



Race Guide – Cowman, Calfman and Stampede Triathlon 2021 – *Updated 13th July 2021*

Big Cow's aim is to secure the safety of all athletes who are competing in our events.

With this in mind 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.

2021 sees the return of the Cowman, Calfman and Stampede triathlon events at the stunning venue of Emberton Country Park.

The Calfman is half of a middle distance (900m swim, 46km bike, 10km run) and the Stampede is a sprint distance (750m swim, 22k bike, 5.25k run) and both events will be taking place on Saturday **31st July 2021**.

The Cowman is a middle-distance triathlon (1.9km swim, 90km bike, 21.1km run) and will take place on Sunday **1st August 2021**.

We will be following triathlon rules as set out by British Triathlon Federation (BTF), including revisions made since COVID-19.

To familiarise yourself with the BTF rules, please follow this link:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2020.pdf>



info@big-cow.com



Venue

The triathlons will take place in the picturesque venue of Emberton Country Park, Olney Road, Emberton, MK46 5FJ.





COVID-19 Procedures

Due to COVID-19 we will be starting athletes one at a time in a time-trial format. We will allocate you a start group dependent on your predicted swim time, where the fastest swimmers will begin first. Your start group will be emailed to you prior to event day and can also be found on your race bib.

Start Times - Calfman and Stampede

Saturday 31st July 2021

From 08:00	Calfman Distance (See your bib for your start group)
From 08:45	Stampede Distance (See your bib for your start group)

Start Times - Cowman

Sunday 1st August 2021

From 07:00	Cowman Distance (See your bib for your start group)
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We ask that all athletes follow the Covid-19 procedures when in and around the venue.

If you begin to feel unwell leading up to the event or have any symptoms of COVID-19 we ask that you forfeit your place and do not attend. If the place you live in is put into tight restrictions inclusive of travel restrictions, we ask that you abide by government guidelines and do not attend the event.



Event Format and Distances

Cowman	Calfman	Stampede
1.9km Swim	900m Swim	750m Swim
90km Bike	45km Bike	20km Bike
21km Run	10km Run	5km Run

This event shall be run in a time-trial format.

Transition

Transition will be timed as normal.

Swim

You will be called to the holding pen within 3 minutes of your wave start. You will enter the water one at a time in 3 second intervals. You will not have time to acclimatise, you will begin straight away.

Wetsuits

Wetsuits are compulsory for our open water swims when the temperature is below 15°C. For your health and safety, we will only accept optional wetsuits if the water temperature is below 22°C. Wetsuits will not be permitted when the water temperature is 24.6°C or above.



The Cowman Swim course can be viewed here:

<https://ridewithgps.com/routes/36597925>.

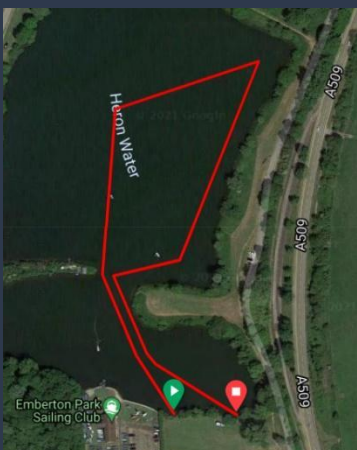
Cowman athletes will do 2 laps of the swim course.



The Calfman Swim course can be viewed here:

<https://ridewithgps.com/routes/36598031>

Calfman athletes will do 1 lap of the swim course.



The Stampede swim course can be viewed here:

<https://ridewithgps.com/routes/36598092>

Stampede athletes will do 1 lap of the swim course.



