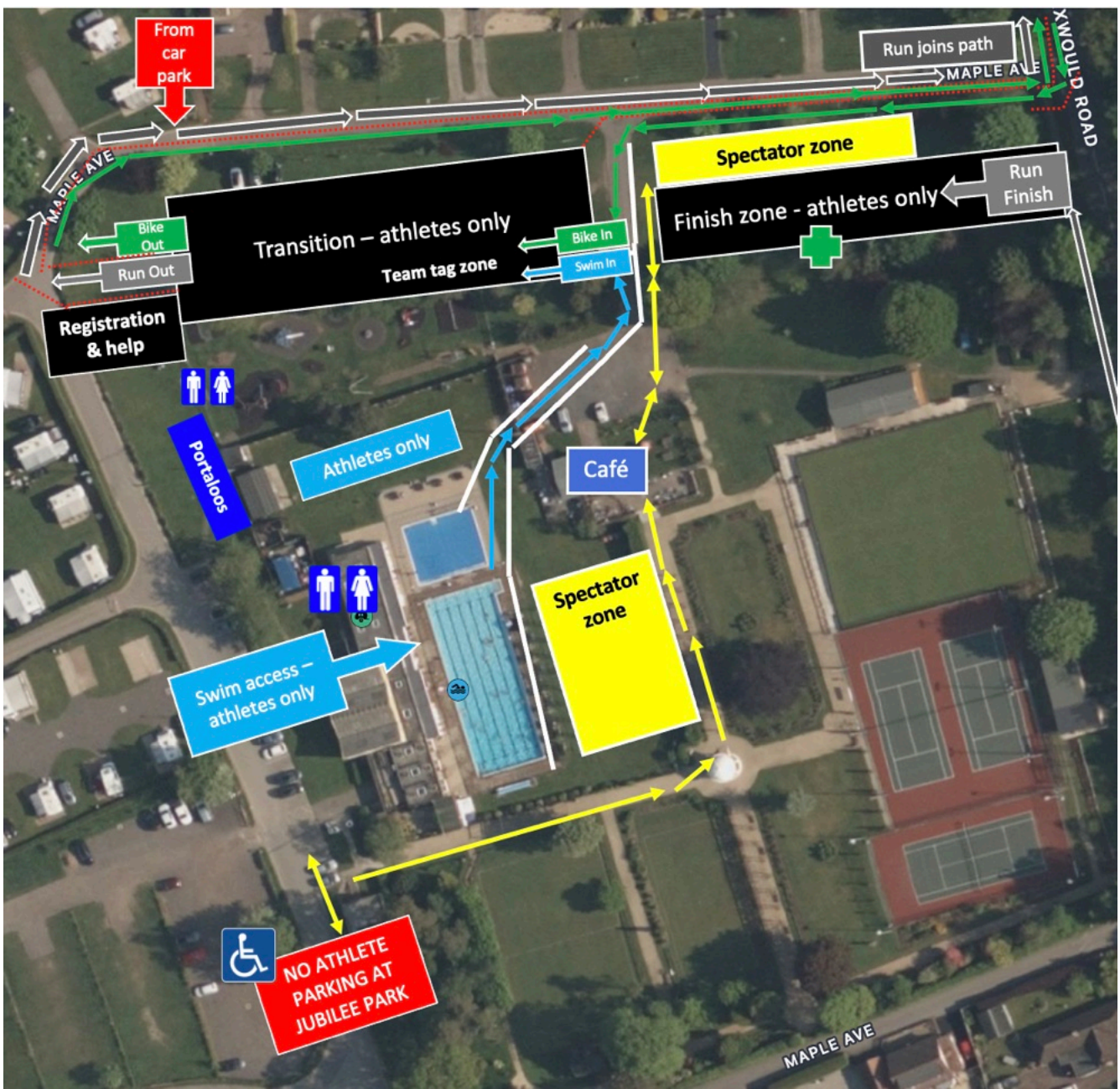
Top tips:

- NUMBER BELTS, buy one :) it's an easy way of having your number in the right place for the bike (rear) and run (front). We also recommend purchasing a small hole punch ... to help get the number on and in the right spot.

- KNOW YOUR RACE NUMBER before you turn up, we will publish these on the website. Registration is laid out by race number vs surname name, as it's in order of swim time. Our steadiest swimmers head off first. And our speedier peeps set off last.

