

Hetton Lyons Super Series Triathlon

Hetton Lyons Country Park

Saturday 17th July 2021



Hetton Lyons Country Park

Downs Pit Lane

Hetton-le-Hole

Sunderland

DH5 9DS (For Satnav use DH5 9DZ & follow the brown tourist sign)

WELCOME

Hetton Lyons Country Park is situated off the A690, 8 miles away from Sunderland in the quiet town of Houghton-le-Spring.

The park is easily located via brown tourist signs from the town centre of Hetton-le Hole.

The park is a popular sporting venue for walking, cycling, canoeing, swimming and running. The park has previously hosted local running events and national cycling races. The park is the training ground for Hetton Hawks CC who make great use of the closed road loops around the lake and local triathlon clubs use the lake for open water training in the summer months.

It is owned by Sunderland City Council and managed by Springboard Adventure, which is a Sunderland City Council led partnership.

Supported by **PEDAL Bike Shed**
Bike Service & Repairs, Ovingham, NE42 6HH
07739 853122

SATURDAY 17TH JULY 2021 – **PROVISIONAL** TIMETABLE
SUPER SERIES EVENT – HETTON LYONS COUNTRY PARK

8:00 REGISTRATION – YOUTH GIRLS PRIORITY – PROCEED IMMEDIATELY TO TRANSITION – SET UP AND LEAVE
8:20 REGISTRATION – YOUTH BOYS PRIORITY – PROCEED IMMEDIATELY TO TRANSITION – SET UP AND LEAVE
8:40 REGISTRATION – JUNIOR & SENIOR FEMALE PRIORITY – PROCEED IMMEDIATELY TO TRANSITION – SET UP AND LEAVE
9:00 REGISTRATION – JUNIOR & SENIOR MALE – PROCEED IMMEDIATELY TO TRANSITION – SET UP AND LEAVE
9:30 REGISTRATION CLOSED
9:55 TRANSITION AREA CLOSED

10:00 HEAT 1 – YOUTH GIRLS
10:20 HEAT 2 – YOUTH GIRLS
10:40 HEAT 1 – YOUTH BOYS
11:00 HEAT 2 – YOUTH BOYS
11:20 HEAT 1 – JUNIOR & SENIOR FEMALE
11:40 HEAT 2 – JUNIOR & SENIOR FEMALE
12:00 HEAT 1 – JUNIOR & SENIOR MALE
12:20 HEAT 2 – JUNIOR & SENIOR FEMALE
12:40 HEATS COMPLETE
13:00 YOUTH GIRLS RE-SET TRANSITION
13:10 YOUTH BOYS RE-SET TRANSITION
13:20 JUNIOR & SENIOR FEMALE RE-SET TRANSITION
13:30 JUNIOR & SENIOR MALE RE-SET TRANSITION
13:40 TRANSITION CLOSED

13:40 B FINAL – YOUTH GIRLS
14:00 A FINAL – YOUTH GIRLS
14:20 B FINAL – YOUTH BOYS
14:40 A FINAL YOUTH BOYS
15:00 B FINAL – JUNIOR & SENIOR FEMALE
15:20 A FINAL – JUNIOR & SENIOR FEMALE
15:40 B FINAL – JUNIOR & SENIOR MALE
16:00 A FINAL – JUNIOR & SENIOR MALE
16:20 FINALS COMPLETE

16:30 YOUTH GIRLS RE-SET TRANSITION
16:40 YOUTH BOYS – RE-SET TRANSITION
16:50 JUNIOR & SENIOR FEMALE RE-SET TRANSITION
17:00 JUNIOR & SENIOR MALE RE-SET TRANSITION
17:10 TRANSITION CLOSED
17:15 APPROXIMATE – RELAY START TIME

SAFEGUARDING



The Safeguarding officer for the event is Phil Murray. Phil will be on site throughout the day. This is his photo He will be wearing some form of ID. If you have any issues, you can contact Phil on 07881 900509

COVID GUIDELINES

The event Covid Officer is Keith Charlton

First and foremost, if you and/or anyone you live with has, in the preceding 10 days experienced symptoms of coronavirus:

- A high temperature
- A new, continuous cough
- A loss of or change to sense of taste or smell

then you should not attend the event.

If you have been told to self-isolate then you should not attend the event.

EVERYONE ATTENDING THE EVENT IN WHATEVER CAPACITY NEEDS TO COMPLETE THE FORM ON THE LINK BELOW AND ATTACH A PHOTOGRAPH OF A NEGATIVE LATERAL FLOW TEST CARRIED OUT WITHIN 48 HOURS OF ENTRY TO THE VENUE.

https://britishtriathlon.formstack.com/forms/hetton_preevent_health_declaration

In the event that you are unfortunate enough to have any of the above happen to you then there are clear guidelines in place to allow you to place an appeal to be able to continue with the Super Series in the fairest way possible. You should discuss this with your Regional Academy Lead.

