

Bassetlaw Sprint Triathlon



Event Brief

Date: Sunday 17th August 2025

Registration from 7.00am-8.00am

Event Start from 8.10am

Welcome to the **Bassetlaw Sprint Triathlon**, at Your Space, **Worksop Leisure Centre**, Valley Road **S81 7EN**.

We're excited to deliver another great edition of the Bassetlaw Sprint Triathlon. We're focussed on delivering the best experience possible for our athletes, having worked closely with British Triathlon and the local authorities to give you a safe and fun event, that is why we have marshals and race officials. Please respect them, and of course be nice to them, they're giving up their free time for you.

Completing these events are special achievements so we want you to focus on the event, your preparations and enjoying the experience. We've created this comprehensive event guide to make your experience as hassle free and easy as possible.

Thank you for being part of the Bassetlaw Sprint Triathlon and we wish you the best of luck in your final preparations.

If you need anything before event day, please don't hesitate to get in contact.

See you soon,

Kat Wisniewski

Event Director

The Bassetlaw Sprint Triathlon

bassetlawtriathlonevents@hotmail.com

Parking

Parking will be available in the Worksop Leisure Centre car park, but should that be full, there are local quiet roads that permit parking too. Please **avoid parking near the bike mount/dismount line** just outside the entrance/exit to the Leisure Centre, you will be asked to move your car for the benefit of all athletes.

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Athletes Timetable

Registration open	07:00
Transition/Bike check in open	07:05
Registration closed	08:00
Transition/Bike check in closed	08:00
Swim wave 1	08:10
Prize giving and awards	11:30

Registration:

Everyone will register at the event site (Worksop Leisure Centre). Registration will take place upstairs in the Leisure Centre. As you arrive on site follow our signs to registration which will open from **7:00am** on the event morning and close at **8:00am**. The leisure centre does not open until 7am so we will do our best to be up and running with registration as soon as we can. If it is a nice day, we will try and set up outside from 6:45am.

Race Pass (previously BTF Day Licence) – IMPORTANT!

British Triathlon requires all participants who enter a permitted event to become a member of the national governing body, hold a race licence and third-party public liability insurance for the race that they are taking part in. Participants can choose to purchase an annual membership or a single use Race Pass for their chosen race to meet this requirement.

If you have a valid British Triathlon (BTF) membership, you will need to show it at registration. A digital membership card or screen shot of membership profile is acceptable. The annual membership must be in the name of the participant, at Core or Ultimate level and in date. If you do not have proof of membership with you, **you will need to pay for a Race Pass which will be available to purchase on the BTF website the day before and the day of the event** via [Bassetlaw Sprint Triathlon – British Triathlon](#)

After registering you will receive your event pack containing **2 race numbers, 1 bike sticker, 1 helmet sticker and timing chip**. Please fill in the reverse of your race number/s, and wear it/them with your race belt, or use the pins provided. Please note **your swim cap will be allocated to you at poolside**.

Please stick your helmet sticker on the **front of your helmet** and your bike sticker around your **saddle post**.

Your **race number** should be **displayed on your back during the bike leg**, and on your **front during the run leg**.

Please put your **timing chip on your left ankle** and ensure it is securely fastened before you start. If you lose your timing chip please see a member of our team. Pre-event losses will incur a replacement fee, during the event losses are covered by us.

Please remove your timing chip from your left ankle after the event and hand back to a member of our team.

Swim start times will be emailed to everyone once entries close during the week prior to the event, no later than 48 hours prior to race day.

It is your responsibility to be registered and changed in time for the swim start.

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Transition Area:

There is a single transition area for both T1 & T2. This area is only open to registered athletes, race officials and event marshals.

You will need to **collect your race pack before being allowed into the transition area.**

When you arrive to rack your bike, please make sure you have your helmet on and fastened and that all stickers are on your bike and helmet. **You must rack your bike in your numbered spot.**

No large bags are to be left near your bike – event kit only. There are lockers in the Leisure Centre (£1 refundable to use) to store belongings, or you can place a small bag to the edge of the transition area.

During the event helmets must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike in T2.

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Swim

You will be advised of your swim start time by email in the week prior to the event, so please make sure you are ready to enter the pool in good time. There will be marshals inside the Leisure Centre to direct you where to go for the swim start. Swim caps will be given out at poolside before your swim.

