



2025 Athlete Guide

GOSFIELD LAKE TRIATHLON

GOSFIELD LAKE RESORT,

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

Sunday 13th July 2025 - 08:30 Race Start

WELCOME TO THE 2025 ATHLETE GUIDE!

Born2Tri are thrilled to welcome you to this year's race and we hope you enjoy the venue.

Whether you are here for the 1st time, trying to achieve a personal best or simply embracing the challenge, we are pleased you have chosen our event.

We would like to thank some special organisations and people who help make this event a success and without, the event could not go ahead

Braintree Canoe Club – Looking out for your safety on the water

Doer Cycles – Looking after your race day maintenance bike needs

EMS - First Aid and Safety team throughout the day

Dionne from candydashimages taking your race day pics

**Check out her website for all your photography needs
www.candydashimages.com**

Gary Hopkins – Our 2nd photographer for the day capturing your race day pics

Gosfield Lake – Linda, Emma and Vince For letting us host the event in the beautiful lake

Snack Shack at Gosfield Lake – Keeping our amazing volunteers and supporters fed and watered

Stuweb Race Timing

Our amazing volunteer's, without whom the race couldn't go ahead. Thank you so much!

And good luck to you all, we hope you have the race you want achieve what you have worked hard for!

RACES AND AWARDS

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.

AquaBike 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.

Swim only events

1500m – 2 lap lake swim

750m – 1 lap lake swim

There will be trophies for the 1st Male and 1st Female in the Open (20-40) and Vet's (over 40) for the standard triathlon, Sprint Triathlon and Duathlon. Trophies for Aquathon, Aquabike, the 750m and 1500m will be awarded 1st place male and female of each race , There will be an award for the 1st relay team.

Prizes will not be posted unless this is paid for and arranged on the day with the Race director's team.

Everyone is welcome to join us at the presentation.

GETTING TO THE RACE

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!!

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.

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.

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 upon entering transition on the morning of the race and this needs to go on your left ankle. You must wear the wristband at all times to access transition.

RACE LICENCES

Important information for ALL athletes

To race, all athletes require a British Triathlon Race Pass if they are not BTF members. A race pass is a license for racing and covers your public liability insurance for the day, If you're not a core or ultimate member of British Triathlon or your home country's federation, you must purchase a race pass to comply with British Triathlon Competition Rules. Race passes cost £8 for those over 25 and £2 for under 25s

Anyone who hasn't purchased a race pass through entry central will be required to produce their British Triathlon membership and ID.

There is very little reception at the race site so please save a photo on your phone.

TRANSITION

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.**

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 bag drop area will be provided inside the transition area, bags and boxes must be left there and not by your bike.

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.

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 £10 fee for replacement.

Race Briefing - There will be a short 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.**

BTF Rules - You are recommended to familiarize 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>

Withdrawal – Athletes who register but then decide not to start the race or athletes who withdraw during the race, MUST inform an official either at registration, transition or the finish line and hand in their timing chip, It is crucial that we know if you are not racing or have stopped racing so that all athletes are accounted for, and we know you are safe.

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 mat at the lakes edge. You will then complete 1 or 2 laps depending on your race.

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

This is an open water event. If you have any open wounds, ensure you take the appropriate precautions.



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.

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

Swim and Aquathon - 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 15.9 Degrees Centigrade.

Forbidden Above 22 Degrees Centigrade.

Age 60 and Over. - Mandatory Below 15.9 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.



Triathlon England East Region

Yesterday at 08:58 · 🌐

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One of the most often asked questions of our Technical Officials is about rule 2.8 which says the 'torso must be covered at all times. during a race'.

To clarify, this does NOT apply for the swim segment. This is a known issue and the rule will be changed at the next revision. Updating and maintaining the BTF rules is a massive task mostly undertaken by volunteers so sometimes anomalies slip through, and this is one of those.

All the East Region Technical Officials have been briefed on this but if you are racing further afield and someone tries to implement this rule for the swim, please feel free to show them this post.

A rolling start will be used at this event:

Those swimming the 1500m (2Laps of 750m course) to **line up to the right** of the start.

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:

Standard, Aquathon and Aquabike and 1500m swim – 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 2nd lap. To complete the lap, you will swim through the swim gate again, then turn LEFT returning to the shore transition area.

Sprint and 750m– 1 lap starting at shore side. 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. To complete the lap, you will swim through the swim gate and turn left to 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!!).

Swim only events

Your finish time will be taken on crossing the timing chip mat at the water exit. On completing your swim be aware that other swimmers will be moving to the transition area to continue their own events. On exiting the water please keep to the right to pass the transition.

