



EVENT GUIDE

Uppingham Triathlon - Sunday 5th May 2024

Welcome to the 1st Uppingham Triathlon and thank you for joining us. We are proud to be the first organisers of the first ever Triathlon in Uppingham and we hope it's as long standing event on the calendar as our award winning East Leake Triathlon - 21 years!

The atmosphere will be electric due to the amazing support of the volunteers and spectators as you finish in the stadium!

Please be mindful the venue is a sports center and be courteous to everyone , respect the brilliant staff, residents , private areas and enjoy the stunning British scenery and atmospheric venue.

Thank you for your support , in particular those who entered the event early – it really is massively appreciated.

Thank you to all the brilliant people (our helpers) who give up their valuable time to make it possible for us all enjoy the event.

Be Safe & Enjoy the event

Rebecca & Dean Hughes



Please read all this information thoroughly – thank you

Venue & Directions - [Uppingham school Sport Centre, Leicester Road, LE15 9SB](#)

- Uppingham Sports Centre Central England location, strong transport links and the convenience of the picturesque historical market town Uppingham within walking distance. The town is just off the A47 between Leicester and Peterborough, 6 miles south of Oakham.
- Uppingham was named the best place to live in the Midlands in 2022 by The Times newspaper.

Please allow plenty of time to park, register if you haven't already on the Saturday, rack your cycle and get to the swim start - we recommend arriving at least 90min before your start time, ensuring you will have enough time to familiarise yourselves with the in/outs and attend a compulsory event briefing.

Car Parking - [Uppingham Cricket Club, Castle Hill, Leicester Road, LE15 9SP](#)

- Please respect the residents and park in the cricket club car park , **DO NOT park on the streets** – see map. Please try & car share where possible!
- If you have spectators arriving later they may need to park in car park 2 & 3 (see map) when the cricket club car park is full.
- Please do not park on the streets you will be turned away & probably obstruct competitors (YOURSELF) and increase the risk of accidents. Please do not jeopardise the future of this event AND OTHER EVENTS.... Thank you.
- Should you need accessible parking, a limited number of spaces can be found close the Sports Centre main entrance - please drive up slowly and speak to a marshal. Please be mindful the event is live and we will be busy – thank you



Registration — Day before (optional if local) & event day

*** The Registration on the Saturday 3 - 4pm, Event Briefing at 4pm near Registration***

***Registration on the Sunday (Event Day) will be near the Transition area, open from 6:45am onwards**

PLEASE NOTE: PLEASE BE MINDFUL THAT THE REGISTRATION TEAM WILL BE BUSY REGISTERING EVERYONE SO PLEASE REFRAIN FROM ASKING TOO MANY QUESTIONS WHEN YOU REGISTER - ALL YOUR QUESTIONS WILL BE ANSWERED AT THE EVENT BRIEFING OR BY READING THIS EVENT INFORMATION THOROUGHLY. THANK YOU

- This will take place outside in the event hub near the finish etc
- Before registering, please find your race number on the start list, this will be sent separately - mid week in advance of race day.
- Please bring your British Triathlon membership card (if you are a **member**) and ensure it is up to date and valid on race day. If you fail to bring your membership card, you will be required to pay £8.00/£2.00 (aged 25+.24 and under) for a race pass. **Non British Triathlon members** will have already paid an additional fee as part of your entry fee.
- All competitors will receive ONLY 1 race number to be attached on a race belt). *****Please attach your number on your race belt and bring your own safety pins*****
- ******Race belts are compulsory to attach your race number**** - You can purchase a race belt from our partner sports retailer JAFFA SPORTS on the day for £7.50 OR [follow this link](#) to purchase online.**
- You will also receive number stickers, for your bike frame, your helmet and bag. You will need to attach and show these before entering transition.
- **Timing chips will be issued at registration on the Saturday or the Sunday.**
- Please **DO NOT LEAVE YOUR TIMING CHIP AT HOME – NO CHIP, NO FINISH TIME!**
- **If you lose your chip, you will be charged - £60!!**
- **Please don't forget to secure on your LEFT ANKLE before going to the pool!**
- Please ensure your race number is visible at all times & do not fold your number! You may receive a 2-minute penalty if you do. You have been warned!
- If you are local, you are advised to register on Saturday 4th May between 3-4pm. This is optional though...This provides an ideal opportunity to familiarise yourself with the venue, in/outs etc. Sections of the course will be marked out, and some barriers will be in place giving you a feel for how the event will look on Sunday.