We will have a help point set up (signposted registration) where you can come and see us with any problems. However unless it's an 'on the day thing' then please email in beforehand to help us ... help you ! Email: [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk)

**\*Entry amends / cancellations** If you wish to amend or transfer your entry this must be done **14 days** ahead of the event. Log into [etchrock.com](http://etchrock.com) to update any details. If you're unable to attend the race, then you can transfer to another event up to 14 days before. Partial refunds are available until 28 days before (50%), full refunds are at 90 days ahead of the event. **DO NOT USE SOMEONE ELSE'S NUMBER** without transferring officially, this is dangerous for athletes involved in a medical emergency and puts our team at risk.



# Event timings

Saturday: Registration open 16:30-18:30

Sunday:

06:00 Car park open

06:30-08:00 Registration open

06:30-08:15 Transition opens (closing at 08:15 ahead of race start, all athletes need to exit)

08:00 - Athlete briefing in transition and finish area (this is primarily held virtually but we will highlight any key points or any last minute changes.

**08:00-13:00 Road closure** in place in front of Jubilee park heading North bound on Stixwould Road, traffic control in place heading South South.

07:30 Main volunteer brief (if you would like to get involved please e-mail [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk) all volunteers also get a rather jazzy event t-shirt!) nb: some other volunteer briefs may be later so please check out our support team FB page or get in touch.

08:30 Race start

08:30-10:50 Swim waves underway! \*\*Athletes to arrive poolside 10 minutes ahead of wave start\*\*

08:40 First Bike underway (est)

09:27 First Run underway (est)

09:45 First Overall finisher! (est)

11:00 Final Bike underway (est)

12:30-13:00 Final Overall finisher :)

12:30-13:00 Presentations commence (est)

# Transition

Opens:

06:30 – 08:15 on event day only

Reopens for bike & kit collection: 11:00

Standard bike checks will be carried out. **It is the athlete's responsibility to ensure that,**

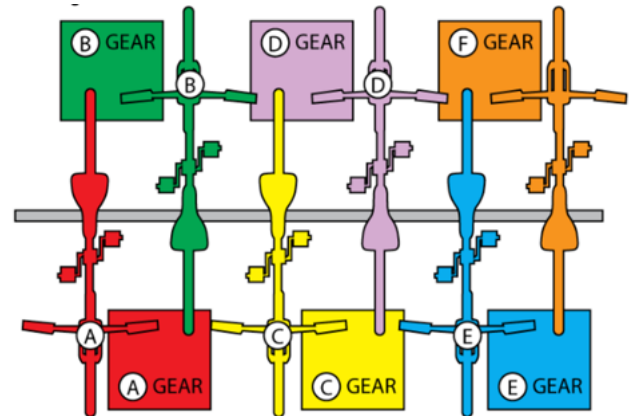
- A) **There bike is road worthy.**
- B) **They have two working brakes.**
- C) **Both end stops are in the handlebars.**

Transition is manned by a Marshal to ensure the security of kit. **This area is strictly for athletes.**

The area will become sterile once the race is underway and no athlete may enter. This will remain so until the last rider is back in. Then athletes be allowed to remove kit from the area. To do so you **MUST** produce your race number that corresponds to your bike and have your transition wrist band on.

Racking your Bike: We have 500 athletes taking part (that's a lot of bikes!) so please keep a minimal amount of kit neatly to the left hand side of you bike (as shown below).

Please hang the nose of the saddle in alternating directions. Each racking space has a numbered sticker, please find your number and rack the nose of your saddle on the sticker. Your transition gear should be placed on the left side of the bike (as shown below) Do not overlap into your fellow athletes spot or obstruct other bikes. Bring the minimal amount of kit into transition. No additional bag drop is available at the event.



