



Race Information
Inter Regional Championship Qualifier – Tri-Start Triathlon
Adult Aquathlon
Burleigh College, Loughborough
Sunday 20th April 2008

Introduction

As the Inter Regional Championships qualifier event, we expect all entries to fill quickly. To make sure you enjoy a safe event, please read all of the attached information.

Directions

Loughborough is located two miles off junction 23 of the M1. Burleigh college can be found off the A512 (Ashby Road) on Schofield Road/Thorpe Hill and is clearly signposted.

Car Parking

There is one car park located at the college. Enter the college at gate 4 and follow the marshalls.

Race registration

This starts at 8.30-10.00am for the Children's Triathlon and 10.00-12.00 for the Aquathlon. Please register at least 30minutes before your start time.

Rough start times are as follows:

Tristart – 10.00am

Tri Star 1 – 10.25

Tri Star 2 – 10.50

Tri Star 3 – 11.15

Youths – 11.40

Aquathlon – 12.30

Race registration will take place in the Sports Centre. All competitors will need to register on the morning. Please ensure you have your race number before registering. This can be found on the noticeboard in the Sports Centre. If you have a 2008 BTF licence, please be ready to show this.

For day licences, please have some form of photographic ID. This will ensure that you have transferred your entry and are appropriately insured.

Collect your race envelope. This will contain your race number and 2 x stickers – one for your bike helmet and one for your bike.

Race briefings

These will take place in the transition area at 9.45 am and 12.15pm and will inform you of any safety issues. If you have any queries, please ask them after the briefing.

Transition Area

The transition area is located on the main field and is a fully secured area. Your bike will remain here for the duration of the swim and run. You must show your race number at all times when entering and exiting the transition area. This is for your security and may lead to queues at the start of the event. Please remove your bike by 12.30 pm.

What will you need?

You will definitely need : a swim suit or trunks; goggles are recommended; a road worthy bike and ANSI/BS approved cycling helmet and running shoes. Competitors will not be allowed to race without a bike helmet.

The swim –

The swim will take place in the 25m pool at the college. Distances vary for the Tri-start races so please familiarise yourself with the number of lengths. The Youths and Adult Aquathlon is 400m or 16 lengths of the pool.

The Marshall will highlight the pool exit and the timekeeper will start you at intervals. Your start time will be worked out based on the estimated time on your entry form. Although timekeepers will do random checks, it is your responsibility to count your lengths.

Should you wish to get completely changed after the swim, please use the changing rooms. No nudity is allowed in transition.

Please note: Spectators will not be allowed into the pool area.

The bike –

From transition you will cycle a variety of laps around the perimeter of the field. Distances vary so please make sure you know how many laps you need to complete.

The ground from the pool will be concrete onto the grassy transition area. You may wish to leave your shoes at the pool exit.

Please set up your equipment before the swim. This must include your cycle helmet, bike, shoes for the bike and run and any other clothing you wish to put on.

Familiarise yourself with the entrance and exit points. Also note that you must have your helmet on and secured before you touch your bike.

The cycle route is easy to follow and marshals will direct you round the course. Complete your required number of laps and enter transition, racking your bike in its original location. Only then should you take your bike helmet off.

The run –

As distances vary with the run, please ensure you are aware of the number of laps you need to complete. From transition, or the swim, follow the Marshall's instructions around the perimeter of the field. At the start of each lap, pick up a band from the designated Marshall.

Race rules

The event is held under the British Triathlon Federation rules. This means that all competitors must have a road worthy bike, must wear an approved helmet and be insured by an appropriate body – BTF members are insured as part of their membership and all other competitors as part of their day license.

Photos –

An official photographer will be taking photos of competitors at the event. Details will be made available on the website after the event. If you wish to take photos, you will be required to register prior to the start of the event.

Refreshments –

Refreshments will be available from a food van on site for the duration of the race. You will be able to buy hot drinks and various rolls.

Medical cover –

The safety of our competitors is paramount. Should you require the services of a medical professional, please approach one of the St John's Ambulance crew available on the day.

Medical conditions –

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number along with your medical condition on the back of your number. This will only be used in the event of an accident.

Race numbers –

Race numbers must be worn for the bike and run section. Numbers must be pinned on all four corners. Please remember to bring some safety pins.

Results –

Results will be displayed within the Sports Centre as soon as possible after each race finishes. Provisional results will be available to download from www.charnwoodtriathlon.co.uk on Monday.

Prizes –

There will be prizes for all categories of the Tri-start and Youth races, for both male and female competitors. These will be awarded in the Sports Centre and announced by the race director. Please make sure you are there to pick up your prize as they will not be forwarded on.

Other events –

Daylight Saving Aquathlon – Sunday 26th October