



# Dearne Valley Triathlon

Instructions & Further Information



**Manvers Waterfront Boat Club Ltd**

The Boathouse | Station Road | Wath-upon-Deerne | Rotherham S637DG  
Tel: 01709 878984 | Email: [info@mwbc.org.uk](mailto:info@mwbc.org.uk) | [www.mwbc.org.uk](http://www.mwbc.org.uk)





# Dearne Valley Triathlon

Start 8.30 (Junior) 9.30 (Senior) am Sunday, 23<sup>rd</sup> June 2024

Dear Competitor,

Thank you for your entry in the above event. Please note the following points:

## 1. Directions

Sat Navs will not get you to the venue car park, please use S63 7BU then follow the map below – [Find Us | MWBC](#)



10 minutes from the M1 at Junction 36 or 15 minutes from the A1(M) at Junction 37.

**From the M1 Junction 36.** Head North East on the A6195 along the dual carriageway. Continue along the Dual Carriageway to the end. Go straight on where the A6195 becomes single carriageway. At the next Island turn RIGHT onto the A6023 MANVERS WAY. RSPB Sign on the corner. Go down Manvers Way with the RSPB reserve on your left, then under a blue footbridge. At the next island TURN LEFT into Station Road. Immediately after the housing estate on your left TURN LEFT into the Golf Club entrance. Follow the fence around to the left and the boathouse is straight in front of you.

**From A1(M) Junction 37.** Head West along the A635 Barnsley. At the 4th Island (Petrol Station on the corner) TURN LEFT onto the A6195. Follow the road, cross the river Dearne and at next Island TURN LEFT onto the A6023 MANVERS WAY. RSPB sign on the corner. Go down Manvers Way with the RSPB reserve on your left, then under a blue footbridge. At next Island TURN LEFT into Station Road. Immediately after the housing estate on your left TURN LEFT into the Golf Club entrance. Follow the fence around to the left and the boathouse is straight in front of you.

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Car parking opens at 7:00am and parking will be on the beach front. See below.

**Parking.** Free Parking is available on the beach at the southern side of the lake - Car Park B, which will be open from 7.00am. If parking in Car park A normal charges apply. Event parking is not permitted at the Golf Club car park.



- 2. Registration.** You will need to collect your number and confirm your registration on the day. Registration will be open from 7.35am. Please arrive in plenty of time to avoid queues. This will take place in the second bay of the big boathouse.
- 3. Course Safety.** Senior swimmers will swim clockwise around the course keeping the buoys on your right hand side. Safety canoes and boats will be patrolling the swim course. If you get into difficulty wave your arm in the air and shout.
- 4. Toilets / Showers / Changing and Cafe.** These facilities are in the **Boathouse**.
- 5. Directions to the start.** The race starts at the slipway.
- 6. Prize Giving.** This will take place on the patio after the last finisher crosses the line. The race organiser will decide the level of prize bands

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7. **Results.** Will be available on the website [www.mwbc.org.uk](http://www.mwbc.org.uk)
8. **Team/Relay entries** swap your band on the entry to transition.
9. **Camping/camper pitches** – this is possible on an informal basis. Please book <https://webcollect.org.uk/mwbc/event/event-camping>, if you would like to reserve a “pitch”. The toilets will be open overnight - there is no electric hook up available.
10. **Cycle/Run Route.** There will be a lead ride of the cycle route at 4pm on Saturday to point out the route and any relevant points.

**We hope you enjoy yourselves and have a great event**  
**Remember to keep smiling**



The organisers would like to thank the above for their support

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# Maps & Instructions



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## Open Water Swim

Competitors will be set off from the first buoy near the slipway area. Wetsuits or a tow float must be worn by all competitors.

Junior Swim Course (in yellow) is a there and back 50m swim in front of the boathouse.