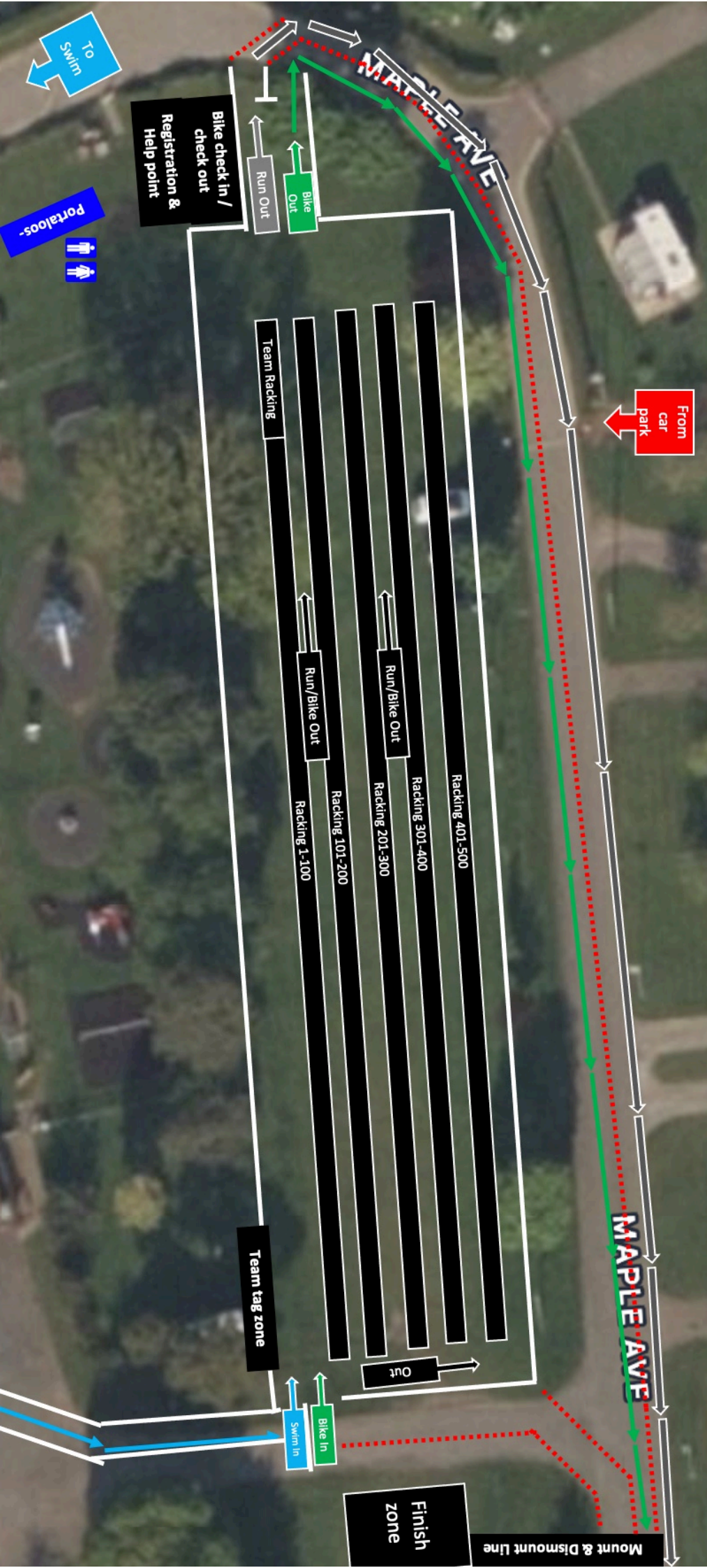
Transition rules & tips:

- **Do not touch your bike until you have secured your helmet**
- Keep aware of your surroundings at fellow athletes, they'll be a lot of action and movement in this area. We have planned transitions to ensure we have a one way flow of athletes.
- Familiarise yourself with your bike's position and which row to head down out of the swim, this will make for a much smoother and faster exit

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# Transition layout





# Swim - 400m

The swim is 12 lengths (it's a 33m pool!)

