

# Brinscall Triathlon

## 19th September 2010 Competitor Information

PLEASE NOTE THAT START TIMES THIS YEAR ARE FROM 11AM, NOT 1PM AS IN PREVIOUS YEARS.

Thank you for your entry to the Brinscall Triathlon. Please read the following notes carefully as this will ensure you get the best from the event and avoid having any problems on the day. Enclosed with these instructions should be a map and a cycle check list. Information on swim start times and lane numbers etc will be forwarded to you two/three weeks before race day. If anything is missing or you need to contact me for any other reason please ring me on 01257 410759 (evenings). This event has been run numerous times, so whilst I am not anticipating any problems I would also welcome any constructive feedback from competitors.

### Location and Parking

Brinscall pool is situated at the bottom of School Lane in Brinscall which is approximately 1&1/2 miles West from the main Blackburn / Chorley road (A674 see map). The pool has limited parking to the rear as well as on Railway road and in the car park for the health centre about 1/2 mile further along Railway Road. Please don't park on roads adjacent to the pool because this upsets local residents and puts the race at risk- where possible try to share cars to avoid congestion.

### Registration

Registration will take place in the pool entrance. On registering you will be given two numbers one for your front (to be worn on the run) and one for your back (to be worn on the cycle). Please ensure that your numbers are visible to the marshals at all times, you will need **at least four safety pins (please bring your own if possible)** to attach them to your kit. If you are not a current BTF member you will be given a day licence for membership to the BTF, which provides you with third party insurance cover whilst racing. BTF members **must produce a race licence at registration - no licence no race** will be the policy applied on the day. You will also be given one sticky number for your bike.

Each section of the Triathlon will be timed independently for you by the time keepers for that leg. Your transition time is at your discretion but will not contribute to your overall time. We hope this will give the time keepers some leeway when setting people off on each leg, and will avoid having to use a time card. So how slowly or quickly you choose to transition is your choice, but please do try to keep transition times below 10 minutes to avoid congestion on the course at the end of the day. Start times are provisional and consequently may vary slightly. **Please be on hand at least 15 minutes early** to enable us to avoid late starts or dead periods in the pool. It is essential that you attend one of the two briefings held during the afternoon at 10.30am and 11.30am. Any problems you experience as a result of failing to attend the briefings will be your responsibility.

Bike racking is available to the rear of the pool, use any of the racking or railings within the cordoned area which will be marshalled throughout the event – competitors only will be allowed into the transition area. Finally I would advise all participants to familiarise themselves with the course beforehand where ever possible. ***I would strongly advise competitors to wear shoes/sandals etc at all times in transition, this area will be swept prior to the event but with a bottle bank located next door, I am afraid it is impossible to guarantee a glass free zone for you.***

### Swim 500 yards

The swim is 20 lengths and takes place in the 25yd pool. You will be given a coloured swim cap at the pool side, please wear this throughout the swim and drop it at the pool side on leaving the water. Your lap counters will indicate to you when you have 2 lengths to go and your time will be taken as you touch at the end of the last length. I have endeavoured to sort swimmers on the basis of speed and stroke so please have consideration for other swimmers in your lane and avoid changing stroke unless you have the lane to yourself.

On exiting the pool leave the building through the fire escape at the rear.

**1. Please note, the pool edge is likely to be slippery so take care when exiting.**

When you have collected your bike from the transition area proceed to Railway Road and the cycle start, you will have to cross this road to reach the start of the cycle

**2. Please pay particular attention when crossing the road, this is a steep descent and part of the race course with cyclists already likely to be on the route**

# Brinscall Triathlon

## **Cycle 12 Miles**

Please ensure your cycle is in a road worthy condition, (complete and hand in the cycle checklist included on the day – these checks may seem like common sense but we have had several people fail to complete the event in recent years due to mechanical failures on their bike). Please pay particular attention to the brakes - this course has several steep descents with sharp turns at the bottom. This section takes place under BTA rules which specify no drafting and **all riders to wear an approved Hard Shell helmet when in contact with your bike, i.e. you must not leave transition to start the bike leg without your helmet firmly fastened on your head**. More detailed information on these BTA rules can be supplied on request.

When you arrive at the start identify your race number to the timekeeper and wait until you are instructed to start. The cycle route is two laps of a 6 mile circuit, the roads will not be closed and all competitors are expected to show compliance with the normal rules of the road. Please pay particular attention to the following potential hazards:

- 1. sharp left hand bend at the Houghton Arms roundabout with joining traffic from the right**
- 2. left hand turn into Bett Lane with traffic joining from the right**
- 3. sharp left hand bend at the bottom of School Lane where there is a risk of crossing the central white line if descending too fast - In previous years people have been disqualified for crossing the central white line here – including the probable winner on one occasion.**

Dangerous riding here or on any part of the course could jeopardise the future of the event and your health! All turns will be marshalled and you must obey the marshals instructions when approaching these junctions for your own safety.