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 descends 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 and will lead to disqualification

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. Drafting is explained within the BTF competition rules. If you are unsure of this rule please ask at registration or speak with the race director or technical official.

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.

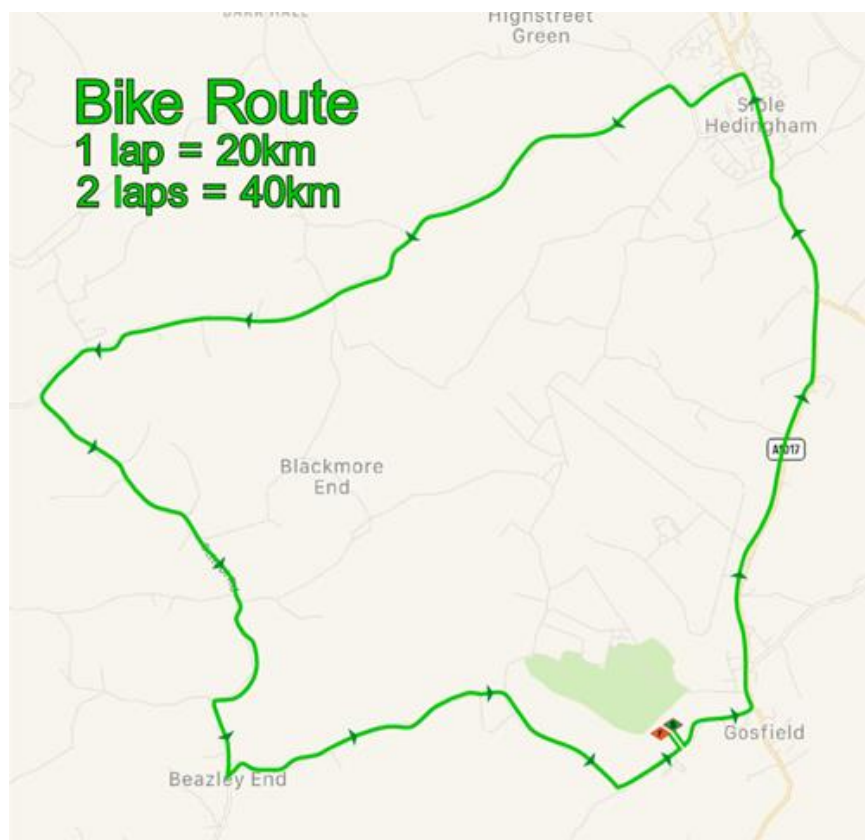
IMPORTANT NOTE It is your responsibility to know the course and how many laps you are required to complete.

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



From the Lake Resort, the road climbs to a 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 descends on a left curve to a left turn at Rectory Road, a junction locally known 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 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 appears suddenly and is a sharp turn. 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.

Run Courses:

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

Duathlon: This event starts adjacent to the Transition area.

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

Standard Distance Event - 10km (4 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 with water and High5 energy drink 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.



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From transition a grass section (green line) takes you to the start of the loop section (red line) The lap (Red line)

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 needs care, The path meets the road at Hall Drive, Turning right, care is needed as this is an open road to vehicular traffic with no footpath.

At the 1st junction on the left, Meadway, Turn left and stay to the left hand footpath, Follow this road to the end where there will be a turn point and run back down meadway on the right to Hall Drive, turning left into Hall Drive, Taking care to cross the road onto the right hand footpath. All turns are then to the right to return to the church to complete the 1st lap,

Sprint and Duathlon 5km complete 2 laps

Standard and Aquathon 10km complete 4 laps

On completion of the required number of laps, turn left at the church to return to the Lake Resort. On reentering the Lake Resort, turn right to complete a short dog leg to cross the finish line.

Relay Teams

Your athlete is the same as all athletes - all times, rules and regulations and advice is the same as individual athletes,

Transition and athlete changeover

All team members will be issued with a wristband which allows all the team in transition. After the swim the team member who is cycling will be waiting at the bike with their helmet fastened, The swimmer passes the timing chip to the cyclist, The cyclist puts the timing chip round their left ankle and completes the bike leg. On their return, The runner will be waiting at the bike rack position. The cyclist must rack the bike before passing the timing chip and race number to the runner before they proceed onto the run.

The Finish

On Completion of your event:

Please take time to re hydrate and take in nutrition.

Access will be available to collect your bag from the bag drop.

You will be permitted to retrieve your bike and equipment from transition once the last competitor has returned from the cycle leg and started the run.

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.

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.

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 as soon as possible.

Gosfield Lake

It is possible to swim the swim course on Tuesday evenings, Thursday mornings, Friday lunchtimes 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.

Have a safe and enjoyable day.

Born2Tri