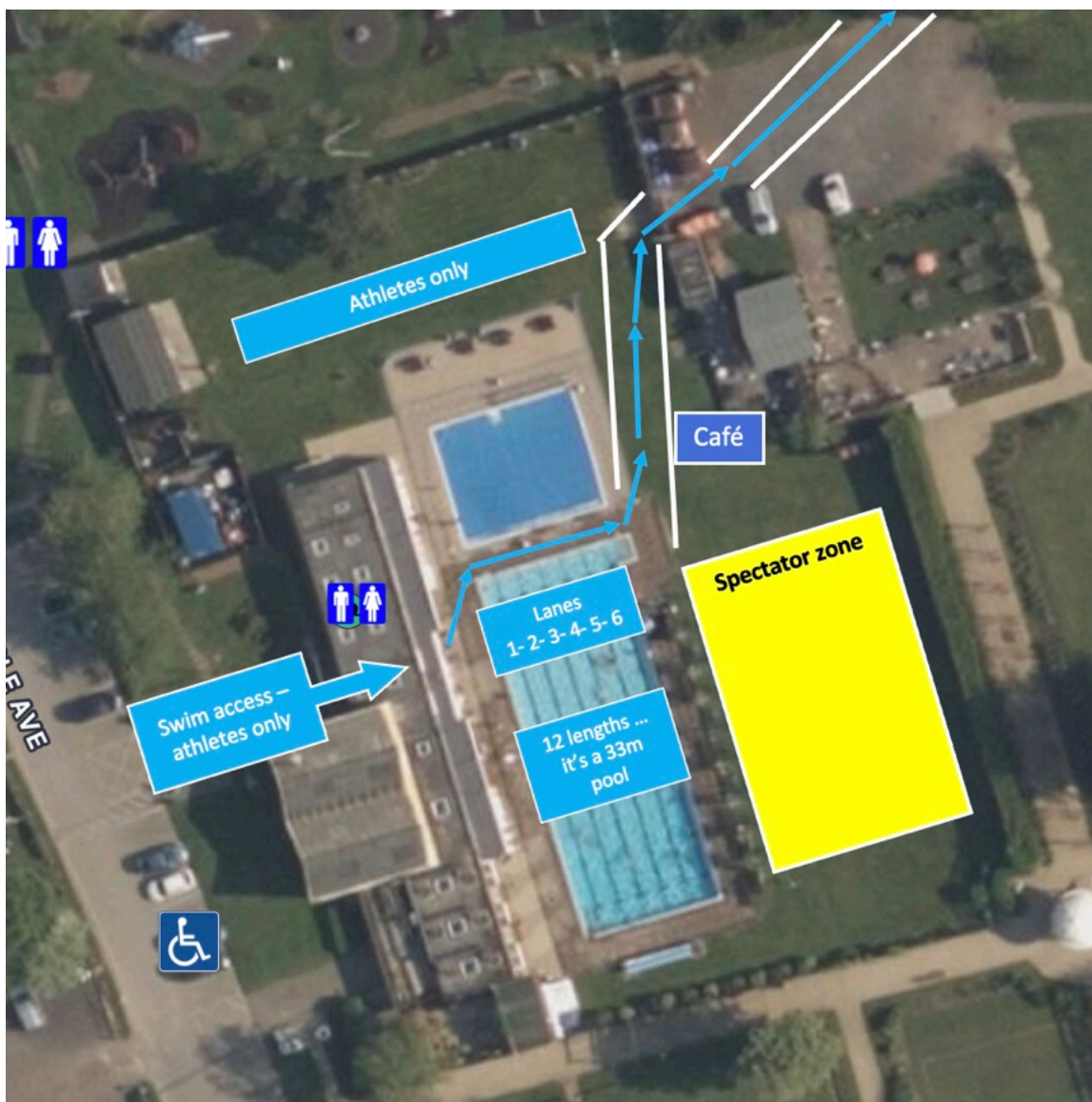
Our team wont be counting lengths for you, and it's your responsibility to keep track. We will however be spot checking and monitoring.

Swim waves start from 08:30 until all done around 10:50.

Your wave time start is based on your submitted swim times (longest swim times head of first, and get progressively quicker). Swimmers are set off in waves with a one minute gap between each wave. You will be allowed in the water 30 seconds before our start.

All swimmers must exit via the pool end and not use any steps/ladders to the side of the pool.

- Swim direction: You will be informed to swim clockwise or anti clockwise depending on the lane. This is alternated to avoid arm collisions over the lane rope.



# Transition 1 'Swim to Bike'

Running in from the swim, things to note:

- Pop on your additional clothing (top / socks / gloves / glasses etc) ahead of going out on the bike
- **Public nudity is not allowed** so as a good rule of thumb... put clothes on only in the area and don't take any off!
- Ensure your helmet is on and fastened before you touch your bike
- Make sure you are displaying a race number to your rear
- Run to the exit and keep running with your bike (150m) until you reach the mount line. Only after passing this mount line may you mount your bicycle. Please keep an eye out for cyclist coming from behind at this point and move to one side if you need more time to mount your bike.

# Bike - 24km

The cycle is a very flat great ride out around the fantastic local countryside.

Highway Code: While this may be a race, all cyclists are required to adhere to the highway code and at all times to ensure their own and the safety of other road users. The event is held on mainly open roads without road closures.