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Bike route – Cowman and Calfman

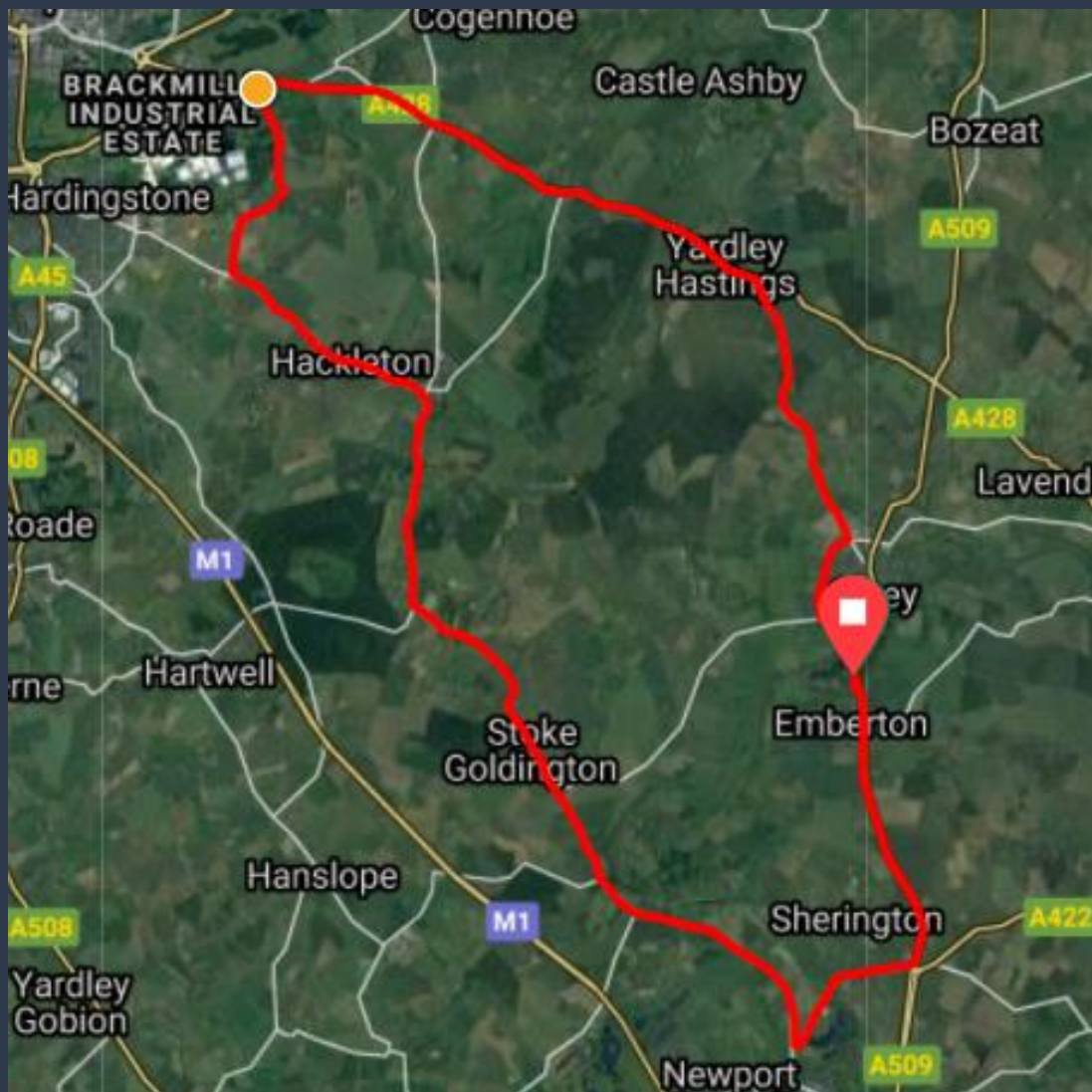
The bike route is on open roads and sees you leave Emberton and head towards Olney, Western Underwood, and the outskirts of Northamptonshire before looping back towards Emberton Country Park.

Cowman athletes will do 2 laps.

Calfman athletes will do 1 lap.