Hetton Lyons Country Park is a public venue and will be open to members of the public during the event. We need to all play our parts to minimise the risks to yourselves, your families and our volunteers and officials by taking some sensible precautions. Whilst we cannot strictly control the amount of people on the venue, we can ask you to consider only attending with one other person.

All athletes should wear a facemask at registration and when setting up transition. Once away from transition, you may remove it for your warm-up. It is essential that you adhere to your specific times and the flow for registration and transition entry and exit. Bring your own hand sanitiser and use it regularly. These times are well posted and are intended to reduce the contact between athletes.

We would respectfully request that, wherever possible, you remain within small groups between events and wear your masks. Spectators should try not to gather in large groups. The venue is spacious with enough grass areas to maintain good social distancing throughout the event. Please pass on this information to your parents or anyone else who is accompanying you to the event.

After your last race of the day, you must remove your own timing chip and place it in the receptacle provided.

When entering the centre to use the loos, you must wear a mask and follow the directional guides. This is a Venue Rule. They have a strict 3 people in the male or females loos at any one time and we will have someone there throughout the day to manage this. There will also be 4 portaloos on site.

If you approach any of the vendors or the on-site cafe, then please wear a mask.

Venue and Car Parking

Hetton Lyons County Park, Houghton le Spring, DH5 9DY. This is the best postcode to use with a SATNAV. Follow signs to the lake from here along Eppleton Row and onto Downs Pitt Lane to the Park.

There is a large event car park at the park entrance on RHS, which is free of charge. **Please do not park on the access roads**, as full access is required for the emergency services. Please do not leave valuables in the car as the organisers or park owners cannot be held responsible for the loss of any items.

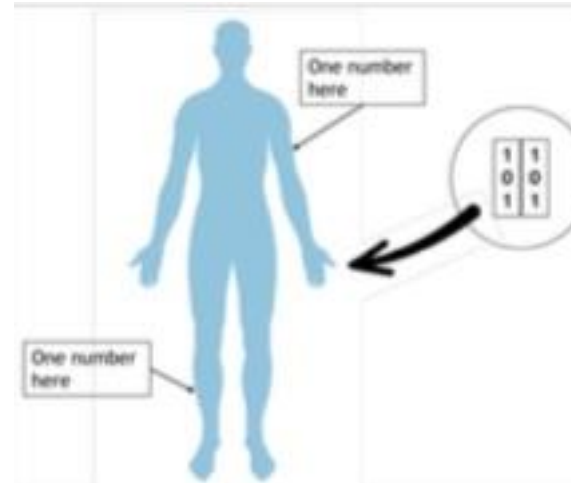
Car park marshals will direct you to an appropriate space. Please take their advice.

Registration

Registration will open **Sat 17th July from 08:00am–09:30am in specific order as previously described.**

Please remember to bring your **Home Nation membership card** otherwise you will be required to pay an additional £1 for a race day licence.

At registration you will receive your race numbers (number **must** be visible on the **front** during the run, do not fold race numbers), timing chip (worn on **left** ankle), swim cap, double number decals to be placed one to the left side of your upper arm and right lower leg (see image AND NOTE THAT YOU WILL NEED TO BRING WATER & A SPONGE/CLOTH TO STICK THESE), 2 No self-adhesive numbers (large for bike seat post and small one for the front of your race helmet). Race belts are permitted and one race number should be pinned along the top edge only to prevent folding during the race. We will provide 2 race numbers in event of any damage due to multiple races.



Racking/Transition.

Please refer to the detailed timetable for information on access to transition.

You will be allowed a small bag or box in transition with you which you can leave at your designated place. In the event that your bag/box is too large for the space then it would be helpful if you could leave excess kit with a parent.

When you enter transition, please wear your helmet fastened and your face mask up and covering your nose and mouth. Your helmet along with your bike will be subject to a visual check by a marshal and/or Technical Official so please ensure that the strap is correctly and securely fitted and that your bike is in good order and any tribars are in accordance with BTF Rules.

Rack your bike in your numbered space in the transition area. This event is not subject to gear restrictions. Your bike must comply to the BTF guidance on wheels. Please check this out on the link:

<https://www.britishtriathlon.org/gb-teams/talent/wheel-regulations>

There will be one Race Briefing over a PA System for general guidance prior to the first wave in the morning

Any updated information will be provided to each Wave at Lakeside

Athletes are requested to be **ready to race** and be at **lakeside 10 mins prior** to their wave start.