Event Briefings – ****Compulsory to attend at least 1 event briefing****

- Saturday 4th May - 4pm (optional for those who are local)
- Sunday 5th May - 7.30am/8.30am *every hour from 7.30am depending on competitor numbers.
- It is compulsory to attend at least one event briefing on Saturday or Sunday that works around your start time, this is an ideal opportunity to ask any questions before the and where we will inform of any last minute's changes to the course etc
- **If you don't attend at least one event briefing you will not be allowed to compete – no exceptions!**

Equipment

- Tri suits, swimming costumes allowed – NO wetsuits, NO neoprene shorts, NO Calf guards (in the pool) allowed.

- ****Race belts are compulsory**** You can purchase a race belt from our partner sports retailer **JAFFA SPORTS** on the day for £7.50 OR - [follow this link](#)
- Any type of ROAD WORTHY bike is allowed. Power assisted bikes are NOT PERMITTED. Please ensure your bar ends are plugged up before entering transition.
- Road running shoes will be fine for dry conditions. Hybrid shoes after heavy rain.

Transition Area – ****Open from 7am onwards****

- **Entry to the transition area will require you to show your race number, please where your helmet, and ensure your bike frame/helmet stickers are in place number.**
- **Your bike needs to be in good working order – please check before entering transition - especially if you have put your bike in the car!** Please check your bar ends are in place!
- Should you wish to take your bike out there will be one main entrance to the transition area (this is for security reasons)
- **The transition area will only be open to competitors ONLY 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 still racing, they will have right of way!
- **On entering the Transition Area, please find your Race number on the Racking and rack your bike.**
- Do not mark your place: No bags, flags, balloons, talc 😊 allowed next to your Racked bike – please just your bike and run kit.
- It is important that you understand where all the entrances and exits are, mount/dismount line 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.
- There is a **bag drop** at the back of transition, but we advise you to leave valuables with friends and family where possible. The transition area is manned on entry/exit to ensure security; however we do not accept responsibility for loss/stolen of property.
- No riding your bike in transition!
- **All bikes will be racked on Sunday 5th May from 7am – No racking on Saturday.**

Team Relay Event –

- Only one person from each team will be expected to register.
- Each team will receive 1 race number (one for the cyclists back, one for the runner's front), 2 x number stickers for the bike and helmet.
- The swimmer will run to transition area and handover the **timing chip & race belt** to the cyclist (standing next to the bike with their helmet on).
- 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 timing chip to the runner (waiting next to bike rack)

- The runner will then complete his/her leg and finish at the finish line.
- There will be an opportunity for all team members to cross the line together - please look out for your runner and wait at the **start of the Finish Funnel**. Do not wait on the course until your runner is approaching and be mindful of other competitors – thank you. If your little ones want to run through the finish with you to make a more memorable finish – please wait at the Start of the Finish Funnel.
- **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 31st Dec**
- Please note ALL under 16's will need to complete a parental consent form BEFORE the event. [Complete here](#)

The Swim – 16 lengths, 25m 6 lane pool

- *No wetsuits or neoprene shorts/costumes! Tumble turns are permitted – no backstroke!*
- The swim will be in a bright and airy **25m 6 lane** swimming pool. With a maximum depth of 2m, the pool has a constant 1.2m depth for 10m, offering an ideal environment
- Competitors need to be in the swim holding area 15mins before your start time changed & ready to **collect your timing chip**.
- The swim starter will group the swimmers into waves, with 6 swimmers to a wave and each wave starting every 3mins.
- **Please note: It is the swimmer's responsibility to count their lengths. We will have a marshal randomly checking and counting lengths.**
- 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 4-5 swimmers per lane and we don't want any collisions! Ideally wait until the end!
- 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 (well who knows) 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 200+ 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.

