



## GOSFIELD LAKE TRIATHLON

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

**Sunday 2nd July 2023 - 08:00 Race Start**

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

**Middle Distance triathlon** consists of a 1900m swim (2 laps) followed by a 59mile cycle ride (4 laps) and a 13.3mile run (3 laps) course - back to finish by the lake.

**Standard distance triathlon** 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 with a short run from transition to the finish line by the lake.

**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 5km (2lap) run followed by a 20km (one lap) cycle ride to finish with a repeat of the 5km (2lap) 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!

For details of the current rules - <https://www.britishtriathlon.org/competitionrules>

**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.

Registration will also take place on the morning of the event in the Car Park Field, opening at 6.00am. Please ensure you are registered by 07:30 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). There is very little reception at the race site so please save a photo on your phone.

You will be provided with an envelope which will include your race number, wristband, swimming cap and stickers. Stickers need to be applied to your bike (clearly visible position) and helmet. You will also receive your timing chip and this needs to go on your left ankle. You must wear the wristband at all times to access transition.

**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.**

### **Changing and Toilets**

There are no changing facilities or showers available. Toilets will be provided, in the form of portable toilets. (There is a toilet block at the Gosfield Resort site, but we will not have access to those facilities) There will be a porta-loo in the registration field and one located near to the run lap point by the Church. All other Porta-loos will be located near transition.

### **Transition Area**

**Boxes and 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 (at your own risk) whilst you are racing.**

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

**Competitors are advised not to leave valuables unattended on site.**

**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.

**Middle Distance, 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 ONE body number, which must be clearly visible on your back for the bike and your front for the run. For this reason we strongly recommend a race belt, if not you will be required to unpin your number from your back after the bike and re-pin it to your front for the run. **Do not cut or fold these race numbers as penalties will be issued for number mutilation.**

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 endeavor to provide you with accurate split times along with your overall race time and position. At registration 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, we will make any last minute necessary announcements about the course before the swim start as required. **Please read the Race Briefing below this information.**

**IMPORTANT NOTE:** This is a multi distance event. It is your responsibility to know which course you are undertaking and how many laps of your course you are required to complete.

**Race Start:** All events starting with a swim will be 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 1900m will enter the water first. Approximately 10 minutes after, the competitors swimming the 1500m and the 750m will be slowly released using a rolling swim start.

Duathlon event will start, adjacent Transition, at the same time as the 1500m and 750m swim.

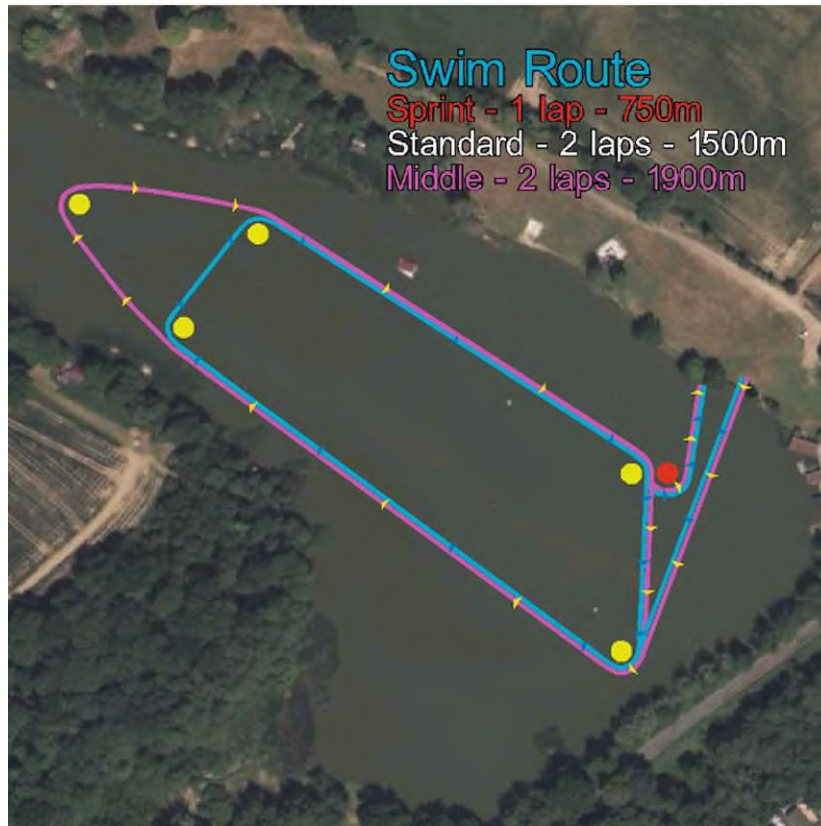
**If you have a temperature or any other symptoms of Covid, please do not attend this event.**

# Swim

The Middle Distance event will complete two laps of the extended 950m course (1900m)

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.



