

West Suffolk Triathlon – Sunday 25th September 2016 – Detailed Instructions

Not long to go until race day so I hope your training is going well and we look forward to seeing you at our event. Please read the following instructions - they are for your information and safety. It is your responsibility to be aware of these contents which constitute the race briefing. The race briefing on the day itself will not run through all the information below but will be confined to essential health and safety information. Please ask if you are unsure or have any questions regarding any of the details below.

West Suffolk Triathlon is being run under the rules of British Triathlon. For rules see:

https://www.britishtriathlon.org/britain/documents/events/competition-rules/competition_rules.pdf

We have tried to make the race suitable for both novice and more experienced triathletes.

Everyone involved in this event is a volunteer who have kindly given their time to make this event a success. Our Triathlon England Race Official will be Jill Wilshaw.

Car Parking will be in the Leisure Centre car park in Gainsborough Road, Stowmarket, IP14 1LH. Helpers will guide you as to where to park. There will be an overflow car park at the High School next door, but go first to the Leisure Centre and you will be guided as necessary if the Leisure Centre car park is full. We will try to ensure you are reasonably close to the leisure centre. Changing, shower & WC facilities are available at Mid Suffolk Leisure Centre before and after the event. We do not have exclusive use of the Leisure Centre - members of the public will be using the facility for other activities during the Triathlon.

The Leisure Centre has a cafe on site which will be open throughout the event from 0800. Coffee, tea, bacon rolls etc will be available. The Rugby Club on Chilton Fields (where the run takes place) is also open from 0900 for drinks, snacks and use of the facilities.

Registration takes place from 0745hrs and will close promptly at 0845hrs. If you are unavoidably held up on the day please phone 07710 436393 to advise. At registration you will be given your race numbers for you and for your helmet and bike. Your race number will be marked on your upper left arm and lower right leg. Please put your timing chip on your lower left leg. Only one number is provided as most competitors use a race belt, however we have a few blanks in the event that you do not. Unless you are a member of British Triathlon you will be provided with an on line day licence membership for this event. A copy of the event insurance certificate is available upon request.

You must register before you will be allowed to rack your bike in the transition area. If you have stated on your entry that you are a British Triathlon member you must bring your Race Licence with you as proof of this. There will be sufficient space in transition for all the bikes entered, but you cannot leave bags or boxes in the transition area. Racking is numbered in areas and you will be guided to the correct area. Only competitors and officials are allowed in Transition – no exceptions! Please affix your helmet number and wear your helmet when coming in to transition for the first time so the Race Officials can check it for safety. It must not be possible to get more than two of your fingers horizontally under the strap when tightened.

You are not permitted to use earphones any time during the event since this could prevent you from hearing instructions from the marshals or hearing traffic around you on the bike section. Failure to comply will result in instant dismissal.

This event comprises of a 300m pool swim, 18km bike ride and 5km run. Your start time is determined from the time you have stated for the swimming section, with the longest swimming times starting first.

The swim section uses the Mid Suffolk Leisure Centre 25m pool, with the first swimmer off at 0930hrs. Please note that a swim hat is now compulsory. The small pool, adjacent to the main pool, will be available to use for a warm up prior to your start. Please be on poolside at least 5minutes before your start so your number can be checked and we get you in the right order! Swimmers undertake the swim, starting at 30 second intervals, swimming up and down each lane, and then moving under the lane ropes into the next lane. This process is repeated six times and you must touch the end of each lane. Front crawl or Breast Stroke are allowed during the swim section – no backstroke or butterfly! Should you be caught by the competitor behind, he or she should tap your foot to make you aware they are behind you, at the end of your length simply wait momentarily so you can be overtaken and then continue with your swim. Please do not obstruct those behind as this unnecessarily frustrates faster swimmers. When you have finished the swim section, take care on leaving the pool area and moving towards transition; the floors around the pool are potentially slippery. There is a sharp left hand turn exiting the pool towards transition. Please note: Calf guards are not allowed during the swim section – you are free to put them on in transition after swimming if you wish to for the remainder of the event.

Competitors move to the transition area across the Mid Suffolk Leisure Centre Car Park to collect their bike. Helmets must be fitted with straps done up before un-racking the bike. A penalty may be awarded if you fail to comply with this essential requirement. You will then proceed to the bike exit where the mount line will be clearly marked and marshalled. You must be past the mount line before getting on your bike. The bike course is predominantly on country roads, however there are two T junctions which have right turns and are therefore compulsory stop and foot down points for safety reasons. Foot down junctions have been identified as key hazards and hence failure to comply fully with the foot downs will result in disqualification with no appeal. A foot down point requires you to stop fully, place one foot on the ground and proceed when it is safe to do so. Simply scooting with one foot on the ground or not coming to a complete stop will result in a disqualification. We have designed the course to be left turns wherever possible, but there is one final right hand turn at the end of the ride to re-enter Gainsborough Road. This is a potential cross over point here with other bike competitors so take care! You are expected to follow the rules of the Highway Code.