You can view the cycle route here:

<https://ridewithgps.com/routes/34347113>



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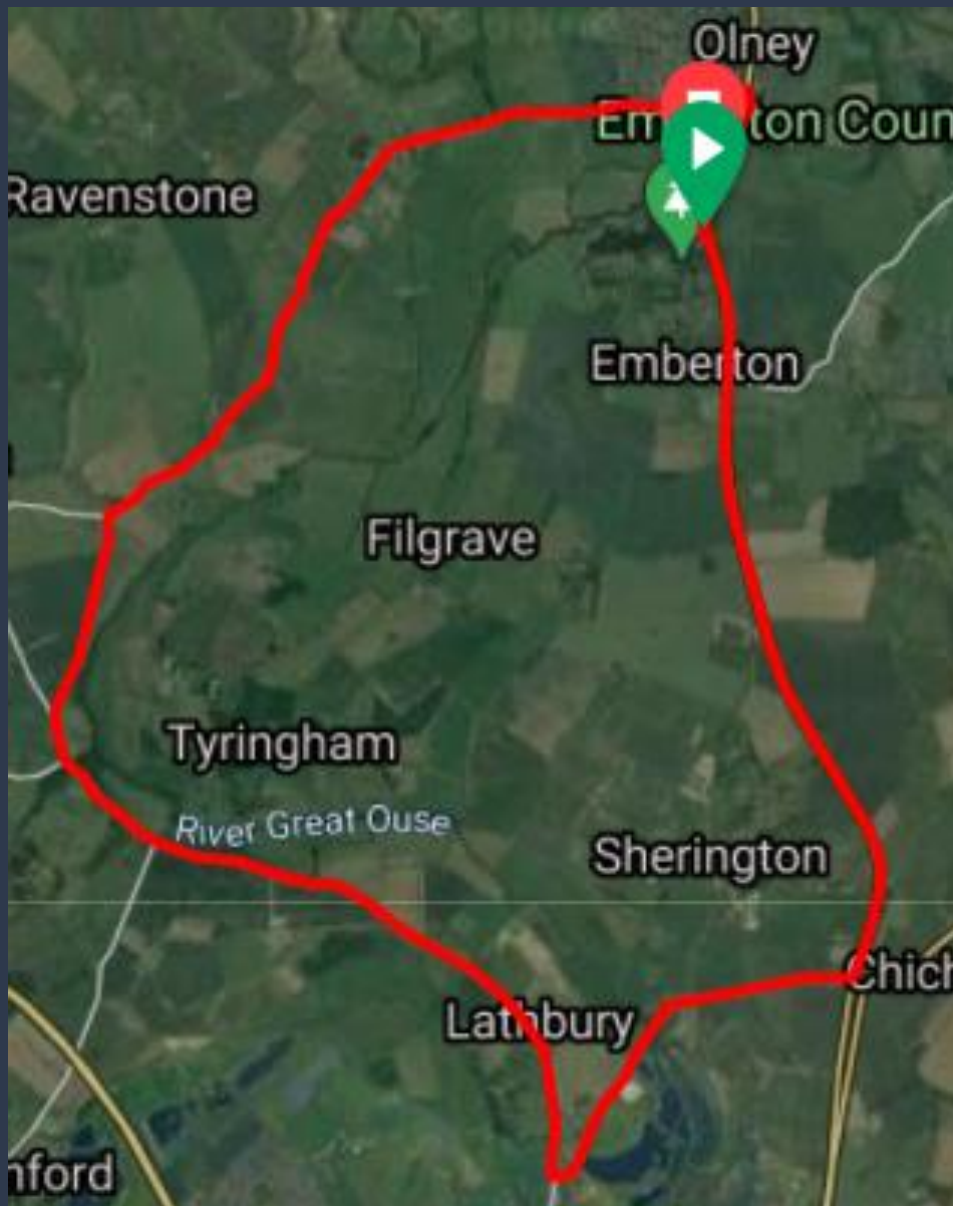
Bike - Stampede

The bike route is on open roads and sees you leave Emberton and head towards Olney, Western Underwood and Gayhurst before looping back to Emberton County Park.

You will only do 1 lap.