The colour of your swim hat indicates the distance you have elected to complete.

**Middle Distance - Fluorescent Yellow**

**Standard Distance / Aqua-bike/run - White**

**Sprint - Red**

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.**

### **Wetsuits: Water Temperature**

Age 59 and Under - Mandatory Below 14 Degrees Centigrade.

Forbidden Above 22 Degrees Centigrade.

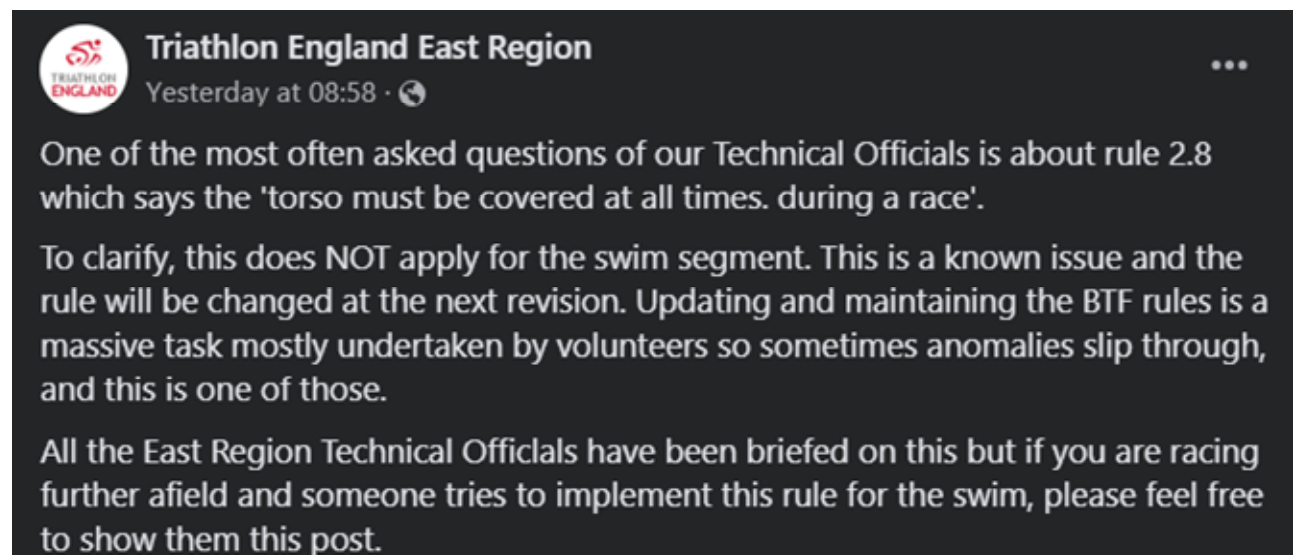
Age 60 and Over. - Mandatory Below 14 Degrees Centigrade.

Forbidden Above. 24.6 Degrees Centigrade.

Middle Distance All Ages. - Mandatory Below 16 Degrees Centigrade.

Forbidden Above. 24.6 Degrees Centigrade.

Please see below for the clarification on non-wetsuit swim in respect of swimming in shorts only.



**A rolling start will be used at this event:**

Those swimming the 1900 (2Laps of 950m course) to **line up to the right** of the start.

Those swimming the 1500m (2Laps of 750m course) to **line up to the right** of the start.  
**Behind those undertaking the Middle Distance event,**

Those swimming 750m (1lap) to **line up to the left** of the start.

The start will be self seeded. Faster swimmers towards the front of the lines. **All courses use the same water so 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:

**Middle** - 2 laps starting at the shore. Swim directly to the yellow buoy on the far side of the lake going round the yellow buoy on your right. Then swim clockwise around the buoys keeping them on your right hand side, you are swimming to the far singular buoy at the end of the lake before turning right and coming back, always with the buoys on your right.

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 through the swim gate again, then turn LEFT returning to the shore transition area.

**Standard, Aquathon and Aquabike** – 2 laps starting at the shore. Swim directly to the yellow buoy on the far side of the lake going round the yellow buoy on your right. Then swim clockwise around the buoys keeping them on your right hand side, you are only going half way up the lake before turning right. You then turn right again and swim back towards the swim buoy gate.

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 through the swim gate again, then turn LEFT 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 entry 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 very restricted view at the exit, this will be a compulsory 'Stop and Go'.** (You must be stationary - to ensure it is safe to proceed). If safe to do so, turn left and commence the cycle course.