Please note especially the sharp left at the top of Haughley Park which turns more than 90 degrees on to a narrowing road. Great care must be taken to ensure you do not cross the white lines after turning and put yourself in the path of oncoming traffic.

No helmet no ride (Helmets must meet safety standards, no head fairings – see Triathlon England website for details. Your race number must be clearly visible from the rear during the bike section.

The bike course details are via the following link:

<http://www.mapmyride.com/routes/view/66846842> The bike course is one lap only.

A run through of the bike route is available on YouTube at the following link.

<https://www.youtube.com/watch?v=MUIsXxTseL0&app=desktop>

Helpers will be present at all junctions during the ride, but the golden rule is carry straight on unless advised otherwise advised by a sign or helper. Helpers do not have the authority to direct traffic, but are present to help and guide you. Please listen clearly to any instructions, e.g. compulsory foot downs or warning that road traffic may present a hazard to you.

At the finish of the bike section you must dismount before the dismount line. If you overshoot the line you will be asked by the marshal to return your bike to before the dismount line before proceeding. Failure to do so (or if it is not practicable to be recalled given the speed of dismount) will result in a one minute time penalty. Place the bike back in the transition area in your slot, and the run section begins. You must rack your bike in your space before removing your helmet. Failure to do so is a violation and will incur a penalty.

Your race number must be visible from the front during your run. Front zips on tri-suits need must to be zipped up otherwise you risk a 15 sec stop go penalty. The run section leaves the Mid Suffolk Leisure Centre via Lowry Way and crosses Chilton Road where it enters public footpaths around Chilton Fields. This crossing will be marshalled, but it is the responsibility of the competitor to ensure it is safe before crossing the road

The run course details may be found at <http://www.mapmyride.com/routes/view/67926624/> Two laps of the course are run, finishing on the south side of the rugby field.

Out of respect for all competitors, your belongings cannot be removed from transition area until the last competitor has completed their bike section. It would be helpful if you could remove your bike and possessions from transition promptly after the event so that we can dismantle transition and return the car park to normal use. If you do not finish for any reason please advise a helper or phone 07710 436393 yourself to tell us what has happened otherwise we may be waiting for you to finish!

We are aiming to have provisional results available in readiness for the prize giving. Prizes will be awarded for 1, 2 & 3rd overall male and female and first place age group male and female (Placed in 5 year age bands), and fastest male and female novice. Please note, if you think you have won a prize please wait for the prize presentation or allocate a friend to collect for you as we cannot send out prizes by post.

Provisional results will be available via the Stu Web website: <http://www.stuweb.co.uk/results.html> and on the club website www.westsuffolkwheelers.co.uk after the event is completed.

We very much hope that no-one gets a penalty or disqualification. There will be a penalty board in the main hall and any queries need to be resolved with the race officials before leaving the event. Please make sure you check this board just in case.

I hope this has answered most of your questions, but if you have any questions please ask via email, suffolktri@gmail.com or at the competitor briefing.

Schedule for the Event

06:00 Organisers arrive on site

7:45 Registration opens, Transition opens for bikes to be racked @ 7:50

8:45 Registration Closes

9.00 Transition closes

8:45 Helpers briefing – bar area

9.00 Competitors briefing - hall

9:15 Wet side changing rooms open (Dry side also available earlier if required)

9:30 First Swimmer off

12:00 (approximately) Last competitor finishes run section

12:30 (approximately) Prize giving

Have a great race! Finally, as there are quite a few novices undertaking their first Triathlon, here are a few (hopefully!) helpful hints for you. – please don't be daunted by the exhaustive list of do's and don'ts, there will be plenty of friendly advice available from officials on the day.

- Get an Elasticated race number belt. This will enable you to easily move your number from the back for the bike section, to the front for the run section
- Use Elasticated laces for your trainers. This speeds the time in transition between bike and run
- Memorise where you have left your bike. It saves time looking for it after the swim and you are not allowed to use any form of marking to show where your bike is racked. .
- Put talc in your cycling shoes to help your feet slip in easily if they are a bit wet from the swim
- Do not un-rack your bike unless your helmet is fitted at the start of the bike section
- Practice the order you will tackle your transition so it becomes routine before the day
- Obey the two compulsory foot-downs. Failure to comply will result in disqualification. This is for your safety.
- Do not remove your helmet until your bike is racked at the end of the bike section
- Only competitors and officials are allowed into transition. This rule is non-negotiable.
- If you think your swim time is drastically quicker (or slower) than you originally put down, please let me know so it can be amended.
- Don't forget your swim hat!
- Finally, enjoy it! See you on the 25th!

Julian Colman, September 2016