



**GOSFIELD LAKE TRIATHLON**  
GOSFIELD LAKE RESORT,  
CHURCH ROAD, GOSFIELD, HALSTEAD, ESSEX, CO9 1UD

**Sunday 11th July 2021 - 08:30 Race Start**

**Born2Tri looks forward to welcoming you to this race and we hope you enjoy the venue.**

**Standard distance triathlon** event incorporates a 1500m lake swim (2 laps) followed by a 40km (2 laps) cycle ride on a fast but undulating course, finally a 10km run (4 laps) course– back to finish by the lake.

**Sprint distance triathlon** involves a shorter 750m (1 lap) lake swim, one lap of the bike course and a 5km run (2 laps) course - back to finish by the lake.

**AquBike** event involves a 1500m lake swim (2 laps) followed by a 40km (2 lap) cycle ride to finish on re entering Transition.

**Aquathon** event involves a 1500m lake swim (2 laps) followed by a 10km run (4 laps) course - back to finish by the lake

**Duathlon** event starts next to the lake and involves a 4km (2lap) run followed by a 20km (one lap) cycle ride to finish with a repeat of the 4km run, finishing back at the lake.

**There will be trophies for the 1<sup>st</sup> Male and 1st Female in the, Open (20-40) and Vet's (over 40) for all events.**

**BTF Rules** - You are recommended to familiarise yourself with the BTF rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence!

**The Gosfield Lake Resort** is situated just off the A131 north of Braintree within easy reach of the A120, M11 and A12. Full address is Gosfield resort, Church Road, Gosfield, CO9 1UD

Gosfield Lake Resort has excellent camping and caravanning facilities with purpose built showers, toilet facilities and electric hook-up available for novice and experienced campers alike. If you would like to book a camping slot for the triathlon please contact Linda at Gosfield Lake Resort on **01787 475043 / 479984**

Gosfield Lake Resort has resident catering that offers the usual range of food and drink. There will be toilet facilities, portaloos on the day.

### **Parking**

Parking on the race day will be situated in a field approximately 500m from Gosfield Lake Resort. Please follow the parking signs on race day to ensure you park in the right place and allow sufficient time to walk from the car park to the race venue. **Entrance to the car parking field - What 3 Words: haircuts - putts - lamenting.**

**Please take care walking to and from the Lake Resort with the Car Park. Although a quiet road, there is no footpath available. Please keep into the road edge.**

**PLEASE NOTE: Parking WILL NOT be available within the Resort on Race Day. Please do not park on the main road near to the Lake as this will create a risk to competitors on the bike course and may lead to a delay in starting the race!!**

**Registration – Please note there will be no entries on the day.**

There will be an opportunity to register on Saturday afternoon, between 2pm and 4pm in the Car Park field.

**Entrance to the car parking field - What 3 Words: haircuts - putts - lamenting.**

Registration will also take place on the morning of the event in the Car Park Field, opening at 6:30am. Please ensure you are registered by 08:00 a.m. to ensure you have time to prepare your equipment and complete any warm up prior to the start.

BTF Home Nation members will be required to produce their current race licence. **If it is not produced a day licence will need to be purchased.** Non Home Nations members will

receive an electronic Day Licence with this information in the days leading up to the race (NO NEED TO PRINT).

You will be provided with an envelope which will include your race numbers and stickers. You will also receive a swimming cap. Stickers need to be applied to your bike (clearly visible position) and helmet. You will also receive your timing chip at transition check in and this needs to go on your left ankle.

**Do not discard your race number after you finish as you will need show this number to collect your bike and equipment from transition at the end. No number means you have to wait until yours is the only bike in transition before collecting it.**

**Cycle helmets** will be checked as you enter transition, for condition and suitability (ANSI/BSI standard or similar) prior to your race. Your helmet strap must also fit snugly under the chin with no more than two fingers able to be passed horizontally between the chin and the strap. If you do not do this before the event starts, the race official will stop you and you will have to adjust the strap regardless of how long this takes. **Remember: no cycle helmet no race.**

#### **Transition Area**

**Boxes and large bags are not permitted to be left in the Transition Area. Only bring into Transition equipment that will be required during your event.**

**A secure bag drop area will NOT be provided, bags and boxes must be put in your car and not left on site whilst you are racing.**

**Only a small canvas bag will be allowed to be placed by your racking position.**

**Aquathon Event:** An area will be available for this event for the placing of shoes and other equipment that may be required. This area will be used for the depositing of your wet suits.