**Failure to comply with the 'Stop and Go' will result in Disqualification.**

**The discarding of litter is forbidden on the bike and run courses**

**It is important to note that the Middle Distance event and All Other Events share some sections of the same course. The courses do split in Sible Hedingham.**



## Bike Route:

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.

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 event Finishing Line – you will need to exit transition at ‘run out’ and follow the funnel taking you to the finish, this will all be on grass.**

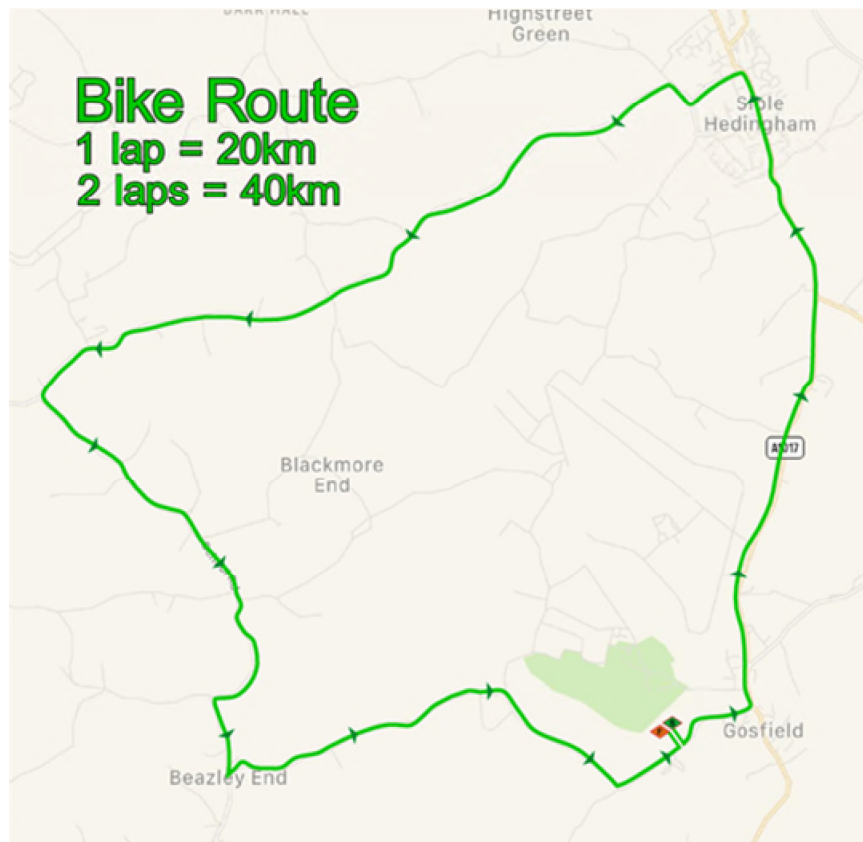
**\*IMPORTANT NOTE\*** It is your responsibility to know the course and how many laps you are required to complete.

**SPRINT DISTANCE / DUATHLON - 1 LAP**

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

**Course indicated by Black arrows on a Yellow background**

Please see below a map of the Bike Course (not Middle Distance)



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. **(Course split - All other events turn left into Wethersfield Road - Middle distance event follows the road ahead)**

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.

At the crossroad with Morris Green "**Caution**" as the Middle Distance event rejoins All Other Events course to return back to Gosfield Lake.

The next left turn is at School 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 curve 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.

