

**West Suffolk Wheelers**  
**Junior Triathlon**  
**2019**



**Culford School, IP28 6TX**

## Welcome

Thank you for entering the West Suffolk Junior triathlon. Please read through this document carefully, it should answer any questions you have regarding the day. We hope that you enjoy the triathlon and we look forward to welcoming you to Culford School on Sunday 30<sup>th</sup> June 2019.

## Directions

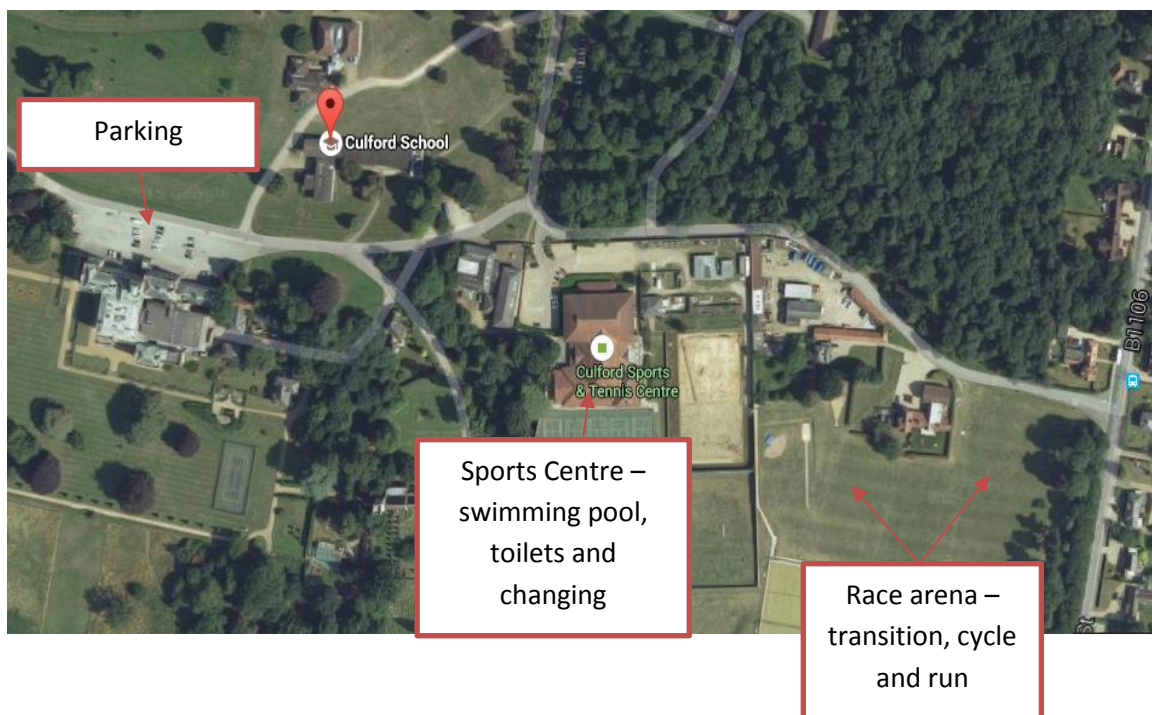
Directions to Culford School can be found on their website:

[http://www.culford.co.uk/aboutculford/Find\\_us.aspx](http://www.culford.co.uk/aboutculford/Find_us.aspx)

When using Sat Nav please use the postcode IP28 6TX and input "via Fornham All Saints", otherwise you may be directed to the rear entrance of Culford Park, instead of the main School entrance.

## Parking

When you arrive, please drive along the main school road, past the race arena and the sports centre. You will be directed to parking area (as indicated in the site map below). Please DO NOT park on the grass unless instructed to do so by the marshals.



## Event Programme

All timings may be subject to change. Any changes to the programme will be highlighted at registration.

