



# Worcester Triathlon Club

## Winter Aquathlon Race Instructions

The venue for the race is NEW COLLEGE WORCESTER, SPETCHLEY RD, WORCESTER. If you exit the M5 on J7 towards Worcester and go straight ahead over the first two roundabouts it is approximately 50m along on the left hand side. **There will be no competitor parking in the college due to limited spaces.** If you continue past the New College in the right hand lane and take the right hand turn at the next roundabout you will be on SPETCHLEY RD and will be able to park on the side of the road. You will then be able to use the pedestrian bridge to cross the dual carriage way across to the college. There will be hot drinks and food available at the main registration hall and there will also be pre and post race massage available from a qualified sports masseur.

Race entry will close at 23:59:59 on Thursday 1st January 2009 and the start times will be placed on the Worcester website on Friday evening. **You will need to register at least 1 hr before your start time.** At registration in the main hall you will receive a race number and will have your number marked on your leg (please bring your BTA race licence with you for registration). You will then need to be on poolside 15 minutes before your start time and you will then receive your timing chip (please don't lose your chip – it will cost you £5 to replace it!). The race will start at 12:01 and competitors will go off at 1 minute intervals. The presentation will be made as soon as possible after the last competitor has finished. There will be a race briefing at 1130hrs and 1230hrs in the main hall – please try and be present for one of these briefings. The important safety points are listed below-

1 – The temperature for the weekend could well be cold if the weather forecast is to be believed so please bring extra clothes to wear both before, during and after the race. Take the time to dry off more thoroughly than you would normally in transition – first and foremost this event is meant to be fun to compete in, freezing in a two piece whilst dripping wet on the run course will hamper enjoyment levels. Be very careful on the run course, pavements and paths may well be icy and slippery.

2 – The poolside area is strictly no running, it will get wet and slippery during the course of the race, you face disqualification if you are running on poolside. Please be careful exiting the pool area down the steps into the grounds of the college.

3 – The first part of the run is on the pavement alongside the dual carriageway. Please don't run on the road as it is a busy stretch of road with the traffic often moving at speed. Also, please ask any supporters that you bring with you not to stand on this stretch of road when cheering you on; there are plenty of places to stand in the grounds of the college and in the park area.

4 – Please give consideration to other members of the public using the paths and pavements.

**Your start time may be delayed but in no instance will you be starting earlier than the time listed on the website on Friday evening. The race referee's decision is final. Any postal entries that are delivered on the Wednesday or Thursday of this week will not be put on the event database until the day of the race as I am away from Tuesday until Saturday – I will confirm on the telephone on the Saturday afternoon any entries that I have received over these two days and you will be added to the race list on the Sunday itself.**