

MATLOCK TRIATHLON 2023

Final instructions to competitors.

First of all, thank you for entering this event. I have endeavoured to keep things as simple as possible so, if everyone does it right, there should be no problems on the day.

There is limited space in which we will be operating so please be considerate, properly prepared and patient. All marshals are giving up their time for you so please bear that in mind.

Arrival.

The Arc Leisure Centre is on Bakewell Road (A6), Matlock about half a mile outside the town centre – postcode DE4 3AZ.

Car parking is available for the early arrivals in the 2 leisure centre car parks but they may not be big enough for you all. Please park sensibly as parking bays are not marked out.

There is a **HEIGHT BARRIER** on the way into the car park. I will try to make sure it is open on the day but please look out for it. If you carry your bike on your roof then you might have to take it off before the barrier or buy a new set of wheels when you've smashed them up.

Further parking is permitted on Bakewell Road (A6) for a fair distance in both directions.

Please bear in mind that the cycle and run routes both use the access road up to the leisure centre. Take care when driving on it and under no circumstances must you park on it.

Also, no parking on the tarmac area in front of the main doors.

If there is a marshal and / or a sign at the bottom of the road telling you the car park is full then please don't try going up in the hope that there might be just one specially reserved for you. Carry on along the A6 until you find a safe space to park.

Registration.

Please make this your first job on arrival. The registration desk will be outside the main doors if the weather is fine or just inside if it rains.

Present yourself here and you will have your left lower leg marked with your race. Please do not linger here as congestion makes administration difficult.

If you will be wearing calf compression garments or even just trendy long socks then the number will have to be written just above your knee.

Racking your bike and running shoes.

This will be your next job. The transition area is outside the swimming pool emergency doors which you will see as you drive or walk up from the road. Due to the limited space in this area **you must not rack your bike until 30 minutes before your swim start time.** This is very important and it will give you ample time to be on poolside for your start. The transition marshal will check your bike and put a numbered sticker on it.

Please follow the instructions of the marshals there.

Please keep your kit tidy and not in anyone else's way.

The bike racks will not be numbered so it is up to you where you go but please do not interfere with other people's kit.

Changing.

The leisure centre has separate men's and ladies' changing rooms on the lower floor near the pool and also a 'changing village' for anyone on the way into the pool. Lockers take a returnable pound coin.

The swim.

Please make your way to the poolside tunnel after racking your bike and sorting yourself out. You will then have 10-15 minutes to wait for your start.

You will be called to the front with 5 minutes to go. Timing will be taken from the large clock on the screen by the pool.

8 people – one in each lane – will start together (except the first 12 which is a group of mates who all want to race each other). These waves will go every 5 minutes. Follow the starter's instructions.

You will start from in the water and swim up one side of the lane and down the other either clockwise or anti-clockwise. This will be made clear to you at the start.

Please overtake in the centre of the lane if you need to.

After 400m – 16 lengths – you will exit the pool and leave the building by the side door straight into transition. **Take care as there is a learner pool between the main pool and the doorway which has a canvas cover when not in use. As funny as it would be to see someone try and run across it, it might affect the rest of your race, so be careful.**

Members of Matlock and District Swimming Club will be sorting out the swim proceedings.

The cycle.

Courtesy and safety is very important. Do not take any risks, interfere with the progress of other road users or give them any abuse. A few years ago an incident caused me and the cycling club more trouble than we deserved, and ungentlemanly behaviour jeopardises the event's future and gives us all a bad name. It may be frustrating to be held up but it's only a low-key race.

Please ensure your helmet is fastened before removing your bike from the rack and do not mount your bike until you leave the T1 area.

The route is on public roads which will be open to traffic as usual and you will be at the mercy of all other road users. Please ride safely in accordance with the law and with courtesy. Also, no drafting of other riders or any other traffic is allowed. It will be marshalled by members of Matlock Cycling Club.

There are some pedestrian crossings in the town centre and no-one is exempt from red traffic lights.

So here's the bike course.

Leave T1 and ride down the access road to join the A6 and turn left towards Matlock town centre.