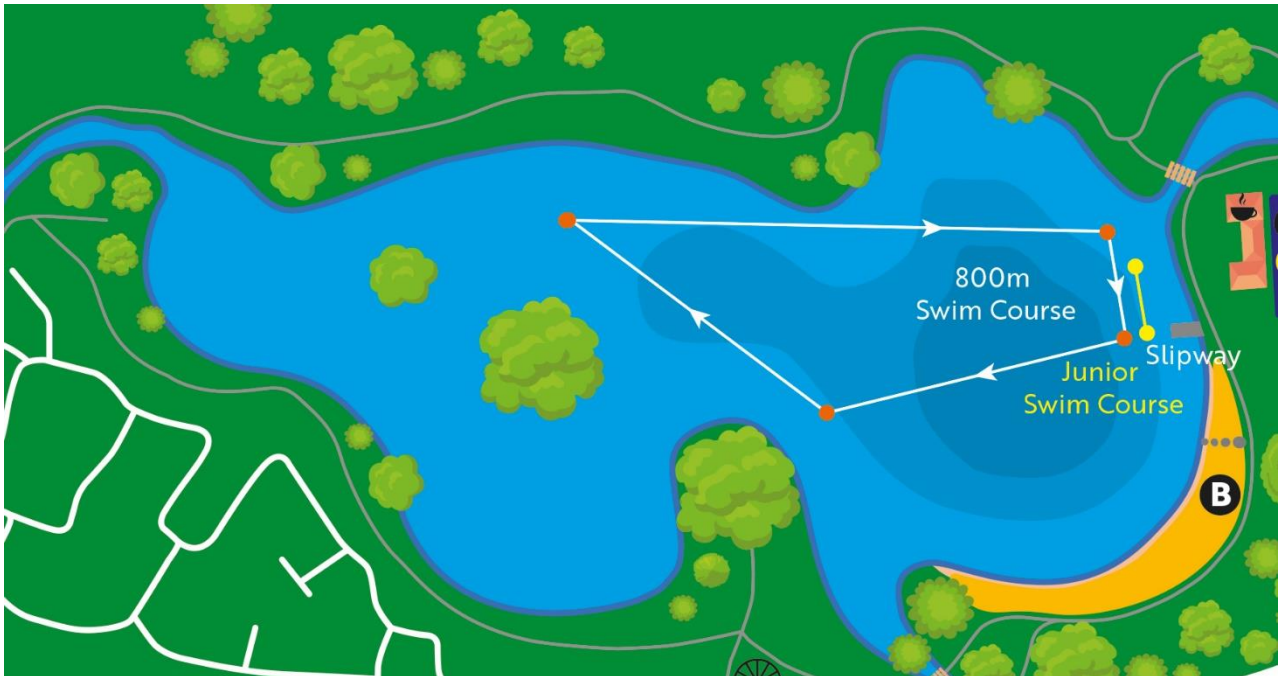
(Ages 9-12) 1 lap

Tri Stars 3/Youth (ages 13 to 16) 2 laps

Coloured hats will be allocated for quad kids events (juniors only). Their course will be just in front of the Boathouse.

Adults to use their own hats. This will be a shallow water start and swim clockwise around the buoys.

Senior Swim Course 800 meters (in white).



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## Transition 1 – Swim to Bike

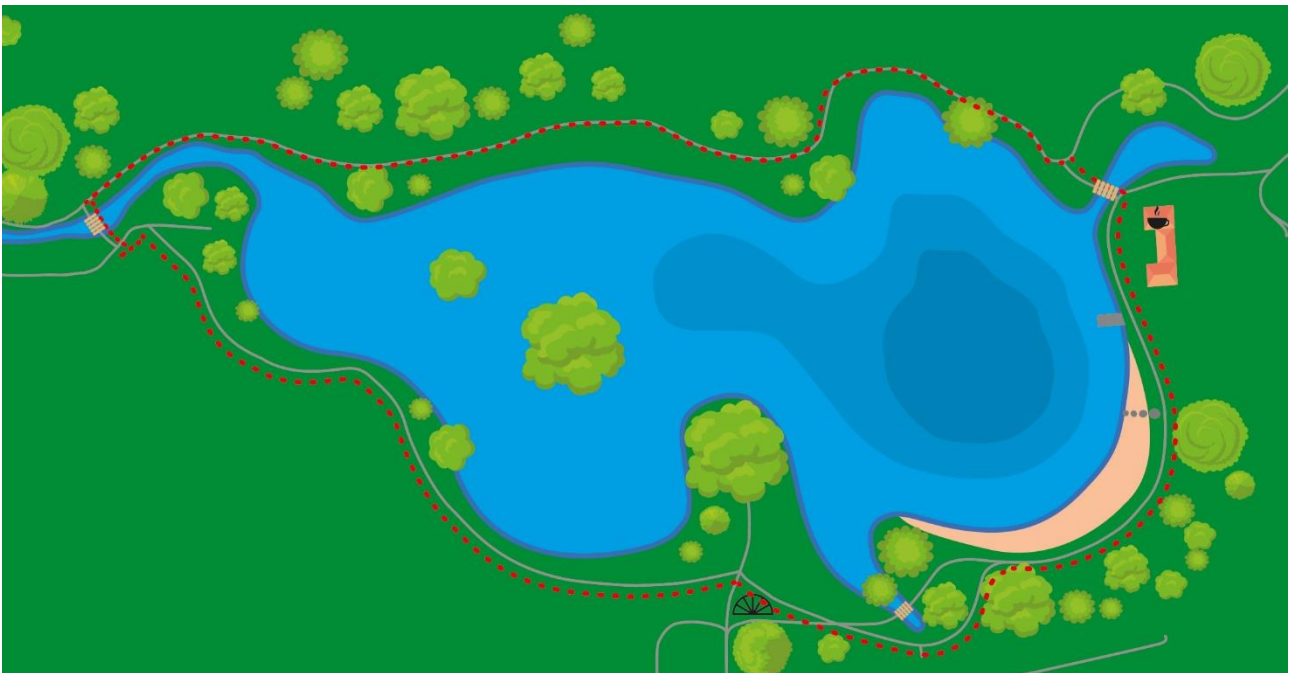
Numbers must be worn and be visible on rear of cycling top. Usual BTF rules will apply from entering transition.