For safety reasons, we will ask you to pass between 2 cones in single file to be counted before your swim. A Volunteer and a Technical Official will then count all athletes when they exit the water.

We would expect you to enter the water 3-4 minutes prior to your designated race start and proceed to the race start position as part of your warm-up and be ready and in position within 60 seconds of your race start time.

NOTE: slight variations of start times due to the tight schedule will be imposed where necessary to create a safe environment for the continuous use of the race circuit and programme so please be ready for your race in good time.

Changing facilities

The toilets at the centre will be open but please be aware **THE CHANGING FACILITIES ARE CLOSED**. You should bring suitable discreet changing robes.

Additional portable toilets will also be open near swim entry area.

Catering

A mobile hot food outlet, cake stall and a mobile coffee cart serving hot and cold refreshments will be located around the race venue in addition to the on-site café.

Race Rules

The event will be held under the current rules of the **British Triathlon Federation**.

Under these rules it is mandatory that all competitors must wear an approved helmet and that all cycles must be in a road worthy condition.

Under the rules ALL competitors must be insured by third party civil liability insurance – BTF Home Nation Members are insured as part of their membership package. Anyone who cannot prove BTF Home Nations Membership will have to purchase a Day License for £1.

If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Photography

In this day and age of easy photography, it is virtually impossible to monitor the use of phones. We will therefore operate an 'opt out' position. If you do not wish your child or you yourself to be photographed, please tell us at registration and we will mark their/your number in red with 'NP' and ask that all readers respect their choice.

We will have a photographer on site. This is Sean Lally. After the event, Sean will post these photos on Facebook <https://www.facebook.com/PadsDadsPics>

Triathlon details

Individual Race Distances are all 350m swim–7.2 km bike–2 km run

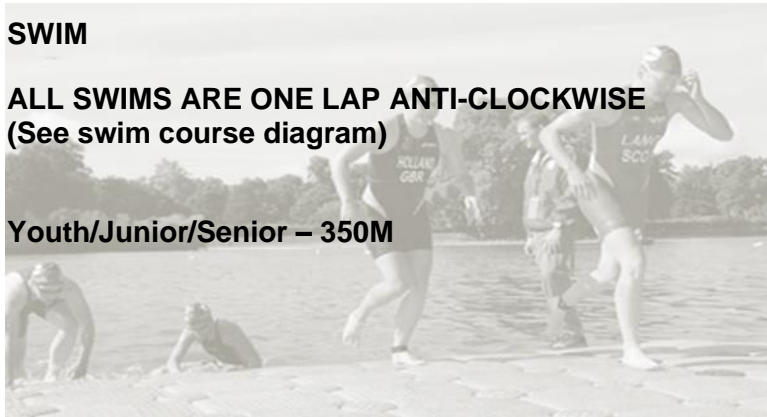
Relay Legs will be 150m swim, 1.8km bike and 1k run approximately.

Before each race and on the start line, we will remind competitors of the number of laps they will complete and the distances.

SWIM

ALL SWIMS ARE ONE LAP ANTI-CLOCKWISE
(See swim course diagram)

Youth/Junior/Senior – 350M



All athletes need to be at lakeside 10 minutes before their race. A marshal will be positioned in a canoe at the far buoy on the course and will video everyone swimming around that buoy. Please ensure that you swim the exact course and do not cut corners or there will be minimum of a 10 second penalty and a possibility of disqualification if the action is deemed deliberate by the Race Referee. Any aggressive behaviour will also be penalised.

PLEASE NOTE:

You are advised that inland waters are never completely safe to swim in, although risks of disease and infection are very low and the water quality levels are regularly tested by Sunderland Council.

Swimmers are mainly susceptible to infection when their immune systems are low, probably due to ill health at the time, so if you feel unwell on the day of the race it is advisable not to swim. The water temperature and condition are monitored on a regular basis and information will be posted on the morning of the race.

The temperature of the water will be displayed on race day and advice given as to the wearing of wetsuits, which will be determined by water temperature and Race official for the day.

At registration you will be issued with mixed randomly coloured hats for your race in order for the canoeists and Technical Officers to recognise and identify you for safety and any infringement issues.

There will be safety canoeists patrolling the course. The course is in an anti-clockwise direction, so you must swim keeping the buoys to your left-hand side (maps showing the route will be on display at registration). You will never be far from assistance and in the event of any problem please roll on to your back and raise your arm so you can easily be identified and escorted to the side of the lake.

IN THE EVENT YOU RETIRE FROM THE RACE & IN THE INTEREST OF SAFETY YOU MUST REPORT TO A RACE MARSHAL GIVING YOUR NAME AND NUMBER and return your chip to the race timing company.