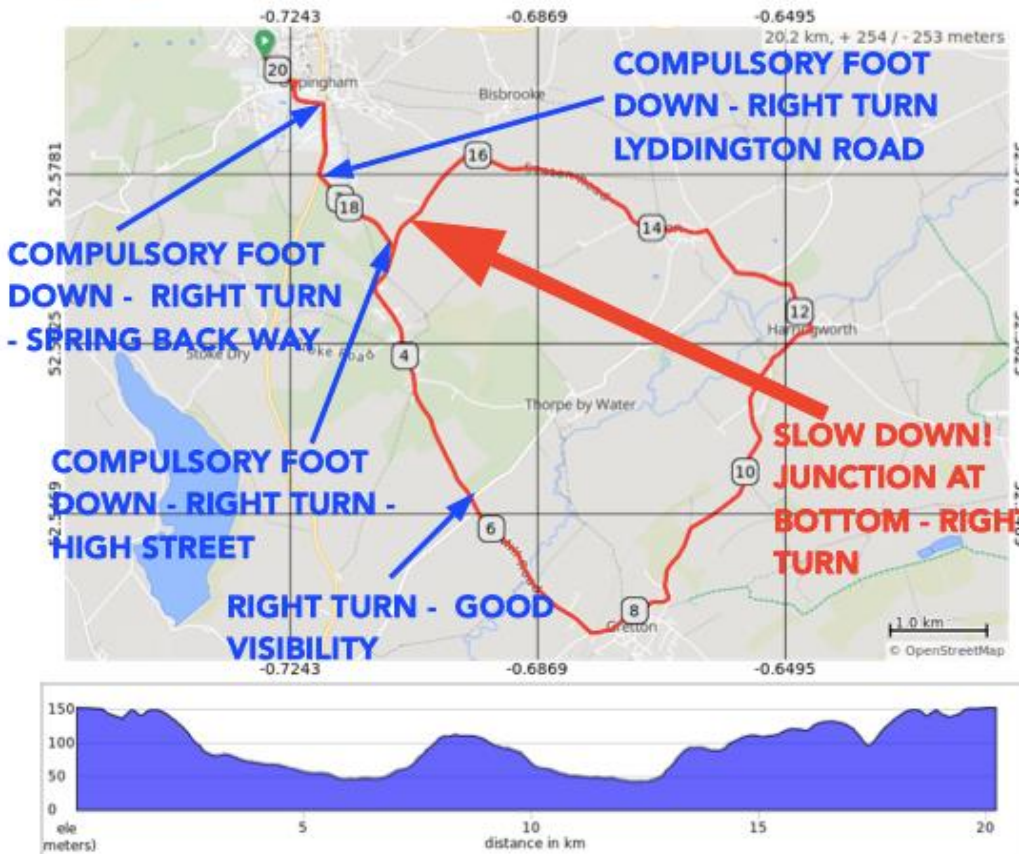
Competitors need to be in the swim holding area at least 15mins before your start time changed & ready to collect your timing chip prior to entering the pool entrance.

*****There are changing facilities, toilets and showers but please be mindful of the centre paying regular users/members.*****

The Bike – 20km including compulsory foot downs and a neutral zone!

- Please ride to the conditions of the road and be courteous and mindful of other roads users.
- None of the roads are closed for the event, we are sharing the roads with other users. please ensure you study the route prior to the event.

Uppingham Sprint Triathlon 20km Bike Route



An undulating (some may say hilly:) scenic course with a good surface for the majority of the course. A couple of descents, so please be mindful to slow down.

None of the roads are closed for the event, we are sharing the roads with other users. Please ensure you study the route prior to the event – those who are local please find time to ride the route prior to the event. *****IMPORTANT*****

There are 4 right hand turns, all of which are either in the first 1km or last 2km of the route, which is ideal to ease into the ride and start thinking about the run respectively.