Swim waves have been seeded according to your swim estimate time provided when you registered, with the faster swimmers starting last. Swim waves start every 3 minutes. This helps group similar ability swimmers together, but sometimes one athlete may be swimming faster than another in your lane, so please be respectful. If you are constantly being tapped on the feet, it might be courteous to let your fellow athlete pass you, you can always get them back on bike leg.

Once the swim start marshal tells you to start, your timing chip will be activated, and it **will be up to you to count the 400m, which is 16 lengths**. There will be spot checks to make sure athletes aren't getting out before they have completed 400m.

After you have completed the swim, you will need to head straight to transition.

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Bike

DO NOT LITTER ON THE COURSE – You will be instantly disqualified

Please mount your bike safely **AFTER the mount line**. This is **not a closed road event** and **you are responsible for your own safety**. You must **follow the highway code at all times**. The traffic lights at B4 on the next page's map will be switched off and managed by a traffic management company, using STOP/GO boards. Their aim is to give you right of way, but **you are still responsible for own decisions and safety on the bike route**. The route is made up of mostly left turns but there is a **right turn, where we are insisting on a foot down stop, at turn B8 on the map**. **Failure to put your foot down here will result in a DQ**, there will be a marshal at this junction. This makes it fair for everyone. There is another right turn on your return to the Leisure Centre at the traffic lights at B4, which you will have gone straight on at beforehand.

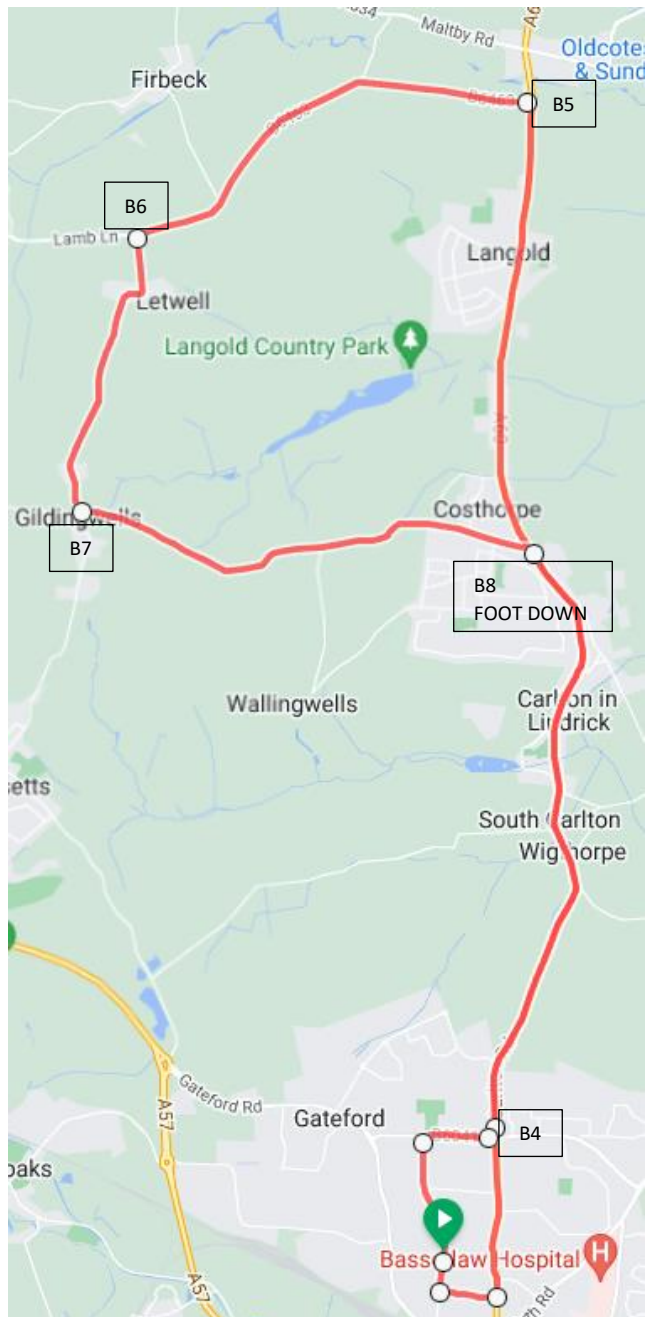
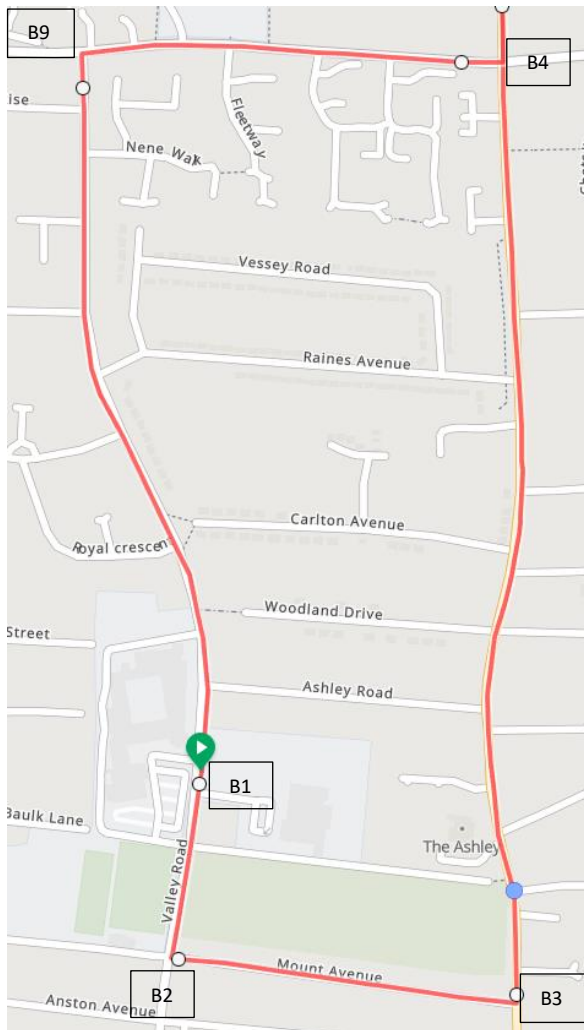
The bike route is approximately 23km with 168m of elevation gain and is as follows;