You can view the bike route here:

<https://ridewithgps.com/routes/29581754>





Run

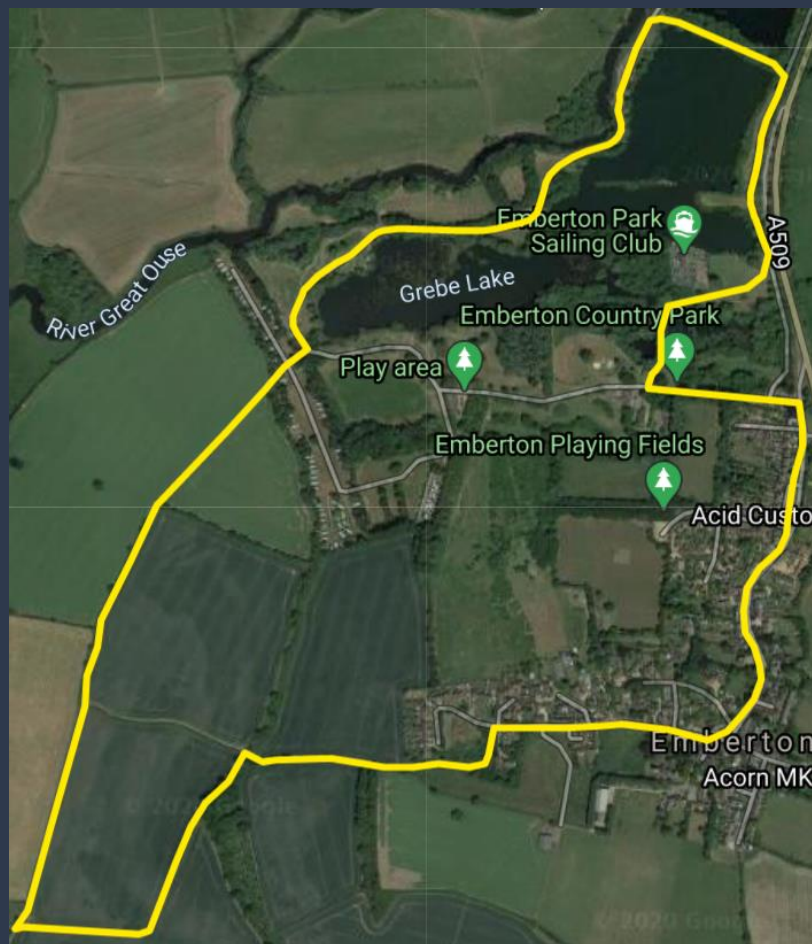
The run will be in and around Emberton Country Park and can be viewed here:

<https://ridewithgps.com/routes/29587514>

The run route is the same for all distances. The run is mostly on tarmac paths although there are a few sections of grassy terrain (which can become muddy after heavy rain). We recommend normal running shoes, but just not your best ones.

1 lap is 5km. It is up to you to count your own laps. The number of laps is detailed below:

- Cowman – 4 laps
- Calfman – 2 laps
- Stampede – 1 lap





Racing Information

Race Briefing

The race briefing will be sent to you electronically prior to the event. Any last-minute changes will be communicated to you on the day.

Bag Drop

There will be no bag drop for this event. You will be allowed to store your belongings with your bike in transition. Please make your bags are small enough to not impede other athlete's areas.

Water Stations

There will be re-fill stations within the venue at Emberton Country Park, accessible from the transition area and the run course.

There will be a re-fill point on the cycle route for Cowman athletes only. There will be no re-fill station for Stampede or Calfman athletes on the cycle leg.

Bottles, gels, and sweets must be provided by yourself and must be taken with you when you have finished with them. Failure to do so will result in a penalty.

For All Events

- Competitors are ultimately responsible for their own safety and for the safety of others.
- Competitors must be self-sufficient in their fuels for the race (ie. Water bottles/containers, gels, and sweets).
- Competitors must take responsibility for knowing the technical and competition rules and for abiding by them.
- It is the competitor's responsibility to be properly prepared for an event and to ensure his or her equipment is suitable and fit for its intended purpose, including his or her bike, which must be roadworthy.
- If your race contains laps, it will be your responsibility to count these.
- Timing chip must be worn on your left ankle.
- No chip, no time!