3 on route have a compulsory ONE foot down at the following junctions: Spring Back Way - 0.8km leading on the A603 - see map & photo Main Street – 17.3km into the ride – see map & photo Lyddington Road – 18.4km leading onto A603 – see map

*****Ride Safely to the conditions of the road and be courteous to other road users*** Thank you**

- [Click on the interactive bike link below](#) for a detailed description of the bike course. Use your cursor on the profile at the bottom and on the side for the Q sheet. Also, See photos for **COMPULSORY foot down** junctions **AND neutral zone**.

COURSE MAP

Please dress appropriately for the weather conditions.

- **Ensure your race number is clearly visible on the back of your outer clothing for the bike section.**



- 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 receive a **time penalty** 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. **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!**
- **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 walk/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.
- We are lucky enough to have 2 x very experience **motorcycle officials** patrolling the route. Their role is to observe competitor behaviour and be a visual presence for ALL road users sharing the road. **Dangerous cycling will not be tolerated – you have been warned!**

It is YOUR responsibility to ensure you study the route and are aware of the signs on route and the position of the COMPULSORY FOOT DOWNS. The roads are open to the public and marshals are only positioned at key points

The Run – 5km (3x flat laps)

Your race number must be clearly visible on the FRONT of your outer clothing. Using your compulsory race belt

- Exit transition through the RUN OUT channel and join the run course, following the signs, coned areas.
- The run is traffic free and completely within the grounds of the sport centre on paths & grass.
- **Click on the link below** for an interactive tour of the run route – use your cursor on the profile at the bottom....

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 quiet 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.

The Run route will be fully signed and marshalled in key points. HOWEVER it is your responsibility to be familiar with the Run course, do not just follow the person in front of you.

Please respect the fact that all our brilliant 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. **Be Patient, Be Kind and think of others** – Thank you

Uppingham Triathlon 5km Run Route



Aquabike Competitors

- Aqua bike competitors start in usual waves from your estimated 400m swim time.
- Your total time will finish when you cross over the 'Bike In' timing mat.
- **After you have finished and racked your bike.** Please head towards the Finish Gantry and let the Marshals know that you have finished your Aquabike race and we'll ensure you are given your well-deserved medal and take a Finish Photo by our professional photographers.

Aquathlon Competitors

- Aquathlon competitors can head straight out on the run course with no need to enter the transition area.
- Leave your trainers, race belt any clothing you may want to wear outside the pool exit.

Medical Support - Located close to the finish and transition area

- Medical cover will be provided by the fantastic team at [Belvoir Care](#) and will be positioned close to the transition area.

Litter - *Anyone found littering will be disqualified immediately and not invited back to any future event*

- The dropping of gel wrappers and any other litter will not be tolerated at endorphinsport events.
- Please place in bins provided and take your litter with you.
- Prepare properly and before event day, think where you can stash your wrappers whilst competing and bins on course.
- Ensure you have hydrated/fuelled properly for the distance you are competing, on the morning and in the days leading up to the event.

Club Gazebos – *Please ask first*

- Please respect the event venue and event organisers, **it is courtesy to ask the event organiser before you rock up with a club gazebo or two!**
- **YES, of course you can bring a club gazebo. We are more than happy for you to promote your club and have a designated area for you club, friends, and family to enjoy the event, but please ask first – thank you 😊**
- You need to ensure you speak with the event organiser before event day. You will be allocated a pitch and instructions on how you need to erect it safely - guy ropes and weights on each leg.
Failure to comply will result in the gazebo being taken down.

Event Rules –

- This is a non-drafting event ([Drafting Rules Explained](#)) and will be run in accordance with the rules set out by the British Triathlon Federation. There will be 2 x moto referees patrolling the bike routes and plain clothes 'event team' driving the course throughout the morning - you have been warned 😊
- Littering or discourteous riding will not be tolerated in any shape or form, and any competitor found littering or riding discourteously to other competitors or road users will be instantly disqualified – No exceptions.
- We will aim to provide as many bins as possible on the course, so please hold your gel wrapper etc and discard appropriately.
- The courses for this event are through a beautiful part of the country and one complaint from a resident could see the permit for this event cancelled for future years. Please respect your beautiful countryside!
- Approved helmets and road worthy cycles are mandatory.