Stay left - be observant when overtaking - ensure the road is clear before making and turns into or out of junctions - look out for road hazards and uneven surfaces - do not cut corners

We have response medical and safety vehicles patrolling the cycle course, any concerns or issues please make contact with the nearest event team member or call 07947 023 143 our safety team. In the event where a life is at risk please call 999 if you cant quickly contact our team. Please where possible contact us firstly, we have a medical team on standby and will provide a faster response time.

- No drafting, we've put a handy guide on the event web page to explain but this is a NON DRAFTING event and rider must maintain a 10m distance from other bikes / 12 metres from vehicles, unless overtaking (you have 20 seconds to make a pass)

Traffic control at the start and finish \*please read and obey the Stop / Go order if required\*

At the very start of the cycle we have a Stop / Go control system to support a safe right turn for cyclists. Please observe the instructions and (a road closure is in place to further support this))

At the very finish of the event in the same location a Stop / Go control is also in place which supports the cross over of cyclists, and a right turn into the finish. Again please observe the instruction on the board.

## WHAT IS DRAFTING?

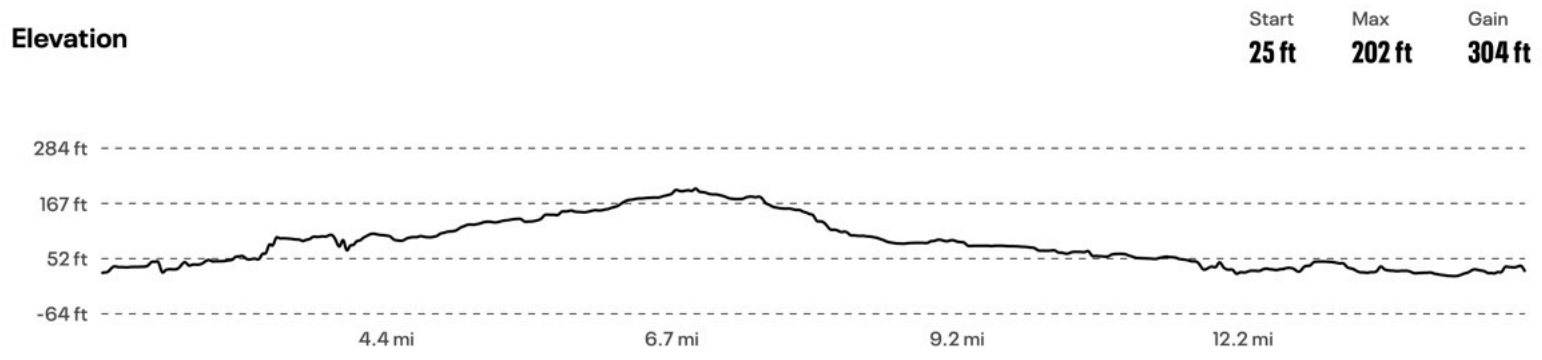
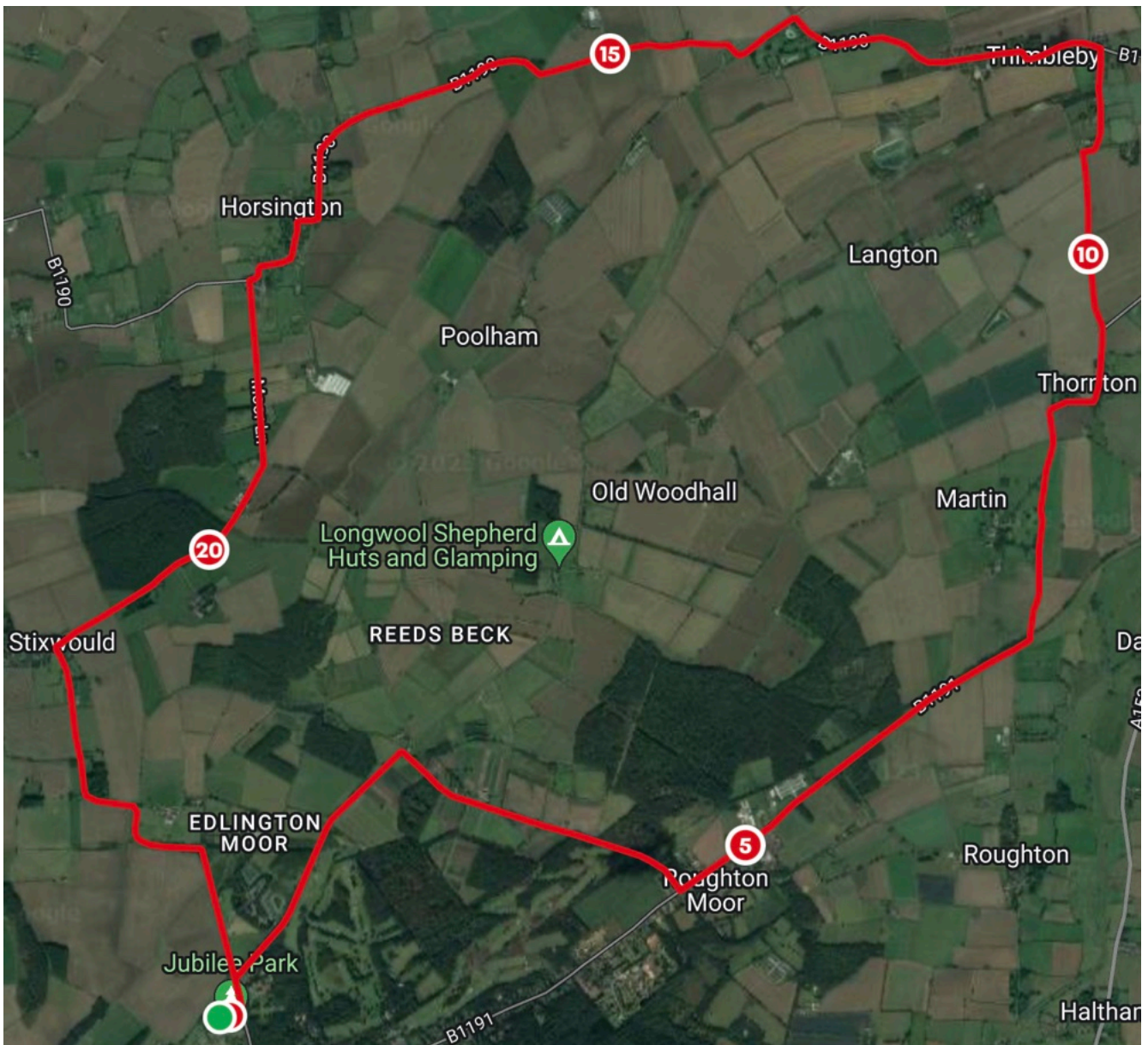
**IT'S AGAINST THE RULES**