- B1** - Right out of the Leisure Centre onto Valley Road
- B2** - Left onto Mount Avenue
- B3** - Left onto Carlton Road (A60)
- B4** – Straight on at the crossroads
- B5** – Left onto Lamb Lane just before you get to Oldcotes crossroads
- B6** – Left onto Ramper Road
- B7** – Left onto Rotherham Baulk
- B8** – Right (foot down junction) onto Doncaster Road (A60)
- B4** – Right at the crossroads onto Raymoth Lane
- B9** – Left onto Valley Road
- B1** – Right into the Leisure Centre and T2

There will be directional arrows around the course as well as marshals at every junction to make sure you don't get lost.

Please note, there are fixed traffic lights between Costhorpe & Langold, should you have to stop at a red light and a marshal deems you are stationary for a significant amount of time, the marshal will note down your number and a fixed 30 seconds will be deducted from your finish time after you complete the event.

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As you approach the end of the bike route, you will have **one final right turn towards transition**. Please **dismount from the bike BEFORE the mount line**. Rack your bike at your numbered space, then take your helmet off, and head out onto the run leg.



DRAFTING RULES EXPLAINED

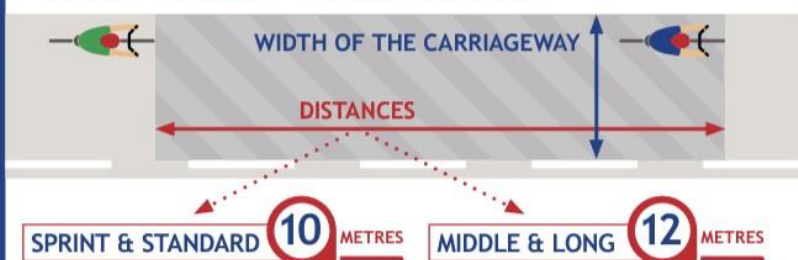
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