**Sprint will return to the Lake resort on completion of one lap.**

**The entrance to the resort will not be clearly seen until you are very close.**

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

**Great care needs 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.**

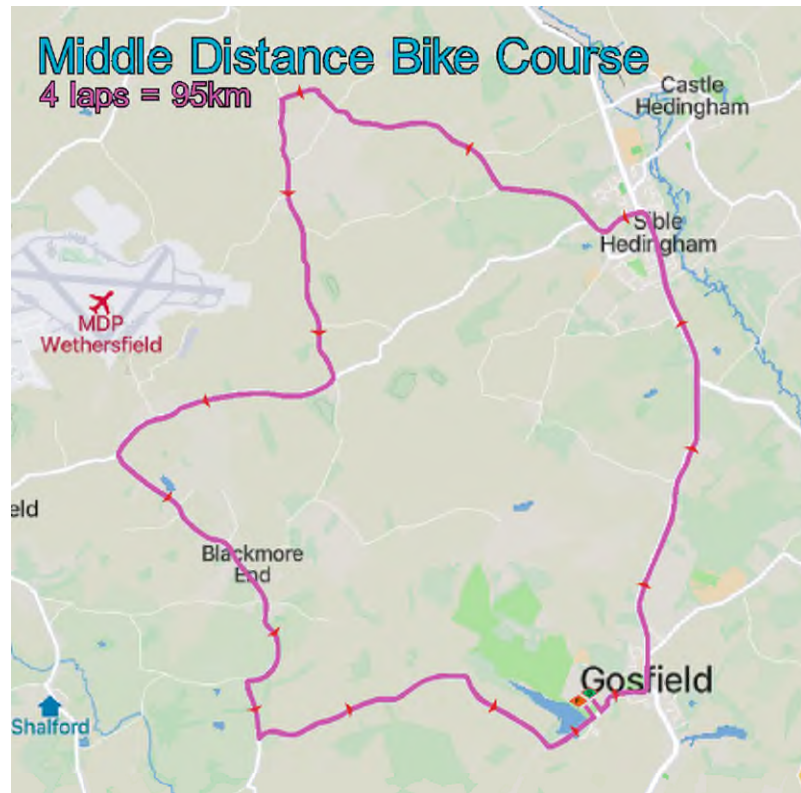
**On re entering the Lake Resort, there is a short but very sharp climb up to the Dismount Line. You MUST dismount from your cycle BEFORE crossing the line and pushing your bike down the grass slope back to Transition.**

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

### Middle Distance Bike Course:

**MIDDLE DISTANCE – 4 LAPS – At the course split the arrows change to black on PINK backgrounds, when you return to the original course, you return to black arrows on yellow backgrounds.**

Only the additional section of the course is indicated by Black arrows on a Pink background. It is clearly marked where the route split is.



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.

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 passing the junction Wethersfield Road, to the left. **[Course split - All other events turn left into Wethersfield Road - Middle distance event follows the road ahead]**

This section of the course is undulating passing through an agricultural area. There are small villages which you pass through, where caution is needed for parked vehicles.

Prior to Barr Hall there is a T junction where there is a **left turn**, into Morris Lane. This junction is controlled by means of 'Give Way' road markings. **Caution** is required prior to turning left.

Approximately 2miles after turning left there is an Aid Station, providing drinks and gels. **This location is the designated 'Litter Point' where you may discard wrappers.** If you wish to take hydration or nutrition you will need to slow to a stop. The drinks station will dispense water and High5 drink to replenish your bottles, no bottles will be available to take. You must stop to receive any aid from the aid station.

**Caution is required on approach and passing the Aid Station with due regard to slowing, stationary or moving off cycles.**

Shortly after the 'Aid Station' there is a mandatory '**Stop and Go**' at the junction with Wethersfield Road. To turn right onto Wethersfield Road.

Caution is required as the Middle Distance course re joins All other Events Course to return back towards Gosfield Lake.

The next left turn is at School Lane, 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 curve 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.**

**A total of FOUR laps are required to complete the Middle Distance cycle course.**

**Great care needs to be taken, not only for the left turn back into the Lake Resort, but there could be other road users, 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.**

## Run Courses:

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

**Sprint Distance and Duathlon Events- 5km (2 laps)**

**Standard Distance Event - 10km (4 laps)**

**Middle Distance Event - 13.3miles (3 Laps)**

All run courses use combinations of grass / field tracks and public footpaths. Please see the maps below showing the run routes. There will be an aid station on the run course at the end of the lap section, situated by the church.

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



The run course uses grass / field tracks and public footpaths. Please see the maps above showing the run route. 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.

### **Duathlon:**

This event starts adjacent to the Transition area.

From Start and 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.

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 cross the finish line.

**Standard and Aquathon;** From Transition a grass section (green line) takes you to the start of the loop section (red line) The lap (Red line), is completed 4 times.

**Sprint:** 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.

From Transition: exit the Lake Resort through a grassed area to the Church, passing through the gate and turning left onto the Lapped section of the course.

Follow the path through a wheat field. This path is narrow and need care. The Path meets the road at Hall drive. Turning Right, 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.