## **Run 3 Miles** (approximately)

The run course remains the same as in previous years. The start/finish is situated to the rear of the pool on the grass area. Again you must identify yourself to the timekeepers making sure that your race number is clearly visible to them. The run is marshalled throughout and follows a testing route up well lane and onto Great Hill for a distance of about 1Km. The hill is quite steep so feel free to follow the advice in the BTA handbook that states “*competitors may run, walk or crawl*”. A marshal will tell you where to turn and take your number as you pass. Please give attention to the following potential hazards:

- 1. People running in opposite directions on Well Lane (sharp ascent/descent) Please keep right at all times to avoid collisions**
- 2. The kissing gate at the top of Well Lane - please give descending runners (who will be moving more quickly) priority here if you reach the gate at the same time as another competitor.**
- 3. The uneven surface on Brinscall Moor, the track is of a good quality but with prolonged wet periods can be submerged in parts so running shoes with a good grip are advised - take care when running here.**

## **Photographs**

Race photographs will be taken on the bike and run courses by Digitalfeel.co.uk. Please visit their site at [www.digitalfeel.co.uk](http://www.digitalfeel.co.uk).

## **Results and Prize giving**

Results will be posted on our website [www.chorleyharriers.co.uk](http://www.chorleyharriers.co.uk) and on [www.UKresults.net](http://www.UKresults.net) later that evening or early the next day. Prizes will be mailed out to winners to enable us to double check and avoid any errors, and keeping people hanging on late into the afternoon. A full list of prizes will be posted on the day and will reflect the size of the event and the representation in each category.

***Good Luck and enjoy the afternoon- Jon Tuson Chorley Harriers and Tri***

# Brinscall Triathlon

## **Cycle Checklist – to be completed and handed in at registration**

<i>Frame</i>	<i>Wheels in line when straight – cracks in tubing</i>
<i>Seat</i>	<i>Tight in the frame</i>
	<i>Tight to the seat post</i>
<i>Handlebars</i>	<i>Stem tight in the frame</i>
	<i>Handlebars tight in the stem</i>
<i>Brakes</i>	<i>Brake blocks don't rub when brakes are released</i>
	<i>Wheels don't rotate when brakes applied</i>
	<i>Brakes tight to frame</i>
	<i>Brake levers tight to the frame</i>
	<i>Brake cables not worn or frayed</i>
<i>Chain set</i>	<i>All bolts holding chain rings / chain set are tight and secure</i>
<i>Bottom Bracket</i>	<i>No play (side to side movement) of pedals</i>
<i>Pedals</i>	<i>Straps are not worn (if used)</i>
	<i>Clips are not cracked or otherwise damaged</i>
<i>Chain</i>	<i>Check for wear</i>
<i>Gears</i>	<i>All fixing points are secure</i>
	<i>The gears don't overshoot on top or bottom gears</i>
	<i>Cables aren't frayed or worn</i>
<i>Wheels</i>	<i>Are true (ie. are not bent out of shape)</i>
	<i>Spokes are not slack or broken</i>
	<i>Wheels run true without rubbing on the brakes or frame</i>
<i>Tyres</i>	<i>Are inflated to correct pressure</i>
	<i>Tread is not worn, cracked or damaged</i>
	<i>Tubulars (if used are stuck firmly to the rim)</i>
<i>Accessories</i>	<i>Pump is firmly in place</i>
	<i>All tools and spares are securely fastened</i>
	<i>Bottles and bottle cages are securely fastened to the frame</i>

### **Declaration**

*I hereby declare that I have carried out all the appropriate checks as listed above, on the bicycle I shall be using for the Brinscall Triathlon. I am satisfied that my bicycle is in a safe and roadworthy condition and accept full responsibility for any failures and mechanical breakdowns which occur to it during the event.*

*Print Name*

*Sign*

*Date*

Brinscall Triathlon

# Interested in Triathlon?

Need some one to train with?  
Looking for advice and  
Information  
Want to know about races?

Chorley Harriers and Tri has members with experience ranging between relative novices to Ironman finishers.

So if you have been bitten by the Triathlon bug after the Brinscall event then why not give us a Try?

Not only do you get Triathlon advice and support but we are also part of a very strong running club.

Ever considered a marathon?