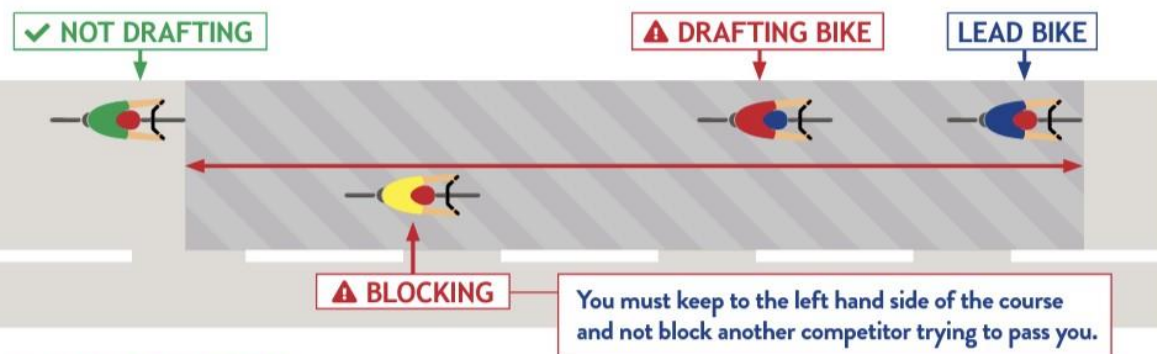


Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

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.

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Run

When you leave transition, you will turn right onto the run course. There will be marshals guiding you, but again, it is your responsibility to avoid running in the road and **you must take responsibility for your own safety**. This is a **two-lap course**. At the start of the second lap there will be a drinks station with water available for all athletes. **Please do not litter and use the bins provided.**

The run route is approximately 5km and is as follows;

B1 - Right out of the Leisure Centre onto Valley Road

B2 - Right onto Anston Avenue

B3 – Right onto Gateford Road

B4 – Right onto Windsor Road

B5 – Right onto Prince Charles Road

B6 – Right onto Royal Crescent

B7 – Right onto Valley Road

B8 – Right into the Leisure Centre

B9 – Right onto Baulk Lane to begin Lap 2

B10 – Right onto Gateford Road

There will be directional arrows around the course as well as marshals at every junction to make sure you don't get lost.

At the end of the second lap you will be marshalled towards the finish line. Smile for the photographer and **celebrate in style!**

If you would like a special call out over the PA system as you're finishing, whether this is your first triathlon or you're taking part for a special reason, please let us know in advance of the event by emailing bassetlawtriathlonevents@hotmail.com

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BASSETLAW
TRIATHLON CLUB



Bassetlaw Sprint Triathlon



Relays

Your event will flow the same as everyone else's. Relay athletes will switch between athletes/disciplines in the transition area (unless other access arrangements have been agreed in advance with the event manager).

Swimmer exits the pool and runs into transition 1.

Cyclist will be waiting by the relay transition area to receive the timing chip from the team's swimmer. Put the timing chip onto your left ankle, grab your bike and head out onto the course. – On return to transition 2, rack your bike before handing your timing chip over to your team's runner.

Runner takes the timing chip off the cyclist after they've racked their bike and put onto your left ankle before heading out onto the run course.

Swimmer and Cyclist are allowed to run under the finish banner together with your team's runner, so please be ready for them arriving. Once you finish you will all collect a finisher medal and finisher T-shirt at the finish line/recovery area. If an athlete is completing two stages of the relay event just continue through without the handover of the timing chip.

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General Event Info

Swapping entries

We're really sorry but the start lists, medical information, timing info is all fixed well in advance of the event. Please do not pass your entry on outside of the terms and conditions on the website. Anyone passing their entry on outside of these rules is seriously compromising the safety of the event and will be disqualified from entering all future Bassetlaw Sprint Triathlon's.

Race results

Race results are provisional for one week post event. Please let us know of any issues in this time before we finalise finish positions. Results will be available via results.racetimingsolutions.co.uk as soon as you've crossed the finish line.

Any penalties/time reductions given during the event will be added to your time after the event. We have an independent team from British Triathlon ensuring the rules are adhered to. They will be available to discuss any disputes in accordance with British Triathlon policy and rules. If you have an issue, be nice! Let the adrenaline and emotion calm down and then discuss.

Mechanical bike support

It is the athlete's responsibility to carry basic spares and repairs with them during the bike section of the event. You must also fix your own punctures or basic mechanical issues. If you have a major bike issue, please make your way to the closest safe location and flag one of our one course marshals who will be riding around the course. Only if it is safe to do so, make your way to the nearest marshal station for a quicker response. We will do our best to get you back to the event site as soon as possible but please keep in mind our resources will be busy if the event is in full flow.

Bag area

There is an area within transition allocated for you to leave bags away from the bike racks. If possible, please leave large items in your car or the Leisure Centre lockers. Bags are left entirely at your own risk. We're just allocating an area to leave them.