**Sprint Distance, Standard Distance, AquaBike and Duathlon Event:** Please rack your bike in the space allocated to your number, keep your equipment in your racking space and do not interfere with any other competitor's equipment. Please remember you are not allowed to mark your space in transition in any way. Only competitors and officials will be allowed in the transition area.

**Race Numbers** - You will be issued with TWO body numbers, which must be clearly visible on your back for the bike and your front for the run. **Do not cut or fold these race numbers as penalties will be issued for number mutilation. Elastic belts for race numbers are permitted.**

We request that all competitors write their next of kin emergency contact details and any relevant medical information on the back of their race numbers. This is not just

an administrative request; it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident.

**Timing** - The race will be chip timed and we will endeavour to provide you with accurate split times along with your overall race time and position. At bike check in you will be provided with a timing chip to wear on your ankle, please follow the fitting instructions supplied so it is not lost on the course. Lost timing chips will be subject to a £5 fee for replacement.

**Race Briefing** - There will be **NO** race briefing before the start of the event - in line with Covid requirements. **Please read the Race Briefing below this information.**

**Race Start** – Sprint Distance, Standard Distance, AquaBike and Aquathon events will start with a rolling start, with your time starting as you cross the timing matt at the lakes edge. You will then complete 1 or 2 laps depending on your race. Those swimming 1500m will enter the water first, followed immediately by those swimming 750m.

Duathlon event will start, again in rolling pattern, adjacent Transition, at the same time as the other events

**Covid procedures will be in place at this event. Mask wearing and social distancing will be required at the venue and within Transition while racking and placing your equipment and after the event when collecting all your equipment.**

**Please remember social distancing during competition.**

**It will be a requirement to complete the pre-health screening and to book into the Track and Trace system for this event via the NHS QR code displayed at various points at Registration and the Lake Resort.**

**Hand sanitiser stations will be available around the site.**

**If you have a temperature or any other symptoms of Covid, please do not attend this event.**

**In order to keep social contact to a minimum, spectators are discouraged.**

## Race Briefing

### **Swim:**

**The Standard Distance, Aquathon and Aquabike events will complete two laps of the 750m swim course (1500m)**

**The Sprint Distance event will complete one lap of the 750m swim course.**

All competitors please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, swimmers may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming, therefore if you are unwell or have any open wounds you should seriously consider the implications of racing. The lake temperature varies and triathlon wetsuits will be compulsory if the temperature is below 14degrees C. Wetsuits will not be allowed to be worn if the water temperature exceeds 22degrees C with the temperature being taken 1 hour before the start. You are advised not to drink the lake water

**The water temperature will be posted one hour before the start of the event.**

A rolling start will be used at this event:

Those swimming the 1500m (2Laps) will line up to the right of the start. Those swimming 750m (1lap) will line up to the left of the start.

The start will be self seeded. Faster swimmers towards the front of the lines. For those completing two laps and those swimming 750m, please have consideration for slower swimmers you may approach to pass.

**Route** – Please see image below and note this is not to scale. In essence, the swim will be as:

**Standard, Aquathon and Aquabike** – 2 laps starting at shore side. Swim between the 1<sup>st</sup> yellow buoy and red buoy with the yellow buoy on your right. Then swim clockwise around the buoys keeping them on your right hand side. You will then pass through the yellow buoy / red buoy gate to start a 2<sup>nd</sup> lap To complete the lap, you will swim to the final red buoy keeping this on your left, then returning to the shore transition area.