Transition Rules

- All our races are non-drafting events (time penalties apply).
- Officials and competitors are only allowed in transition.
- Bike labels/numbers must be on bikes and helmets before entering transition.
- Race numbers must be on front or with use of a number belt, back on the bike, and front for the run.
- No marking position in transition, all places are number marked according to your race number.
- You must rack your bike in its numbered allotted space.
- Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two-way radios, in any distracting manner during the race.
- No bikes will be allowed out of transition until notified by the race director.
- No nudity in transition.
- Glass containers must not be used at any time.
- Please show your race number to gain access. Your race number and your bike number must be the SAME for your bike removal.

Course Time Limits

- 1h30 for Swim
- 5h30 combined swim and bike

FAILURE TO COMPLY WITH THESE RULES OR DISREGARDING STEWARD'S REQUESTS MAY LEAD TO DISQUALIFICATION.

Referee for the day

Paul Hester



General Information

Race Information

Race packs will be sent to you in the post excluding your timing chip and swim cap.

Items that will be in your race pack include:

- Race bib
- Bike sticker set.
- Leaflet with race details.

If you sign up with a BTF license, you will pay a discounted entry fee. If you do not present your BTF license at the registration desk, you will need to purchase a new one at the cost of £6.

If you sign up without a BTF license, we will email you your day license prior to the event. The day license is inclusive of the price of this event. Either have the license printed out or keep it handy on your phone to show the Technical Official when you enter transition.

Key timings for the day – Calfman and Stampede

Saturday 31st July 2021

07:00	Registration Opens
	Transition opens
08:00	Calfman Distance (See your bib for your start group)
08:45	Stampede Distance (See your bib for your start group)

Key timings for the day – Cowman

Sunday 1st August 2021

06:00	Registration Opens
	Transition opens
07:00	Cowman Distance (See your bib for your start group)



Registration

Registration will be open on Saturday from 07:00 – 15:00 to collect your timing chip and swim caps and on Sunday from 06:00.

Transition will only be open on the morning of the event to rack your bike. This cannot be done the day before.

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 and emergencies

For all issues with athletes or spectators, whether it is an emergency or not please contact Sasha (event coordinator) through one of the stewards or crew members.

Personal medical details

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions. Please fill this in with any pre-existing medical conditions, or if there are none then just write N/A.

This allows our medical team to provide you with the correct treatment as quickly as possible.

Medical cover by:

Acute Ambulance Medical Services (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 Big Cow Sports team who will assist you with your needs.

The Big Cow team can be recognised by their yellow high visibility vest or orange t-shirts with the word 'crew' on it.



Spectators

Spectators are permitted but must adhere to the social distancing rules in place at the time of the event.

Helpful Information

Catering

Hot and cold food and drinks will be available to purchase at the venue.

Waste and Litter Management

We will provide black refuse sacks and large white sacks at the race venue, please use these to place all non-recyclable and recyclable litter in accordingly. 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.

Toilet Facilities

Portaloos will be provided at the race venue which will be located opposite transition.

Timing and Results

Your results will be streamed live online and will be available from our timing partner Results Base at:

<https://www.resultsbase.net/event/5486/results>

For any timing enquiries please contact them directly.

You will be expected to return your timing chip in the finish area when you have completed the event. Failure to do so will result in a fee of £25. This will be invoiced to you post event.

Prizes

Prizes will be awarded to Top 3 Male and Female and 1st in age groups Male and Female (Vet40/Vet50/Vet60).

Rewards

All Cowman finishers will receive a bespoke eco-friendly wooden medal and a hoody.



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All Calfman and Stampede finishers will receive a bespoke eco-friendly wooden medal and a technical T-shirt.

We look forward to seeing you on race day. Good luck with your training.



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