



## **STOWE SPRINT TRIATHLON 2019**

We are Big Cow, a multi-sport company which hosts sporting events throughout the year in Milton Keynes.

Big Cow's aim is to secure the safety of all athletes who are competing in our events. We provide a team of well-trained, experienced stewards and crew, to aid your race, maintain the rules, but also make the experience an enjoyable one. We will look after your every need from the time you arrive into the park to the time you leave.

Triathlon is a great way to get out and enjoy the great outdoors especially when the location is as wonderful as the Stowe Landscape Gardens. Stowe has become widely renowned for its magnificent gardens created by Lord Cobham and the history of the gardens goes back to 1690. Whether you have just started triathlon or are a more seasoned competitor, this event has been designed for you. The Stowe Sprint Triathlon, on May 26<sup>th</sup> 2019, takes place from Stowe landscape gardens in Buckinghamshire.

### **DISTANCE**

750m Swim/20km Bike/5km Run

### **VENUE & FACILITIES**

Stowe Gardens,  
The New Inn,  
Buckingham,  
Buckinghamshire,  
MK18 5EQ.

The event takes place on a Sunday morning so please bring family and friends along to cheer you on and celebrate with you at the finish. The event village will be at the corner of the 11-acre lake, by the Temple of Venus. This is a 10-minute walk from the car park at the New Inn Visitor Centre.

Ample parking is available at the New Inn Visitor Centre; there are no charges for parking.

Toilets will be available at the New Inn and at the event village.



## GENERAL RACE INFORMATION

We do not send race packs in the post.

Race pack collection will be: **SUNDAY: 05:30-07:00.**

**Items that will be in your race pack are:**

- Race number
- Bike Sticker Set
- Timing chip strap (place on your left ankle)
- Timing chip
- Leaflets to read at your leisure
- Day license – if you do not already have a BTF race license.

Race pack collection is **ONLY** available at the main race venue at Stowe Gardens at these times.

### KEY TIMINGS FOR THE DAY

05:30	Registration Opens
06:00	Transition Opens
06:50	First race briefing
07:00-07:30	Race starts
10:30	Prize giving

**REFEREE FOR THE DAY: PAUL HESTER**



## HEALTH AND SAFETY

### RISK ASSESSMENT

A copy is held at registration for your viewing. These assessments are carried out every year and checked before each race for your safety and comfort.

### FIRST AID & EMERGENCIES

For all issues with athletes or spectators, whether it is an emergency or not please contact Race HQ through one of the stewards or crew members. Our event director will take care of the contacting relatives and paperwork regarding the incident.

**Medical Cover By: Acute Ambulance Medical Service (AAMS).**

### LOST OR FOUND CHILDREN

All stewards and crew members are fully briefed on how to deal with these situations. If you, as a member of the public, get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest member of the crew who will assist you. The Big Cow team can be recognised by their Big Cow uniform and a high visibility vest.

### PERSONAL MEDICAL DETAILS

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions. This allows our medical team to provide you with the correct treatment as quickly as possible.



## ROUTE

### SWIM

The swim will be 2 laps of the 11-acre lake equalling 750m. Waves will be organised by ability according to the swim times submitted by yourselves, coloured wave caps will be given to the athletes to differentiate the waves.

### BIKE

The bike course will take you outside of Stowe grounds on a single loop through the local countryside.

A correctly fitted cycle helmet is compulsory and must be worn for the cycle section. Bike passing conduct It is the overtaking cyclist's responsibility to make the pass safely.

### BIKE COLLECTION

Transition will open when all bikes are in and can be collected from the designated entry/ exit gate. Athletes will only be able to enter transition provided they have their race number.

### RUN

The 5km run will then take you around the inside of the gardens and past many of the famous landmarks including the Temple of Friendship, the Temple of British Worthies and over the Palladian Bridge. The finish will be at the event village at the Temple of Venus.

Make sure your number is on your front for that photo finish!



## HELPFUL INFORMATION

### CATERING

A coffee van and a range of snacks will be available at the event village, or alternative foods can be purchased from the New Inn.

### WASTE AND LITTER MANAGEMENT

There will be black sacks at the race venue, please use these to place all litter in. If you use energy bars or gels, please take these to the end with you, or drop them in the designated litter zone by transition. Littering on-course is a violation of the rules and can result in a penalty.

### TIMING RESULTS

Your results will be streamed live online and will be available from our timing partner Results Base at: [www.resultsbase.net](http://www.resultsbase.net). For any timing enquiries please contact them directly.

There will be a non-timing section upon leaving the transition to start the bike leg and when you return to transition to begin your run. This has been done for safety reasons and the section will be made clear in both the race briefing and on route.

### PRIZES

Prizes will be awarded to the:

- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male/Female
- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Fastest Teams

### RACE BRIEFING

All competitors must attend the briefing prior to the start of their race. In this briefing any hazards will be highlighted and explained. You must attend in order to get the correct information before the race starts.



## ADDITIONAL INFORMATION

### SPECTATORS

Big Cow like to make sure we look after everyone, including spectators. Our transition is located at the event hub. The run is on pathways around the gardens and the bike is on country roads outside of the venue, if you do wish to spectate on either then please do so without obstructing any athletes and in a safe manner.

#### **Things to help us make our race safe, help competitors and to not obstruct them:**

- Don't block entrances or exits to transition
- Don't lean on barriers for health and safety reasons
- If you need to cross the course please look both ways and respect the steward if they ask you to wait
- Dogs are welcome but PLEASE keep them on leads in the main field. - Also remember to bring enough supplies to clear up after your dogs, this is a public park.

The main thing to remember is **SHOUT LOUDLY** and **CHEER** as much as you can!

### LOST PROPERTY

All lost property found must be handed in to registration/HQ. The team will place it into a box. If we haven't had it handed in by the time you go home, please contact our event team at: [info@big-cow.com](mailto:info@big-cow.com)

Anything returned by post will be at the charge of postage only and receipt on being sent.

### WATER STATIONS

Water stations will be stocked with water and/or energy drink.

- **REMEMBER - LITTERING IS A BTF OFFENCE AND WILL BE PENALISED.**



## RACE DAY STEP BY STEP

1.	Arrive at the New Inn
2.	Make your way to registration
3.	Get your BTF license ready (or money for one on the day)
4.	Collect your race pack and appropriate items
5.	Head to transition with your bike, helmet and race bib
6.	Find your numbered space on the racking
7.	Attach your sticker to your bike, chip to your helmet, and ankle chip to your LEFT ankle
8.	Place your medical information on the back of your race bib
9.	Get to the race briefing
10.	Swim
11.	Bike
12.	Run
13.	Hand your chip back at the finish line and collect your medal
14.	Be chuffed. Search your time. Be chuffed again
15.	Sign up for next years race.