Time	Activity	Where
9:15	Registration opens	Culford Sports Centre: Studio
9:15	Transition opens	Race arena
10:30	Registration closes	Culford Sports Centre
10:40	Transition closes	Race arena
10:50	Race Briefing	Race arena: Spectator area
11:20	Race starts: Tristarts; Tristar1, Tristar 2; Tristar 3; Youths	Pool side
14:00	Last competitor completes course	
14:30	Prize presentations	Race arena: Spectator area

## Registration

We have 220 competitors so please make sure you arrive in plenty of time to register and set up your equipment.

### At registration you will receive:

One race number will be provided per competitor. **We strongly recommend competitors to race with a number belt.** Most competitors will already have a number belt. If not, please consider purchasing one before the day. If you choose not to race with a number belt, it will be necessary for you to repin your number in transition

### Please note the following:

You must attach your race number to your belt securely.

Remember to wear the number on the **BACK** for the bike and spin it round to the **FRONT** for the run.

Your race number must be visible at all times.

There will be safety pins available at reception.

Please ensure an emergency telephone number is written on the back of your race number. Also, if you suffer from any medical conditions, please clearly write all relevant details on the back of your number.

**Race number stickers** – Two for your helmet and one for your bike post.

You will receive **a race chip and strap at the entrance to the pool** – ensure it is securely fastened to prevent it falling off during the race. There will be safety pins available for those who wish to use them.

**Body number marking** - Please remember to get your body marked with your race number before leaving the registration area.

### **BTA Membership cars / Day Licenses**

All competitors must have a race licence in order to race.

Those who are **NOT** members of English Triathlon Association, Welsh Triathlon Association, or Scottish Triathlon Association will have already paid the additional race licence fee of £1 upon entering.

Those athletes who **are** members must produce of a valid 2019/20 English Triathlon Association, Welsh Triathlon Association, or Scottish Triathlon Association race membership card.

Anyone not able to produce a valid 2019/20 Triathlon Association membership card will be required to purchase a day-license under British Triathlon rule 2.6.

These will be charged at £1 on the day. There will be no exception to this rule. You **MUST** be insured in order to race.

### **Spectators**

The three main spectating areas are the limited pool viewing area on the first floor of Culford Sports centre, the top of the race arena where the cycle and run will take place and inside of the bike track (please ensure that you cross carefully under guidance of the marshal and avoid competitors). There is limited viewing on the first floor. We ask that once you have watched your child swim, you vacate this area to enable others to spectate.

Please **DO NOT** go around the back of the swimming pool area, by the tennis courts during the race as this is part of the course and for competitors **ONLY**.

### **Safeguarding for Junior Competitors**

As a permitted Triathlon England event, we have submitted a plan that will enable us to provide a safe and friendly environment for your child to participate in the sport. This includes the nomination of a Safeguarding Officer (Race Director) to deal with any child safety issues on the day and the implementation of basic child safeguarding procedures as outlined below:

- Junior competitors are to be accompanied by a responsible adult all times except where the area is deemed 'competitors only'. In this instance suitable marshals will be provided to ensure child safety.

- Parents and guardians should be aware that the venue is a public venue and will remain open to other users during the event.
- **Those of you wishing to photograph this race must register at registration prior to the event.**
- Our marshals are instructed to challenge anyone seen photographing children without the relevant registration sticker and inform the authorities if necessary.

### Changing Facilities

There are changing facilities and showers available at the venue. However, please note there are no locker facilities. The pool side changing rooms are single sex but quite small so it is important that we keep these areas relatively clear. We request the following:

Children to change in the changing room correct for their gender

Parents to wait outside for their children to change

Belongings not to be left in this area

### Toilets

There are toilets within the Culford Sports Centre building.

### Refreshments

There is a small onsite coffee bar in the sports centre and an outside coffee supplier, however, we recommend that you bring adequate food and drink supplies for your competitors! The school is located a couple of miles from any shops, stores or cafes so please come prepared.

### The Race

This is a multi-sport event comprising of a pool swim, grass based cycle and culminating in a grassed run course. The event is subdivided into the following age categories and distances.