[British Triathlon Code of Conduct for Competitors](#)

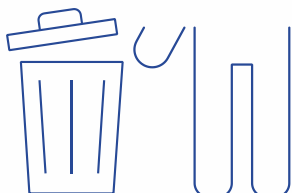
[Competition Rules](#)

[Safeguarding & Welfare](#)

KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

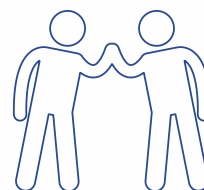
RULE 2.1 **Littering**



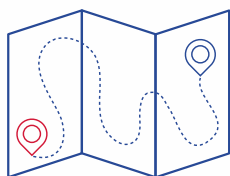
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 **Racing Conduct**

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 **Know the Course**



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 **Race Numbers**

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



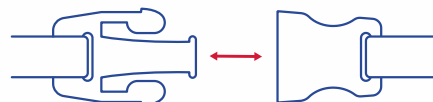
RULES 4.10|5.2|6.4 **Illegal Equipment**

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2 **Helmets**

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.5 **Drafting**

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.

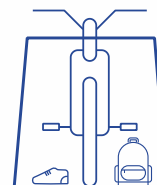


In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

RULE 7.1 **Transition**

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



Available to download from www.britishtriathlon.org

DRAFTING RULES EXPLAINED

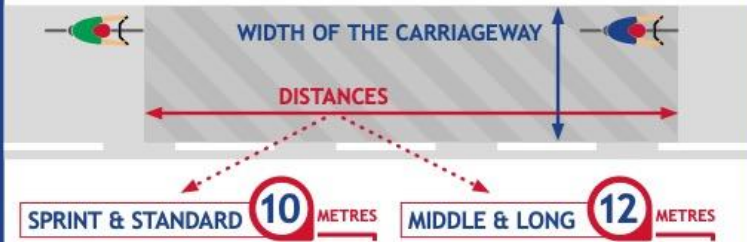
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

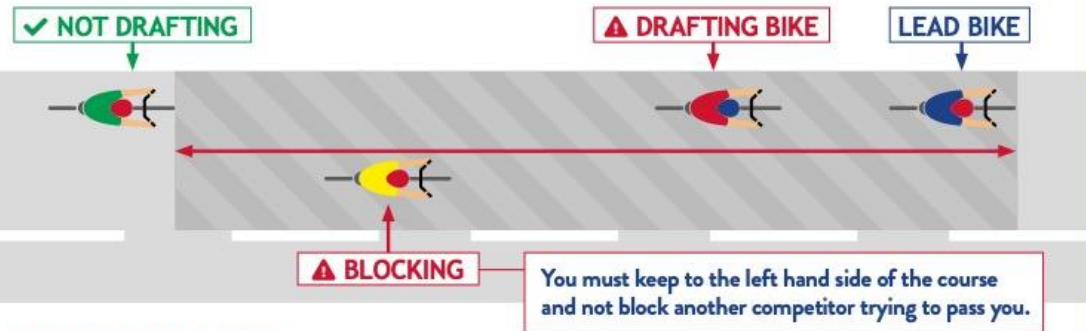
IT'S AGAINST THE RULES

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

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20** SECONDS

MIDDLE & LONG **25** SECONDS

If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

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 soon after crossing the finish line.** If you lose your chip, you will be charged - £60!
- Results will be provided from [Titanium Race Timing](#) where you can find the full set of results.
- A full set of FINAL results will be available on www.endorphinsport.com the evening following the event.
- Any disputes or amendments must be made immediately via the race directors/referee **ON THE DAY.** **Before the presentation.**

Presentation/Prizes –

We are a very eco conscious company choosing to work with UK based independent companies, all of trophies/medals/recycled ribbons are DESIGNED and MADE in the UK. PLEASE check the results before you leave as it can often be heart breaking when we see all these stunning sustainable Awards go to waste essentially!