Go straight ahead at the first roundabout and on to Crown Square in the centre of town.

Go straight ahead at this roundabout and follow the A615 up to Tansley.

As you reach Lots Of Pots on your right hand side you will be turned right up Alders Lane towards Riber. **THIS TURN IS ACROSS**

ONCOMING TRAFFIC AND MAYBE OTHER COMPETITORS RETURNING DOWNHILL TOWARDS MATLOCK. THE MARSHALS WILL NOT STOP OR SLOW TRAFFIC FOR YOU SO BE PREPARED TO GIVE WAY. YOU WILL NOT BE ABLE TO SEE IF IT IS CLEAR UNTIL YOU ARE AT THE JUNCTION. PLEASE BE CAREFUL, DON'T TAKE RISKS AND DON'T WORRY IF GIVING WAY COSTS YOU A FEW SECONDS. ENJOY THE REST AS THERE'S A CLIMB TO DO!

Follow Alders Lane up towards Riber (it becomes Carr Lane) almost as far as the hamlet itself. Take the left turn downhill on Littlemoor Lane. Take care as you can get some speed up here and it's not very wide or straight, although the verges are quite soft!

At the bottom take the left turn up Mill Lane towards Dethick and stay on this as you climb all the way to the top where it joins the A615.

Turn left onto the A615 and head down the long hill all the way through Tansley and back into Matlock (more town centre hazards). Keep going straight ahead through Crown Square and onto Bakewell Road which you should recognise by then. Again, watch out for other riders heading outwards. Make a careful right turn back up to Arc Leisure when you get there and head for transition.

Transition 2.

As you reach transition dismount your bike and rack it tidily.

The run.

This is a **2 lap** route.

Leave T2 down the hill back towards the A6. The run route will be fully signed and marshalled by Matlock AC members.

This route description may mean nothing to you so make sure you follow the signs. At the bottom take a left and follow the A6 towards the town centre. After half a mile you will be sent left up some steps and along a path skirting round the bottom side of Sheriff Fields estate. Emerging onto Collingwood Crescent you will then go up to the top cul-de-sac end of Megdale and turn right along the path skirting the top side of the estate. When you reach the road turn left uphill for 50 yards then left into the playing field. Follow the markers across that and you will find

yourself reaching the top of the cul-de-sac of Megdale again from where you will head down the path beside the leisure centre back to the A6. On joining the A6 again you will then on your 2nd lap.

As you near the end of your 2nd lap you will see a clear sign indicating the way to the finish. Follow that and cross the line with a smile.

Afterwards.

Please make sure the finish marshals are able to record your time. Depending on staff, we may be able to record split times but these are done manually and are sometimes difficult to get.

Keep the finish area clear and have consideration for those who may still be racing.

Please collect your kit from transition straight away as space is limited in the transition area. When retrieving your bike, please bear in mind that the race may still be going on and do not enter the transition area until told to do so by a marshal. Once in there, please be quick.

There is a café in the leisure centre which will be open early for breakfast.

There will be a prize presentation as soon as possible after the last finisher is home. There will be prizes for the following:

1st 3 men;
1st 3 ladies;
1st man and lady in over 40, 50, 60, 70;
1st boy and girl under 20 and under 16.

1st 3 novice men and women regardless of age.

Possible spot prizes.

If you think you may have a chance of winning please have a think about this in advance –

The profits from the events will be split two equal ways. One half will be divided between the 3 organising clubs; the other half will go to 2 charities chosen by the winning man and winning lady.

Spectators.

Please bring plenty of support along to make some noise but ask them to keep out of the way of transition areas. No outside help is allowed, even for kids. The leisure centre was not built in the best of places as far as triathlons are concerned and a lot of space-sharing is needed.

Finally, please enjoy the day. For many it will be a new experience which I hope inspires you to take part in other triathlons. For others, whether you are fast, slow or somewhere in between, I hope you give a good account of yourself on the day.

This is a link to the cycle route:

https://gb.mapometer.com/cycling/route_5388288.html

Best wishes.

Karl Webster.