Category	Swim	Cycle	Run
<b>Tristart</b>	50m	800m	600m
<b>Tristar1</b>	150m	1700m	1200m
<b>Tristar2</b>	200m	3400m	1800m
<b>Tristar3</b>	300m	5100m	2400m
<b>Youth</b>	300m	5100m	2400m

## **The Transition Area**

For those new to the sport, you will need to prepare your transition area before the start of the race. Some points to note:

### **ONLY COMPETITORS WILL BE ALLOWED IN TRANSITION AREA AT ANY TIME!**

There will be experienced marshals to provide assistance to competitors if needed. Please do ask for help if required

No baggage is to be left in transition – please leave only what you require for the race

Please wear your helmet (which should have two numbered stickers attached) when entering transition. NO HELMET = NO RACE. Your helmet should be fitted correctly with a gap for 2 fingers only between chin and strap.

We have received advice from British Triathlon that all cycle helmets to be used in the race must comply to the standards laid out in the rules (Snell, ANSI, BS) to ensure the safety of all competitors. Any helmet which does not meet the standard (such as novelty helmets) either by evidence of stickers in the shell or having been made by one of the major manufacturers, will mean that the competitor will not be allowed to participate in the event. Please ensure you have a rule compliant helmet before the day of the race. If you have any doubts about whether your child's helmet meets the required standard please refer to its manufacturer's website or helpline for more details.

Your bike should be safe and suitable and will be checked before entering transition by the marshals.

Please ensure your bike has a numbered sticker attached to the seat post

If you have prescription glasses or medication that you may need immediately after the swim, please bring this with you and notify the swim marshal. They will allow you to leave this near the swim exit for collection on your way out into transition.

Transition will be sectioned by age group.

## The Briefing

There will be a **compulsory** race briefing for all competitors (and parents / guardians) held in main spectator area on the field at 10.50am. Please ensure you allow enough time to register and set up transition prior to this.

## The Swim

The race starts with the swim section and will proceed in the order shown below.

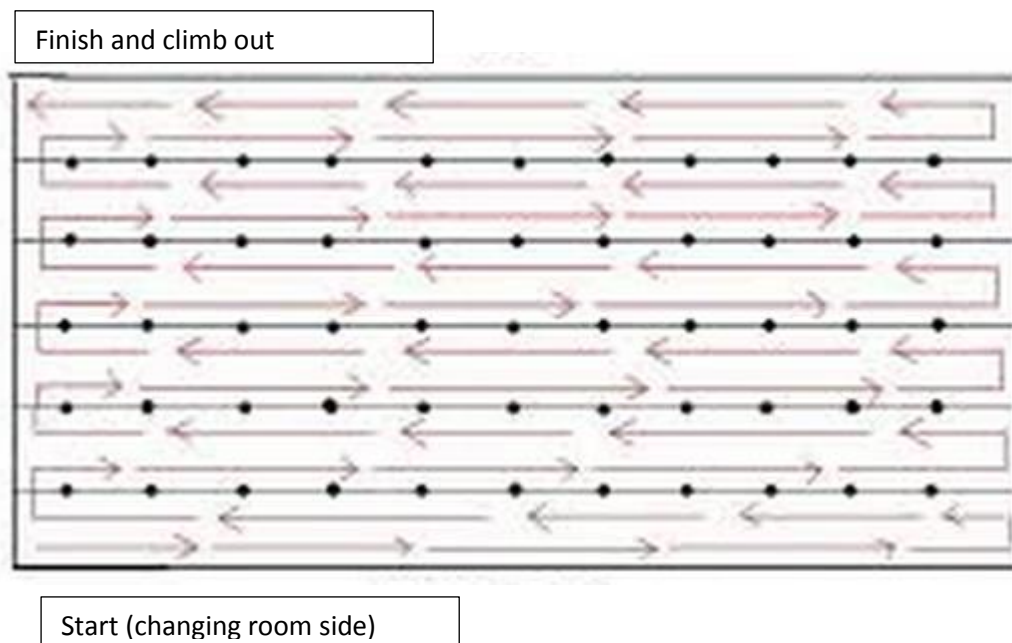
Category	Distance	Number of lengths
<b>Tristart</b>	50m	2
<b>Tristar1</b>	150m	6
<b>Tristar2</b>	200m	8
<b>Tristar3</b>	300m	12
<b>Youth</b>	300m	12

You **MUST** wear a swimming hat for this event – NO HAT = NO RACE

Please be at the swim start **20 mins** before your allocated swim time to enable the timing chips to be allocated. The entrance to the pool / form up point is at the double doors located opposite the centre reception desk (near the vending machines). The emergency exit door will be used during the race so please do not use this for entering the pool area or spectating.