- Presentations: Expected time is approx.12pm. **Exact timings of the presentation will be released over the PA so, please keep your ears open! 😊 Delays do happen - that's life!**
- Prizes will be awarded to **fastest 3 overall** in the Open & Females categories **AND.....**
- ****** 1st Female and Open category in each age group 15-16yrs,17-19, 20-29, 30-39 and so on....to our eldest competitor **** due to low number we are only presenting 1st place in each age cat for the first year.....**
- **Fastest 'Family' & Corporate Team**
- **Aquabike & Aquathlon – 1st overall Open & Female**
- **Please stick around for the Presentation and please check your time and age group position before the Presentation time.**

******You may have won a prize and [we are unable to send or arrange for these to be picked up after the event.](#) IF YOU NEED TO LEAVE BEFORE THE PRESENTATION, PERHAPS ASK SOMEONE ELSE YOU KNOW TO COLLECT YOUR PRIZE ******

Photography

- Free downloads for entrants finish photos and swim exit – supplied by [Mick Hall Photography](#)

Helpers needed PLEASE!

- **We are very short of helpers for this event** , so please get in touch if you want to help for a FREE ENTRY for you or family/friend.

Helpers can volunteer to:

- **Set up the day before**
- **During the event**
- **After the event** for a free entry for any endorphinsport event.

- Please email us to register your interest and let us know how you'd like to help, timings and your preferred role etc.
- Our brilliant [volunteers](#) and their help, whether competing or not, is always VERY much appreciated and these events do not happen without you - Thank you – you are amazing 😊

Spectators –

- We have always been conscious of trying to make our events as spectator friendly as possible. Please encourage your friends and family to attend and enjoy your day together. This venue is brilliant for spectators allowing you to be up close to cheer you on!
- Please respect the barriers in place and the volunteers/helpers who are doing their utmost to keep everyone safe – thank you.
- Our partners listed below will be provide delicious coffee, great food down at the Event Hub right near Transition.
- Great Spectator Viewing Points – Cheer your family & friends on, but please do not restrict competitor view and the course – thank you