**Sprint** – 1 lap starting at shore side. Swim between the 1<sup>st</sup> yellow buoy and red buoy with the yellow buoy on your right. Then swim clockwise around the buoys keeping them on your right hand side. To complete the lap, you will swim towards the red buoy keeping it on your left, then return to the shore / transition area.

**When approaching the shore to complete the swim, approach to the left of the exit point as there may be swimmers still entering the lake.**



Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn onto your back and raise one arm; a canoe will then escort you to the bank or call for the safety boat. If you appear to be struggling in the swim, or you have been in the water for a long time, you may be pulled out. **The lake is generally 5-6 feet deep so if you do get into difficulty, try to stand up first as you should be able to put your feet down** (although the bottom may be a bit squelchy!!).

#### **Transition:**

On reaching your position please have consideration for other competitors.

Remove your wet suit and place it on the ground under your bike.

**Before you remove your bike, remember to place your helmet on your head and fasten the strap. Do not ride your bike within the Transition area. Your Race Number must be worn to the rear.**

Push your bike up the grass slope towards the exit from the Lake Resort. If the weather has been wet, please take care as the ground may be slippery. At the top of the slope there will

be the MOUNT LINE (a clear line on the ground). **Cross the Mount Line before mounting your bike.**

Immediately after the Mount Line the road depends to the exit from the Lake Resort. **There is a restricted view at the exit, this will be a compulsory 'FOOT DOWN'.** (You must be stationary with one foot on the ground). If safe to do so, turn left and commence the cycle course.

**Failure to comply with the FOOT DOWN will result in Disqualification.**

**Bike Route:**

**SPRINT DISTANCE / DUATHLON - 1 LAP**

**STANDARD DISTANCE AND AQUABIKE EVENT - 2 LAP**

The cycle course follows an undulating route that will be using some main roads and a number of smaller roads.

All major junctions will be signposted BUT competitors should familiarise themselves with the route prior to competing.

Please see below a map of the Bike Course.

**Gosfield Lake Triathlon Bike Course:** From the Lake Resort, the road climbs to it's junction with Hedingham Road, with will be a left turn at a Give way Junction. Caution for traffic from your right. Hedingham Road has varied speed limits on route to Sible Hedingham. There is a fast decent into a climb to the town of Sible Hedingham. Be aware of parked vehicles and pedestrian crossings as you pass through the main street. The road depends on a left curve to a left turn at Rectory Road, a junction locally know as "The Sugar Loaf". The road climbs and curves left and right before a left turn into Wethersfield Road. This section of the course is undulating passing through an agricultural area. There are small villages which you pass through, were caution is needed for parked vehicles. The next left turn is at Pattens Farm Road, towards Blackmore End. There are a couple of 90degree curves on this section where care is needed. At Beazley End there is a left turn. Caution is needed as the road curse back on you on entering the junction. This junction will have approach warning. The road then twists back to the Lake Resort. As you approach the Lake Resort you will pass a narrowing of the road over a small bridge and see the lake on your left. The entrance to the resort will not be clearly seen until you are very close.