Changing areas

No public nudity on the site. Please keep "stuff" covered if changing near your car. There are changing facilities including showers located in the Leisure Centre.

Check out

If you retire from the event and do not cross the finish line, please inform the event team as soon as possible.

Adverse weather

In the event of adverse weather, we might be forced to change the event format or location of the course. We will keep as close to the original plan as the weather will allow. Please listen to announcements on the event morning regarding any changes.

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Race Rules

This is a BTF licenced event. We will have a race referee in attendance who will ensure all athletes conduct themselves fairly within the BTF rules set out on the following website.

www.britishtriathlon.org/competitionrules

It is the athlete's responsibility to ensure they know the rules

This is a **non-drafting bike course race (DRAFT ZONE = 10m)**, with race officials on the course.

Mementos

All finishers will receive a medal and finisher T-shirt to commemorate their achievement. Your T-shirt is a custom item ordered in the size you specified when entering so unfortunately size swaps are not guaranteed. If you would like to swap sizes, you must wait until after the event when all T-shirts are allocated in athletes first choice size. After that point we will be happy to switch sizes on a first come first served basis.

Finisher Photos

We are fortunate to have **RBI Photography** for the event around transition and the finish area, so be sure to give any photographers a smile and a thank you whenever you pass them. You will be able to purchase all of your event photos for just £5 and we will post a link on social media after the event for you to access them.

Toilets

Public and disabled toilets are located inside the Leisure Centre

On site catering

Blackbird Coffee will be on site throughout the day providing food and beverages

Medics

We have a fantastic medical team from **East Midlands Ambulance Service**, supported by First Aid volunteers attending the event. Please see them on or off the racecourse if you have any issues. There will be an emergency response car with a paramedic available. We obviously want them to have the most boring day possible, but they are there should you need them. There will be a clearly marked medical treatment area inside the leisure centre.

Spectators & Visitors

All very welcome to come along and cheer on the athletes. There's plenty of areas to shout encouragement when you can as well as **Blackbird Coffee** on site supplying food and beverages.

Massages

Jordan of **EMERJ Fit** will be at the finish line ready to massage you back to full health. Please pay Jordan and friends a visit to ease those muscles.

Fashion

Layer Clothing will be on site with a pop-up shop of amazing leisure wear for you to peruse and purchase.

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Prize Giving

The following trophies will be awarded;

Open & Female Champion

Open & Female 2nd Place

Open & Female 3rd Place

Relay team Champion

Age Group winners in the following categories;

Under 30 (Open & Female)

Under 40 (Open & Female)

Under 50 (Open & Female)

Under 60 (Open & Female)

60+ (Open & Female)

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Thank you and acknowledgements

This event wouldn't be possible without the fantastic army of **volunteers** who come out to deliver this event. They give up their time and do an incredible job. We're really lucky to have such a fantastic team around us.

Worksop Leisure Centre (Your Space) - we disrupt the site considerably with this event and thank the management and the public for allowing us to be here. They recognise the massive positives this event brings to people's lives and we thank them all for working with us

Race Timing Solutions - the timing team responsible for keeping tabs on you all throughout the day. A core part of the team but often hidden away. We thank them for being an integral part of the event delivery and a core part of our team

East Midlands Ambulance Service - our exceptional medical team. Always excellent and attentive to our athletes. You're in great hands if you require their assistance at the event

Blackbird Coffee – providing beverages and snacks to our athletes and spectators

Bassetlaw Council – providing the event and triathlon club with continuous support and generosity

VOCON – supporting the event and managing the traffic lights at the crossroads

RBI Photography – providing photographs for our athletes

British Triathlon Federation – Thanks for supporting the event and to their referee for being in attendance to ensure a fair and honest race.

EMERJ Fit - supplying free massages to finishing athletes

Our Event Sponsors – Thank you for supporting the event a providing valuable sponsorship to help put this event on. We literally couldn't run the event this year without the financial support of Worksop Charter Trustees. They will be on site to start the event and present awards. We are always looking for support from companies in return for marketing as part of our event, so if you can help in future years, please let us know.

Band Factory

Worksop Charter Trustees



Final Thank you

You, our athletes – Thank you so much for supporting the event. The event wouldn't exist if you didn't support us in such great numbers. We really appreciate you choosing to race with us.

Good luck in your final preparations and have a fantastic event