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE

The diagram illustrates the drafting zone on a road. A lead cyclist is shown on the left, and a trailing cyclist is on the right. A vertical blue double-headed arrow indicates the 'WIDTH OF THE CARRIAGEWAY'. A horizontal red double-headed arrow indicates the 'DISTANCES' between the two cyclists. Below the road, a sign reads 'SPRINT & STANDARD 10 METRES', with a red dotted line showing the 10m distance from the lead cyclist to the trailing cyclist.

# Bike - 24km



## Transition 2 ' Bike to Run'

Ensure you dismount your bike before the dismount line

You then have a run of 50 into transition before returning your bike heading out on your run leg!

Please ensure you have racked your bike before touching your helmet strap and removing your helmet. Please also be considerate in your racking and ensure your bike is placed back in the craft space and not impeding another athlete.

Be aware of faster riders coming from behind and stay clear, keep left and be courteous when overtaking a simple 'keep left' allow individuals to know what you want to happen when you overtake

Please note, you cannot return to transition until the final person is out on the run leg. This is for the safety of our athletes and the security of your kit!

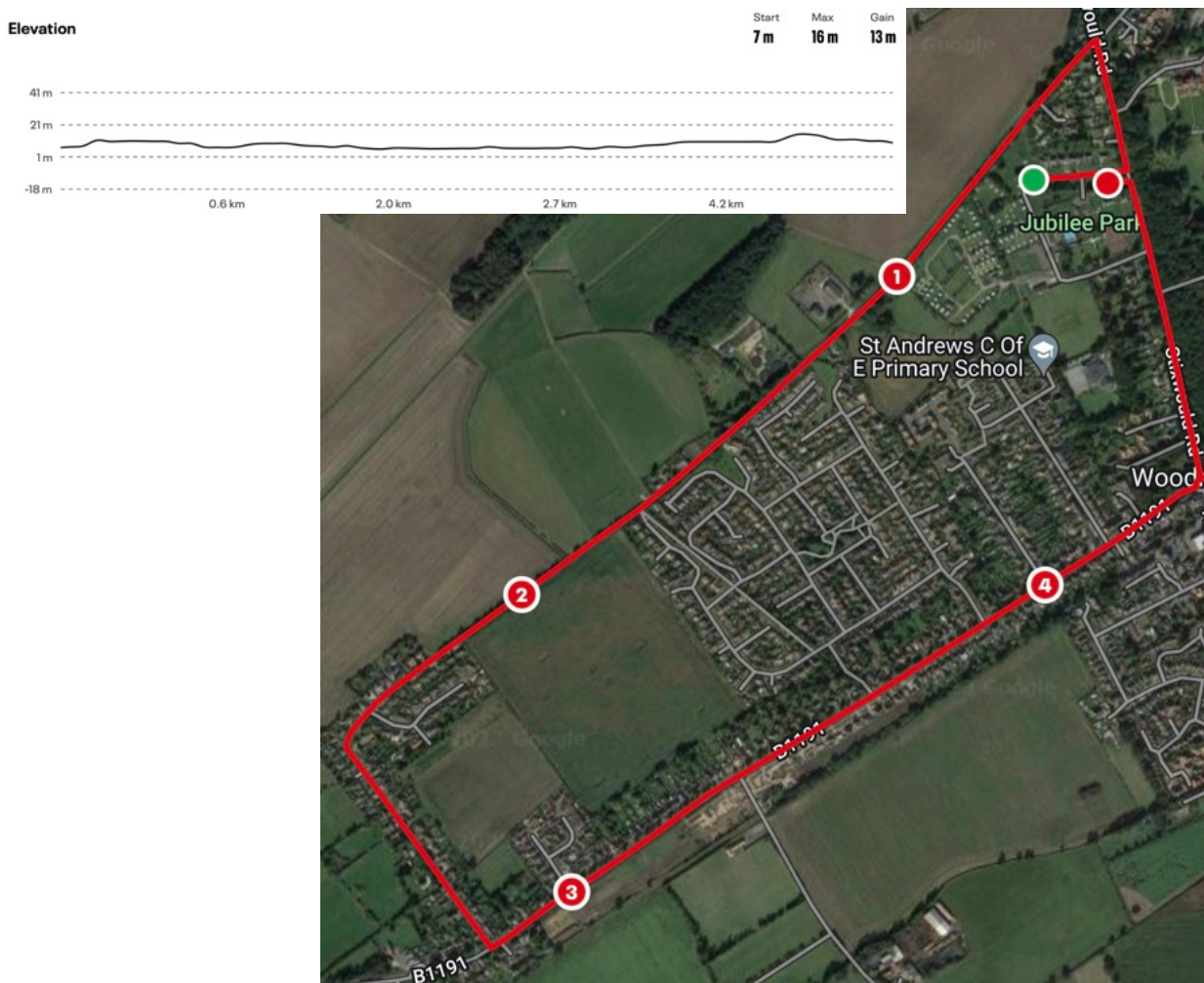
# Run - 5km

The run is a lovely flat run thing place on quite roads and residential paths around Woodhall Spa.

Things to note:

- Stay left on the run at all times
- The first section of the run is on a quiet country road (where you parked) so please be aware of traffic and as above, keep left.
- The majority of the run take place on paths and does involve crossing roads junctions along the route. We will have signage and / or team members out on the route but it is your responsibility to check the road is free from traffic before crossing.

We have response medical and safety vehicles on standby, any concerns or issues please make contact with the nearest event team member or call 07947 023 143 our safety team. In the event where a life is at risk please call 999 if you cannot quickly contact our team. Please where possible contact us firstly, we have a medical team on standby and will provide a faster response time.



## Team guide - for those racing as a team!

Each team member will be issued with a race number, a t-shirt and a medal at the finish, but just one timing chip.

The single timing chip is 'your velcro strapped baton' and this is what is handed over from swim to bike and then from bike to run . . . this ensure no timing misreads and ensures your team mate has been properly tagged.

In transition we have a 'team zone' which you will see on the transition layout map. This is a small enclosed area of barriers :)

So the cyclist waits in here ready for the swimmer and runners waits for the cyclist (you are the only people to be allowed access to transition during its closure). Just ask one of our team based at the transition entry / exit points 'AND DON'T BE LATE!'