Once poolside, competitors will wait at the deep end of the pool and wait to be called forward in race number order by the swim marshal. Please note your precise start time (which will be emailed to you before race day and will also be on display in the registration room) and do not be late.

The race will use the 'snake swim' format as shown here. You will start in a *lane specific to your age group* (directed by the marshals) to ensure the correct distance is covered.



On finishing the swim, you will exit the pool area by the doors at the shallow end, as directed. **Please do take care here as you will go down 3 steps before making your way to transition.**

When you have finished your swim, you will run to the transition area

This section is marshalled

Please do not discard your swim hat or goggles in this area

There is a concrete path to run along which will be cleared / swept before the race. Please exercise caution to prevent injury.

### The Bike

Age Category	Distance	Number of laps
<b>Tristart</b>	800m	1
<b>Tristar1</b>	1700m	2
<b>Tristar 2</b>	3400m	4
<b>Tristar3</b>	5100m	6
<b>Youth</b>	5100m	6

When you arrive at transition after the swim, make sure that all your swimming equipment is placed carefully into your space. You may receive a penalty if you discard equipment anywhere else.



**Before you touch your bicycle, you must put on and fasten your helmet. Make sure it stays fastened until your cycle is re-racked after the bike section of the race.**

You will then need to put on your number belt or t-shirt, appropriate footwear and push your bicycle out of the transition past the 'Bike Mount' line. Mount **after** this line.

The Course is an 850m loop which is repeated depending on age group as indicated in the table above. You will need to **count your laps** and ensure that you complete the course fully before coming back into transition. If you miss a lap, this will result in disqualification.

Parents/spectators please note that it is against the rules to pace or run alongside a competitor. Doing so will result in a penalty or possibly disqualification.

When you have completed your laps, cycle up to the transition area and dismount **before** the dismount line (one foot on the ground before the line). Push your bike back into the transition area. Keep your helmet on until you have racked the bike.

When returning your bike to transition, please make sure you leave it and your equipment neatly at your designated racking number. Do not dis-guard your equipment or leave it in a dangerous position which could cause an accident for other athletes.

## **The Run**

The run course is within the same field as the cycle course. Again, you will do the appropriate number of laps of this course. There is a short run of about 100m into a loop of 500m, which you will complete a number of times according to your age.

All lap counting is the responsibility of the competitor and Marshals will not tell you how many laps you have done. You will be offered a wrist band near the bottom of the run loop, you will need to take one each time you go past. At the finish you should have the same number of wrist bands as the number of laps you are required to do.

Category	Distance	Number of laps
<b>Tristart</b>	600	1
<b>Tristar 1</b>	1200	2
<b>Tristar 2</b>	1800	3
<b>Tristar 3</b>	2400	4
<b>Youth</b>	2400	4

## **Finish**

You will finish at the top of the race arena where parents can cheer you in. Here, you can collect your finishing medal and drinks will be available. At the finish, your chip and wrist bands will need to be removed.

## **Results**

This is a chip timed race, with timing provided by Chip Timing UK.

## **Presentation**

The presentation of prizes should take place soon after the last competitor has finished. There will be prizes for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each gender and age group. In addition, prizes are available for the first place novice in each category.

Please note:

To qualify as a novice, this must be your first ever triathlon.

If you win a top three prize, the novice prize will go to the next placed novice in your age group and gender (i.e. you have been awesome but only one prize per competitor

## **Finally**

Above all else enjoy!

Culford School is a great setting for the race and we look forward to welcoming you there. If you have any questions, do not hesitate to contact us.

## **Denise & Neil O'Brien**

Race Directors

[juniortri@westsuffolkwheelers.org](mailto:juniortri@westsuffolkwheelers.org)