**Sprint and Duathlon complete 2 laps**

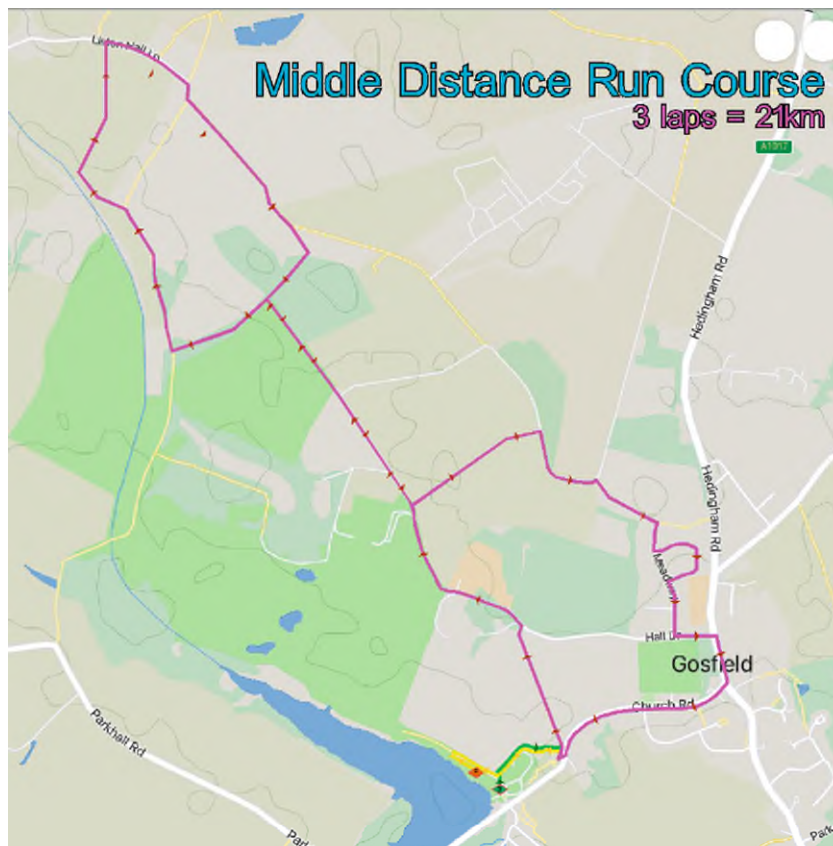
**Standard and Aquathon complete 4 laps.**

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 cross the finish line.

### Middle Distance complete 3 laps (extended course).

The run courses use combinations of grass / field tracks and public footpaths. Please see the maps below showing the run routes. There will be an aid station on the run course at the end of the lap section, situated by the church.

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



From Transition: exit the Lake Resort through a grassed area to the Church, passing through the gate and turning left onto the Lapped section of the course.

Follow the path through a wheat field. This path is narrow and need care. The Path meets the road at Hall drive. **This section of the route is shared with All Other Events.**

Turning Left, following the pink signs: Care is needed as this is an open road to vehicular traffic.

Follow the road to the right to pass the Golf Club.

The road passes left of a gate, entering an old airfield area. The surface is concrete and firm. **Caution on this section is required as it is two way, with runners on the outward and return sections of the route. KEEP LEFT**



Entering a wooded area, the surface becoming off road. If wet caution is needed. Turning left onto a public footpath on the edge of a field. Again this is off road. Caution is required for uneven surface and ruts.

Passing through the field, the route meets a road to make a right turn onto tarmac road surface. Although a quiet road, be aware of moving vehicles.

This road curves leading to a sharp left where the run route turns left back onto an off road surface. After a short incline the path opens onto a field. Follow the path over the field to meet a tarmac road and turn left.

Although a quiet road, be aware of moving vehicles.

Follow the road, passing Liston Hall Barns on your left.

The road bends to the right, shortly after which there is a left turn, through a gate onto an area of off road path. The path is UNEAVEN and caution is required for trip hazards. On reaching a section of fencing on your left, continue to follow the path, passing over a grassed area into a wooded area. On entering the wooded area turn right to follow the path.

Caution on the path for tree roots, as it passes through the wooded area.

On exiting the wooded area returning to the concrete surface of the old airfield. **Caution on this section is required as it is two way, with runners on the outward and return sections of the route. KEEP LEFT**

Passing through the gate, at the end of this section, to turn immediately left onto an off road public footpath. This path meets a section of concrete road, part of the old airfield, to turn right onto this road. The surface is firm.

The road curves left, to take the off road path to the right. This path follows the line of a wooded area.

Follow the off road path to meet a road, Meadgate, at a new housing development.

Turning right onto Meadgate, **rejoining the route is shared with All Other Events.**

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, leading to Hall Drive. Turning left onto Hall Drive. All turns are then to the right to return to the church to complete the lap.

### **Complete of 3 laps**

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 cross the finish line.

**The Finish line will close at 3pm**

## The Finish

**On Completion of your event:**

**Please take time to re hydrate and take in nutrition.**

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

Entry will be from the top 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 and wristband, 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*

*EMS Medical*

*Braintree Canoeing Club & Laura Parker*

*Doer Cycles*

**Have a safe and enjoyable day.**

**Born2Tri**