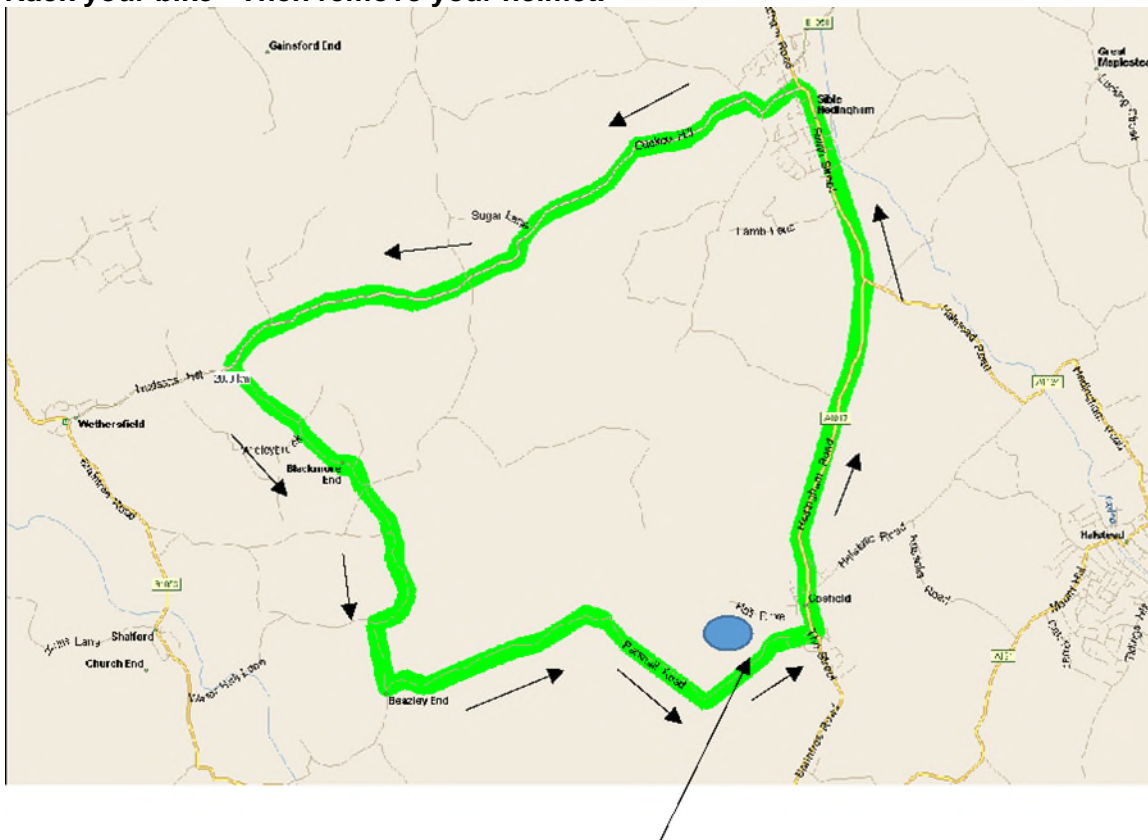
Great care need to be taken, not only for the left turn back into the Lake Resort, but also there could be other riders continuing onto a second lap.

**Standard and Aquabike will complete a second lap. Sprint and Duathlon will return to the Lake Resort.**

**If there are other riders near you, remember to indicate your intention to turn left into the Lake Resort.**

On re entering the Lake Resort, there is a short but very sharp climb up to the Dismount Line. **You MUST dismount from your cycle BEFORE crossing the line and pushing your bike down the grass slope back to Transition.**

**Rack your bike - Then remove your helmet.**



**Start and Foot down point / Finish**

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, WILL result in either penalty or disqualification. Failure to adhere to the Highway Code is not only a danger to yourself and other road users but also threatens the



continuation of races as the authorities are becoming increasingly critical of races on the highway. **Please do not damage our sport by riding recklessly.**

Please note that **Race Marshals are not permitted under British Law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only and not instruction.**

**THEY WILL NOT ADVISE YOU AS TO WHETHER IT IS SAFE TO GO.**

Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

**Drafting** on the cycle course is not permitted, **drafting is cheating**, any rider seen to breach this rule will be reported and may be subject to a time penalty or disqualification. If you are unsure of this rule please ask at registration or speak with the race director or referee at the briefing.

**The Aquabike event will be Completed and Finishing time taken on crossing the timing mat on re entering the Transition 2.**

**\*IMPORTANT NOTE\* It is your responsibility to know the course and how many laps you are required to complete.**

**Run Course:**

The run course uses grass / field tracks and public footpaths. There will be an aid station on the run course at the end of the lap section.

Runners must take care for uneven surfaces, slippery surfaces and natural hazards such as rabbit holes and small ruts.