Looking for something to do in the winter? Why not try

Cross Country

Want to improve those times for 10K, ½ Marathon etc.

Or fancy emulating the greats of the Track?

With Chorley Harriers and Tri you get the best of both Worlds....

Contact Jon Tuson on 01257 410759 in the evenings for further information.

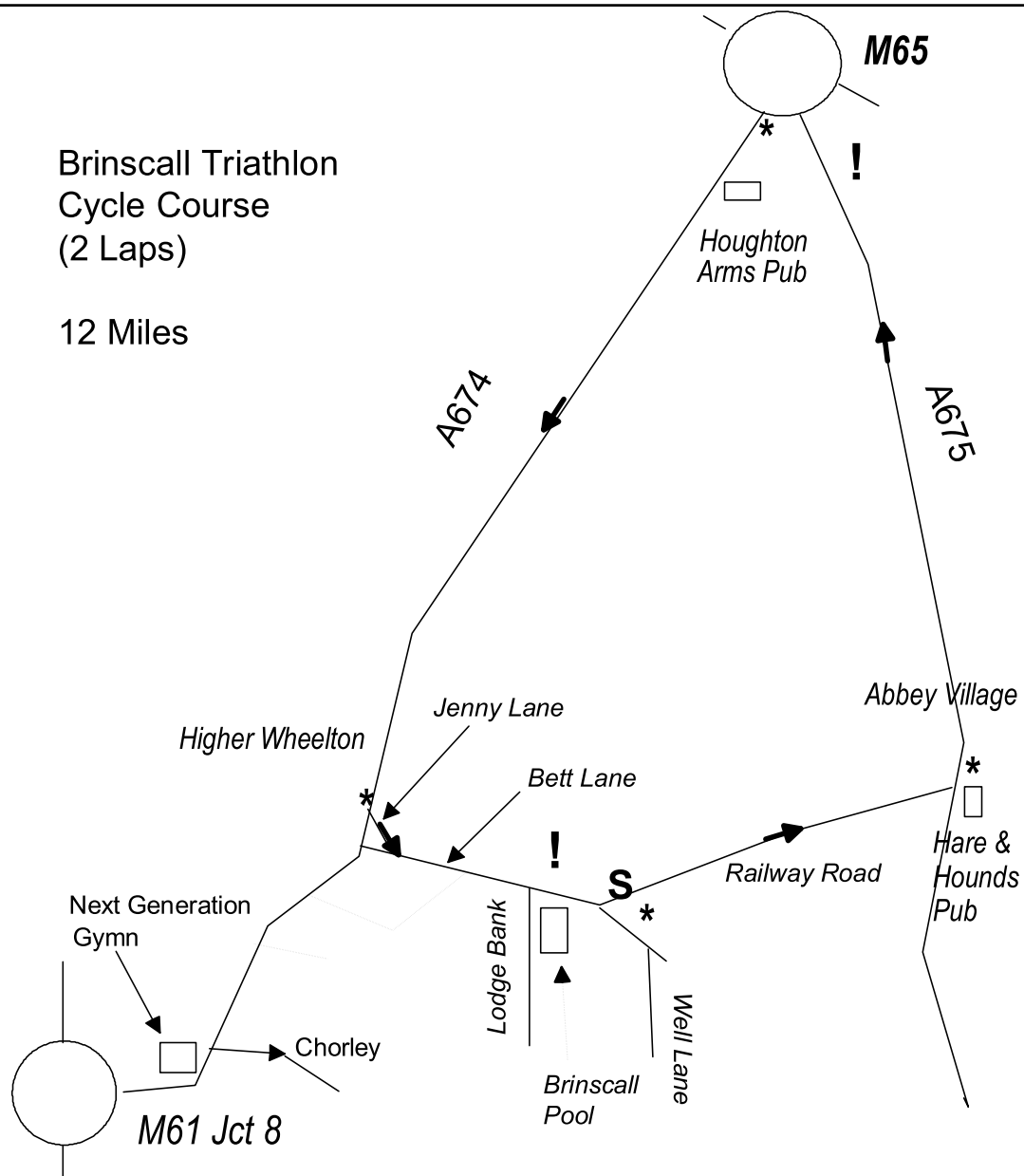
Or Check our web site [www.chorleyharriers.co.uk](http://www.chorleyharriers.co.uk)

Chorley Harriers and Tri  
[www.chorleyharriers.co.uk](http://www.chorleyharriers.co.uk)

# Brinscall Triathlon

Brinscall Triathlon  
Cycle Course  
(2 Laps)

12 Miles



**S** Start/Finish Point

\* Marshalls

! Hazzards - steep decents