## Spectators, Volunteers & Local Community

**Spectators** are welcome to attend the event with you, but please encourage them to arrive in the same vehicle as the athlete, as mentioned parking is limited!

We have created spectator zones as shown on the map earlier on in this pack. They cannot access transition or our finish line zone. But they can spectate the finish / transition. It's very important to note we will have athletes in multiple directions and do not drift onto the course, jump barriers or move cones / tape. Things are in place for a reason and to support our emergency plans, so we may get a tad grumpy at you.

**Volunteers** we would love everyone who can to come and volunteer with us on the day. It's going to be busy and lots of fun! We've got snacks, an event t-shirt and a medal for every volunteer! So if you fancy getting involved, then please email [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk). Volunteers should plan to arrive for 07:30 unless otherwise told (see locations are a late arrival time) the day its all done around 12:30-13:00.

**Local Community** we know an event like this causes local disruption and we're sorry for any inconvenience. We have a very small road closure in place and if you are a resident in the impacted area we are of course on hand to help you access you property. If a diversion is an option then we will send you on that firstly. Leaflets for directly impacted residents will be out around two weeks from the event long with big yellow warning signs 7-10 days out from the event.

You can find more information on the event page at the following link: <https://curlysathletes.co.uk/woodhall-spa-triathlon#54c285b2-2b2c-4c28-9aad-3ed852d567bd>

# Athlete well-being

- Medics-our expert medical team will be on hand throughout the event, on the course and at the finish.
- Dress for the weather-please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event. **WE DO NOT HAVE A DESIGNATED BAG DROP** as sadly the space isn't available at the site, so anything you need must be store in your transition spot (very very limited space) or elsewhere. Do not leave bags laying around or we may have to evacuate / destroy.
- Hydration and nutrition - Given the distance of the event athletes are expected to be self sufficient for their nutritional and hydration needs so please plan accordingly.
- Water at the finish! We have removed plastic bottles from all of our events up to 2000 athletes :) So at the finish we have water pre-filled for you in compostable cups. Please take this cup out of the finish with you and then you will see we have a re-fill station. This you can then visit as many times as you like ... we're saving 500 bottles of water and you get to enjoy the finest Woodhall Spa drinking water (fancy!)
- Rubbish, if you decide to race with a water bottle or gel, that great but please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for intentional littering, we get really mardy about that sort of thing ... our hedgehog friends don't need rubbish in their hedgerows :)
- No headphones, we are on live public roads and streets. We do operate emergency vehicles on the, so you need to be aware of what's going on around you!
- **Please do not cut corners or cross onto the opposite side of the road.** Keep left especially on right hand bends, but sticking to the left throughout the event also support overtaking .



## Presentations, Photos & Results

Race winners, category winners (five year groups as per the live results) and any spot prizes will be given out as the final finisher crosses the line. Checking the results before you leave is a really good idea as our trophies mirror the result categories. Also if you are second in your age group its worth a double check for if any of the 1,2,3 positions are in your age. . . if they are, then the trophy rolls down!

Photographers will be down on the day and the photos will be shared on Facebook firstly. We also encourage you to share your photos throughout the day on our main Facebook page.

As the event is chip timed, we will have the results ready straight after the event

The week following the event we will also e-mail out a summary including a link to the results, any photos and anything else we think you might be interested in from the day, so don't worry- you wont miss anything !

All photos and results can also be found here: <https://curlysathletes.co.uk/athlete-zone> and you can Find us on Facebook here: <https://www.facebook.com/curlysathletes/>

So whether you're here to race (remember it's a British Triathlon Licensed event) or your just have a bit of fun, then our courses are always designed that they can be raced or enjoyed, and of course, we will support you all the way round with our amazing support crew x

## Great tips and advice from 100% Tri !

We're pleased to announce that we are partnering up with Paul and the team at 100% Tri Race Team to bring great value and free novice training support!

Find out about the following on the event webpage!

- Free Training plan - [click here to view or download](#)
- Sprint Tri prep blog - [click here to view or download](#)
- Video blog from Jubilee Park to help get you ready - [click here to view](#)



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HAVE A GREAT EVENT!

From all of the team at Curly's Athletes & Jubilee Park we wish you the very best of luck and we will see you on the day :)

Go check out all our events currently open for entry here: <https://curlysathletes.co.uk/running-events>

Find all our Terms and Conditions and our Frequently Asked Questions here:  
<https://curlysathletes.co.uk/questions%3F>