

West Suffolk Triathlon – Sunday 24th September 2017 – Detailed Instructions

Intro

Not long to go until race day so we 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.

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.

Everyone involved in this event is a volunteer who has kindly given their time to make this event a success.

Race rules

The West Suffolk Triathlon is being run according to the British Triathlon Competition rules, which can be at the following link on the [British Triathlon website](#).

We have tried to make the race suitable for both novice and more experienced triathletes. Our Triathlon England Race Official will be Jill Wilshaw.

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 disqualification.

Car parking

Car parking will be available at the Stowmarket High School and the Mid Suffolk Leisure Centre car parks on Gainsborough Road, Stowmarket, IP14 1LH. Helpers will guide you as to where to park and we will try to ensure you are reasonably close to the leisure centre.

Facilities

Changing, shower & WC facilities are available at Mid Suffolk Leisure Centre before and after the event. The leisure centre has a great cafe on site, located next to the swimming pool, which will be open throughout the event from 08:30. The café will be offering to all participants a combination deal for a bacon butty and a tea or coffee for £3.50.

Please note that we do not have exclusive use of the leisure centre and other members of the public will be using the facility for other activities during the triathlon.

Race registration & bike racking

Race registration will open at 0745hrs in the sports hall of the leisure centre and will close promptly at 0845hrs. If you are unavoidably held up on the day please phone or text 07979277060 to advise.

At registration, you will be given a race pack which will contain the following items:

- Two race numbers for you to fix to the front and back of your top/jersey/trisuit. You can use just one of these race numbers provided you use a race belt and you make sure your race number is clearly shown on your back for the bike and on your front for the run.
- A race number sticker for your helmet.
- A race number sticker for your bike.
- A timing chip which you must attach to your lower left leg.
- A West Suffolk Wheelers swim hat for you to wear during the swim and to take home with you afterwards.

Your race number will also be marked on your upper left arm and lower right leg using marker pen.

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, otherwise you will have to purchase a day license for £5.

If you have indicated on your entry that you are not a British Triathlon member, your day licence is included in your entry and you will be provided with this on the day. 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. There will be sufficient space in transition for all the bikes entered, but you cannot leave bags or boxes in the transition area. Competitors should only bring into transition what is required. 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 your helmet strap when tightened.

Race Start / Swim

The swim section uses the Mid Suffolk Leisure Centre 25m pool, with the first swimmer off at 0930hrs. Please note that wearing a swim hat for the swim is compulsory. As already mentioned, we will be providing a swim hat for you to wear in your race pack. However, if you would prefer to use your own swim hat you are welcome to do so.

Please arrive poolside at least 5 minutes before your start so your number can be checked and we can 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.

Transition 1 – swim to bike

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.

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 turn 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 (and helmets must meet safety standards) – see British Triathlon website for details. Your race number must be clearly visible from the rear during the bike section.

The bike course is one lap only and the bike course details can be found at this [link](#). A run through of the bike route is available on [YouTube](#).

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.

Transition 2 – bike to run

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 second 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 this [link](#). Two laps of the course are run, finishing on the south side of the rugby field.

After the race

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 07979277060 yourself to tell us what has happened otherwise we may be waiting for you to finish!

We will be 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 in each age group for male and female. 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](#) and on the [West Suffolk Wheelers website](#) after the event is complete.

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, westsuffolktri@westsuffolkwheelers.org or ask at the competitors briefing.

Schedule for the event

06:00	Organisers arrive on site
07:45	Registration opens
07:50	Transition opens for bikes to be racked
08:45	Registration closes
08:45	Race volunteers briefing – bar area
09.00	Transition closes
09.00	Competitors briefing – sports hall
09:15	Wet side changing rooms open (dry side available earlier if required)
09:30 (Approximately)	First competitor starts
13:00 (Approximately)	Prize giving

Tips for novices

As there are quite a few novices undertaking their first triathlon, here are a few (hopefully!) helpful hints for you – these are by no means compulsory and please don't be daunted by the list of do's and don'ts contained in this briefing, there will be plenty of friendly advice available from experienced volunteers and officials on the day. If you are unsure of anything, please ask one of us and we will be happy to help.

- Use elasticated laces for your trainers. This speeds up the time spend 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 2 compulsory foot down points on the bike. 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 us know so it can be amended.
- Finally, enjoy it! See you on the 24th!

Novices basic recommended kit list

- **Swimsuit** or Trisuit (if you have one)
- **Goggles**
- **Swim hat** (provided)
- **A small towel** (not absolutely necessary but could be useful to dry your feet/wipe dirt)
- **Bike** - a road bike is most suitable but a mountain or hybrid bike can also be used. It should be in good working order i.e. brakes work.
- **Helmet** - it should have no cracks and bear a CE or EU safety mark on the inside.
- **Clothing for the bike and the run.** Exactly what kit you will want to wear can be quite an individual choice. Layering is often key with the British weather, especially when emerging from the swim and coping with wind-chill on the bike, so err on the side of caution – you can always shed garments. For comfort and speed, close fitting, synthetic materials beat cotton. Please note that you are not allowed to have a bare chest for the bike or run.
- **Trainers and/or bike shoes** – can be the same for both bike and run.
- **A water bottle** – even in a short triathlon, you might appreciate having something to drink.

Rak~it

Paul Murray from TRI-TRAINED will be located near the race finish area and will be showcasing his universal triathlon bike support, Rak~it. Paul will be offering an exclusive discount of £5 off Rak~it to all West Suffolk Triathlon Competitors. For more information about Rak~it, please visit: <http://www.tri-trained.co.uk/store/p2/Rak~it.html>.

Best wishes,

The West Suffolk Triathlon Team