BIKE

ALL RACES HAVE THE SAME COURSE & DISTANCE

Youth/Junior/Senior – 7.2 km (4 laps of large loop)



The bike course is situated within the grounds of the park on tarmac roads. The clockwise undulating large lap is 1.8km in distance and contains a small hill climb around the back of the copse (please see attached map)

There will be marshals in place around the bike course for your safety but it will be the competitor's responsibility for counting their own laps. There are a few technical sections on the course that will be signified by marshals during the race.

Remember:

Bike helmet is compulsory and must be securely fastened before removing the bike from the racking and not removed until safely back in the transition area and the cycle is returned to its racking (or you have retired from the race).

Important note – Draft legal status

We have been awarded draft legal status for all race competition. It is particularly important that your bike adheres to the draft legal requirements.

Tri Bars are allowed as long as they comply with BTF Regulations: i.e. they do not protrude past the line of the brake hoods and are joined at the end or are a continuous loop. You also cannot have a bottle mounted on the bars. Wheels must be UCI approved for road racing.

All rules of the road must be observed. Any failure to do so or to disobey any marshal's instructions may result in disqualification from the race. No personal stereos are allowed.

Marshals will patrol the course and assist in the return of any competitor who withdraws for mechanical or other reasons.

If you require water, it must be carried on the bike - no water stations are provided on the cycle route.

Penalties

Penalties will be given for infringements in accordance with BTF Rules at the discretion of the Lead Technical Official. All penalties will be decided during the course of the race using video evidence and race official consultation. These will be posted on a board beside the Timing Company immediately following the completion of the race.

PLEASE FOLLOW THESE RULES AND HELP PROMOTE THE IMAGE OF OUR SPORT AND GUARANTEE THE USE OF THIS LOCATION FOR FUTURE EVENTS



The run course is a clockwise lap circuit, which takes place around the lake mostly on consolidated trail and predominantly flat. Marshals will be in place for your safety so ultimately competitors will be responsible for counting their own laps.

There will be NO drinks station on the course due to shortness of the race and the increased risk of slips, trips and falls by having this in place.

Runners and cyclists must be aware that members of public may also be using parts of the course so caution must be applied. However, the public will be made aware of the race and marshals will endeavour to keep the public off the run and cycle course.

Timing

Each competitor will be given a race timing chip within your race pack. Please check that your chip number corresponds to your race number and notify registration of any discrepancy prior to your race start. Provisional results will be published after official verification and will be on display as soon as possible after your race as well as on the club and British Triathlon websites shortly after the event. Please return your strap and chip after crossing the finish line within the finish enclosure. **RELAY COMPETITORS MUST RETAIN THEIR CHIP AND STRAP UNTIL AFTER THEIR RELAY EVENT. THIS WILL BE YOUR CHIP AND RACE NUMBER FOR THE RELAY RACE. THERE CAN BE NO REPLACEMENTS SO PLEASE TAKE CARE WITH THEM! LOST CHIPS WILL BE SUBJECT TO A CHARGE.** Please report any DNS or DNF's to race control within the infield.

Heats & Finals

Heat Start Lists will be determined by The British Triathlon Performance Team and will be published as soon as available. You should look out for this on www.ryton-tri.com
The top 75% across each heat will automatically qualify for the A Final with the remaining slots being filled by next fastest times. For example, if there were 2 heats of 40, the top 15 in each would qualify plus 10 next fastest. This will be calculated for the numbers of athletes in each heat. All other athletes will compete in the B Final.

Relay Race information:

Each competitor within your team will have a chip and specific race number. Athletes from the individual races should retain their position in transition for racking allocation. Athletes who did not compete in the individual races will be given a number and timing chip in registration and should take a vacated racking space within their relevant age category. **ORDER OF COMPETITION MUST STRICTLY ADHERE TO THE START LISTS OF RELAY TEAMS OTHERWISE RESULTS WILL BE VOID.** The relays will be a combination of youth, junior and senior mixed teams of any format and the first athlete will start the race in deep water. Each athlete will complete a full race of 150M swim, 1-large lap bike, 1-lap run. On completion of the run lap continue running over the timing mat and then tag your next team member who will enter the water and repeat the process. Last person will complete the race by running up to the finish chute. Each competitor will have a full race split (swim, bike, run)

If you are unable to take part in the relays following your individual event, please make this known to the Transition Manager.

www.ryton-tri.com

or e-mail: event.entry@outlook.com

PLEASE REFER TO www.ryton-tri.com FOR MAPS OF THE COURSE, TRANSITION LAYOUT & PARKING DIAGRAMS

LIVE RESULTS WILL BE AVAILABLE HERE:

<https://mytime.kronosports.uk/results.aspx?CId=20177&RId=132>