**Sprint Distance - 5km (2 laps)**



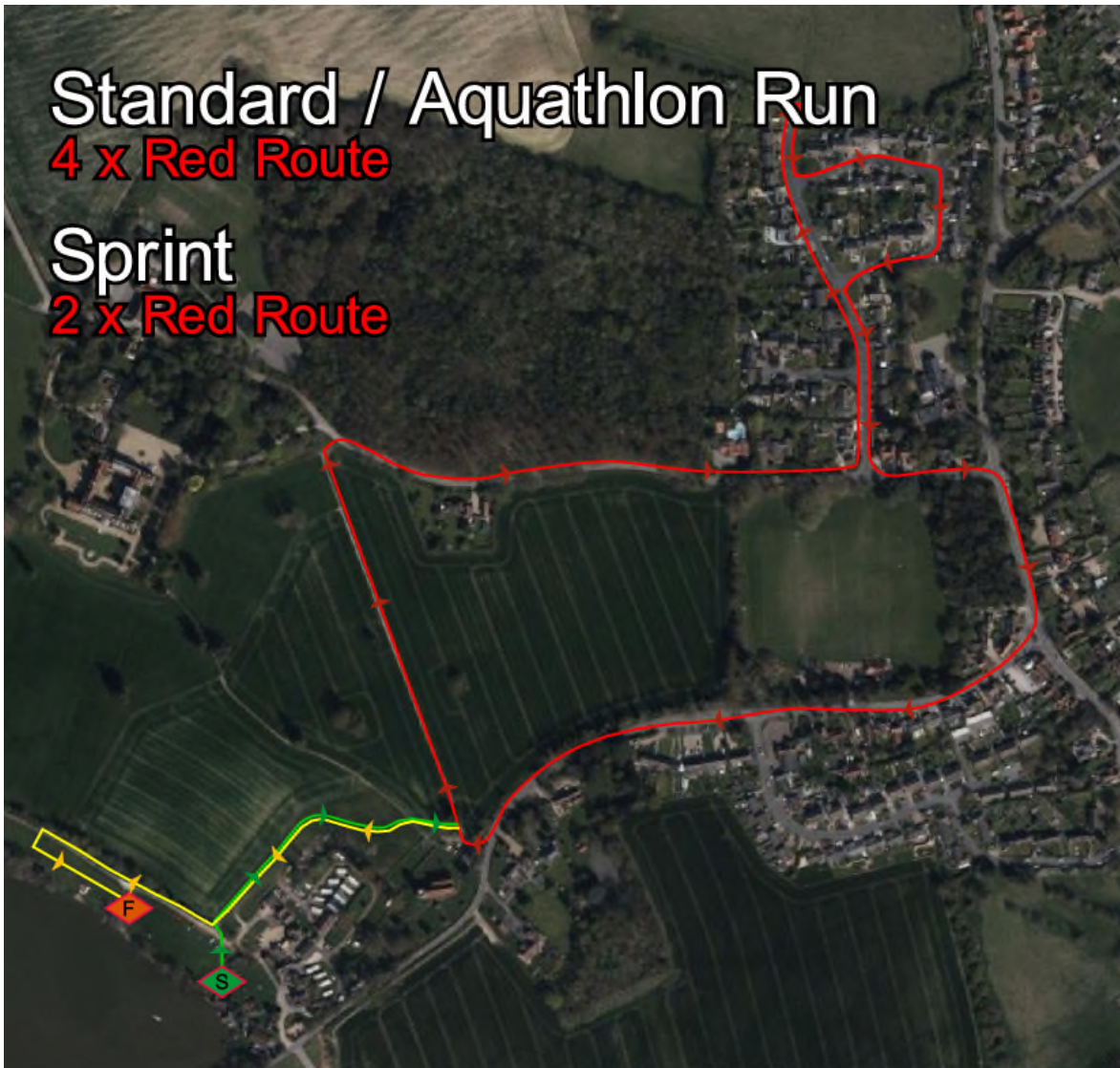
From Transition exit the Lake Resort through a grassed area to the Church (green line) takes you to the start of the loop section (red line) which is completed **twice**.

Follow the path through a wheat field. This path is narrow and need care. The Path meets the road at Hall drive. Care is needed as this is an open road to vehicular traffic.