Refreshments & Partners

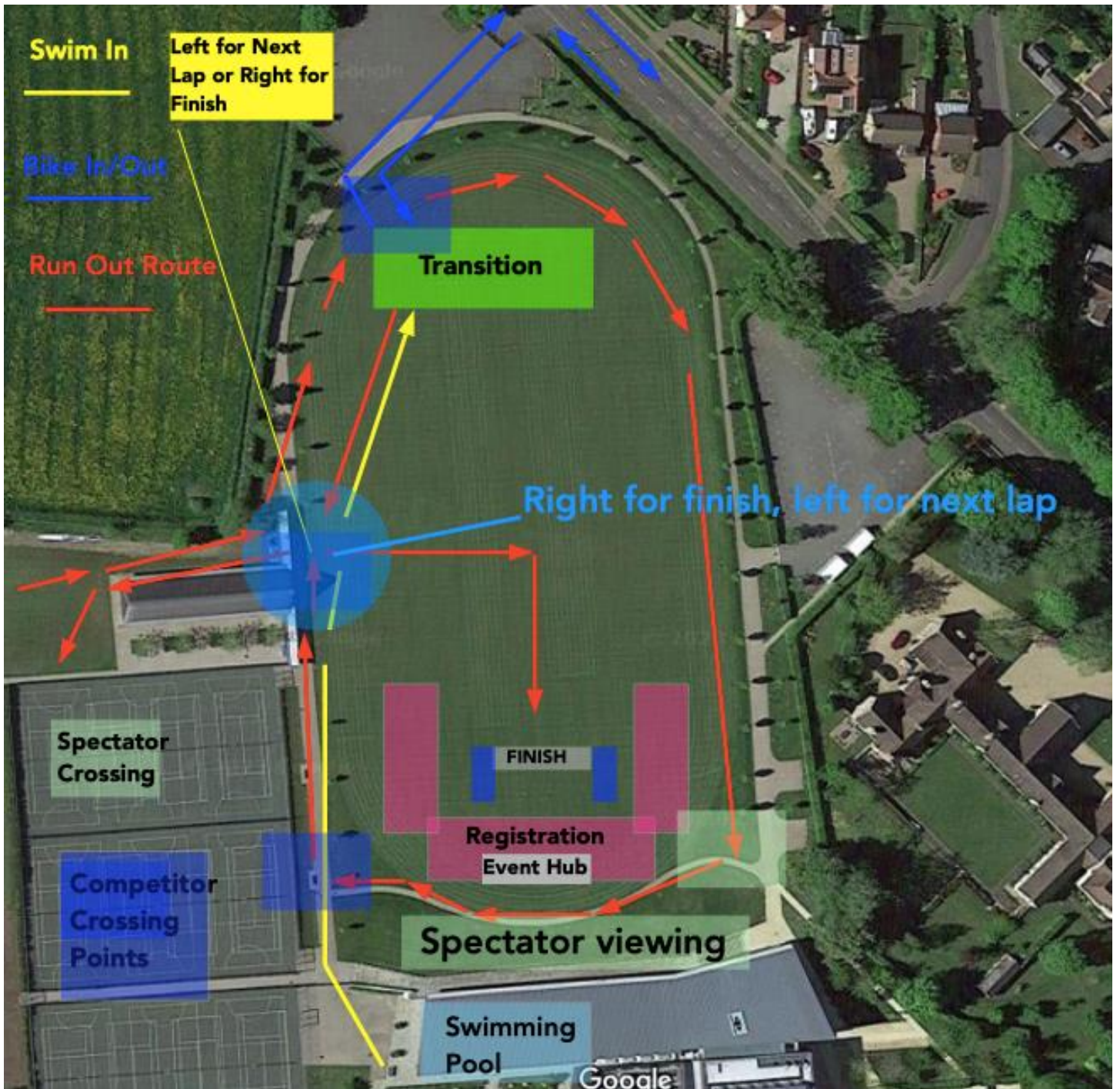
The **Event Hub** will be located very close to the transition area

[Café Allez](#) The best tasting coffee/teas around!

[Mr Moustache](#) - Gourmet burgers, crepes, breakfast and more!

[Jaffa Sports](#) – Triathlon retailer - all of your favourite brands!

Site Map



Further Information -

- Please check the [website](#), [Instagram](#), [Facebook page](#) for all updates and event coverage. Please tag us into any social media, we love to see and share your achievements!

- Please note that we will not be checking emails 4 days prior to the event so visit www.endorphinsport.com and you can find the information you need by reading the event details thoroughly!?
- Emails will be replied to on a priority basis in the weeks building up to the event. If you cannot attend the event please read our [Withdrawal Policy](#) carefully. If you must withdraw, we will issue a race credit not a refund.

Please understand that we will be busy in the days/weeks before the event - we like the great outdoors and are not glued to our phones/lap tops all the time!

Thank you for your support

We would like to thank you all for your support, especially over the challenging last couple of years..... and all the fantastic marshals/volunteers, whom without these events would never happen, to East Leake Leisure Centre and all their staff and to all those behind the scenes that made it possible to run this event.

Please respect the fact that all Volunteers/Marshall's have given up their day/weekend 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.

Please, Only positive energy!

Be Patient, Be Kind and **Think of Others** – **Thank you** 😊

COMPETITORS – you are never too tired to say THANK YOU to our amazing helpers – lets here you on course please – THANK YOU 😊

Thank you everyone for your work and support ensuring we all enjoy the event!
Hopefully see you soon at:

[endorphinsport Belvoir Castle Multi Sport Weekend 31 Aug-1 Sept](#) - events for all the family including your dog! 😊

Take Care & Stay Active – all the family!

Rebecca & Dean Hughes
Event Directors



Find out more about a great local club - many are volunteering to help this weekend - thank you [Ketton Panthers](#) you are amazing!