Drinks will be available.

Cycle Route – please consider other path users as the paths are still open to the public.

The course is suitable for gravel, hybrid or mountain bike.

**Junior bike Course (anti- clockwise) Ages 9 to 12 1 lap Ages 13 to 16 2 laps**



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## Senior Bike Course

The route is mainly on trails and made paths it is an out and back route along the TPT toward Wombwell/Barnsley. The path is not closed to other path users, however, is a wide path, please keep to the left and be considerate to other path users. There will also be some roads to cross, please beware of traffic at these points.

The turn point is on the TPT near the Ash Inn, there will be a marshal at the turn point (about 7.5k from the start). There are a couple of road to crossings you must give way to traffic.

On the way back into the lake to avoid the path that may have faster runners there is diversion as below this will be signed and marshalled.

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## Transition Bike to Run

BTF rules apply, do not remove helmet until you have racked your bike.

Drinks will be available. Race number to the front.

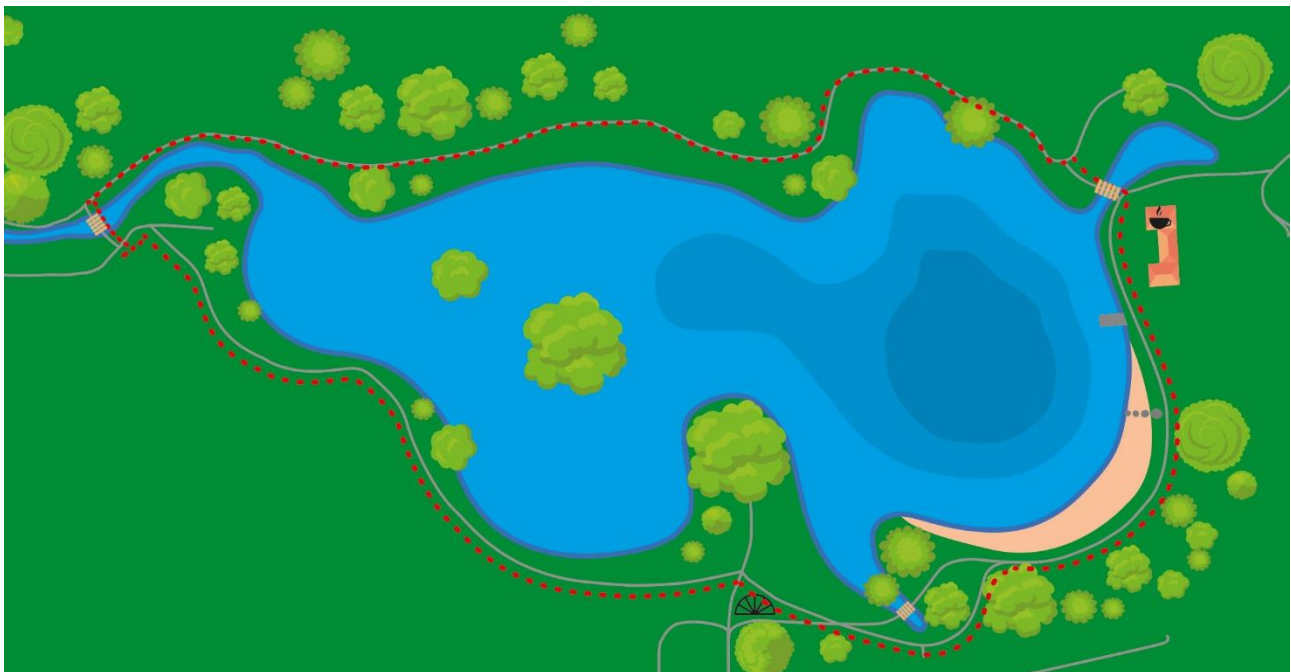
Run Section - Run anticlockwise around the lake the route is marked with red and white tape and marshals will be at points on the route where you can reasonably go wrong.

Please give way to cars using the main drive/golf club.

The finish will be lakeside at the front of the boathouse.

Drinks available next to transition.

**Junior Run Route** - 1 anticlockwise lap indicated by the yellow arrows.



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Senior Run – (Anti Clockwise large loop) indicated by the red arrows.



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