At the first junction on the left, Meadway, turn left to the end of the road to complete a dead turn, returning towards Hall Drive. At the first junction on the left, Chestnut Avenue, turn left, Chestnut Avenue is a horseshoe and returns to Meadway where you turn left onto Meadway and back to Hall Drive, turning left onto Hall Drive. All turns are then to the right to return to the church to complete the first lap.

Once the **two** laps have been completed retrace the route back to the Lake Resort (yellow line) and a dog leg to the finish.

### Standard Distance and Aquathlon Event - 10km (4 laps)



From Transition exit the Lake Resort through a grassed area to the Church (green line) takes you to the start of the loop section (red line) which is completed **four times**.



Follow the path through a wheat field. This path is narrow and need care. The Path meets the road at Hall drive. Care is needed as this is an open road to vehicular traffic. At the first junction on the left, Meadway, turn left to the end of the road to complete a dead turn, returning towards Hall Drive. At the first junction on the left, Chestnut Avenue, turn left, Chestnut Avenue is a horseshoe and returns to Meadway where you turn left onto Meadway and back to Hall Drive, turning left onto Hall Drive. All turns are then to the right to return to the church to complete the first lap.

Once the **four** laps have been completed retrace the route back to the Lake Resort (yellow line) and a dog leg to the finish.

### **Duathlon:**

From Transition a grass section (green line) takes you to the start of the loop section (red line) The lap (Red line), is completed 2 times. At the end of the 2nd lap, you retrace back to the Lake Resort (Yellow line) and a dog leg to the finish.

There is a section of road which is open to vehicular traffic, so please keep to the edge of the road and use the footpaths were available.

The lap is a square, consisting of right turns only. On completion of the required number of laps, turn left at the church to return to the Lake Resort. On re-entering the Lake Resort, turn right to complete a short dog leg to enter transition for the bike section or cross the finish line.



**Finish:**

On crossing the Finish line, please accept your finishers medal and water and leave the event 'red' area.

**You will be permitted to retrieve your bike and equipment from transition.**

Entry will be from the side of Transition - the same point used when entering to rack your bike prior to the start of the event.

**Make sure you are still in possession of your race number, as this will be required to remove your bike from transition.**

**Please be aware there may be other competitors who have not finished moving through transition.**

Take care exiting the Lake resort and returning to your vehicle. Remember there could still be competitors and vehicular traffic using the road back to the car park.

## General Information

### **Medical:**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the race. Please write all medical details on the back of your race number and put a small indelible red cross on the front of your number.

Whether you have a medical condition or not, if you feel unwell on race day – don't race.

### **Competitor Conduct**

Competitors are reminded that they share both the Bike and run facilities, paths and roads with other citizens who may or may not be fully aware of the event. We request that you treat members of the public including other road users, marshals, other competitors, BTF technical officials and venue staff with respect.

Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by Born2Tri.

**Please try to remain courteous on the road even if some other road users do not offer you the same respect.**

**The use of personal stereo type equipment is prohibited at all times.**

### **RESULTS**

Provisional results of the event and will be available on the web site [www.stuweb.co.uk/results.html](http://www.stuweb.co.uk/results.html) as soon as possible.

### **TROPHIES:**

There will be **NO** presentation of trophies at the end of this event. The trophies will be posted to the recipients in the days after.

## **Course Reconnaissance**

It is possible to swim the swim course on Tuesday evenings and Sunday mornings as part of the open water swimming sessions put on by the Gosfield Lake Resort. It is possible to cycle the bike course from the resort as the course is all on public roads.

## **And Finally**

On behalf of Born2Tri all the team would like to wish you well with your race and hope you have a safe and enjoyable event whether a novice or experienced athlete alike.

We would also like to thank the following for supporting us and enabling us to hold this event:

Linda, Emma & Vince at Gosfield Lake Resort  
StuWeb Race Timing Limited  
Euromed Ambulance  
Braintree Canoeing Club

**Have a safe and enjoyable day.**

**Born2Tri**