



Worcester Sprint Triathlon (Droitwich)

Race Information Pack (2009)

Thank you for entering our race, we hope you have an enjoyable and successful day!

The race is run under BTF rules a copy of which will be available at the event should you wish to refer to them.

Location

The venue is Droitwich Spa Leisure Centre, Briar Mill, Droitwich, Worcs, WR9 0RZ. Droitwich is easily accessed off the M5 at either junction 5 (southbound) or junction 6 (northbound). The leisure centre is located close to the Droitwich bypass (A38).

Ample car parking is available at the rear of the leisure centre; however, competitors arriving for later start times must take extra care and be aware of competitors exiting transition as they drive into the leisure centre.

Parking will NOT be permitted on the roadside, front car park or lay-by opposite the centre.

Registration

Registration will take place inside the leisure centre between the hours of 07.00 and 10.00. Please register at least 30 minutes before your start time. Non-BTF members must register for a BTF day licence. BTF members must present evidence of their current membership and if that is not available, they will be charged an additional £3 at registration and will be asked to complete a BTF day licence.

You will have an arm and lower leg marked with your race number.

You will also receive two race numbers and a bike sticker showing your race number that must be attached to your bike before entering transition. Please ensure that race numbers are clearly visible **on both your front and back** during the race, (race belts are permitted). Evidence of a race number will be required to retrieve your bike from transition after the event, so don't throw them away too early!

Please allow yourself plenty of time, prior to your start time to prepare yourself and familiarise yourself with the cycle and run routes.

Maps of both routes will be clearly displayed at registration and whilst the routes will be adequately marshalled, it is the competitor's responsibility to ensure that they have a knowledge of these routes to avoid basic direction errors when racing.

Transition

The transition area is a secure area that will be marshalled at all times.

Please ensure that when racking your bike in transition you have your cycle helmet with you as it will be checked by a marshal to ensure ANSI Standard compliance. You may rack your bike anywhere in the transition area but please be respectful to other competitors by keeping your equipment compact and tidy. Race numbers will be requested when removing bikes and equipment from transition and marshals will check that they correspond with the number on the bike sticker. If you do not have your race number, you will not be permitted to remove your equipment until all the other bikes have been collected.

Swim

The swim is 400 metres, 16 lengths of the pool. Please arrive at poolside 10 minutes before you are due to start. You will be asked to queue along the poolside 'in race number order' where you will be issued with your timing chip. This chip must be securely fastened to your left ankle using the Velcro strap provided.

You will be allocated a lane to swim in and issued with a coloured swim hat. You will enter and exit the pool at the deep end and all starts will be from in the water.

When you have two lengths remaining, your length counter will inform you by placing a marker board in the water for you to see.

Please respect the length counter's decision, even if you consider that they may have made a mistake as anger and frustration is only likely to hinder you further!

When finished, please leave your swim hat behind and proceed with caution to the pool exit where you will be directed to the transition area.

The poolside floor will be wet and no running will be allowed inside the pool building.

Bike

The bike course is undulating with no serious hills and the roads are a good mixture of town roads, dual carriageway, and country lanes totalling 20k in distance.

Helmets must be worn at all times and marshals will be monitoring the transition process to ensure that your helmet is fastened before you remove your bike from the rack and also that your helmet is not removed until your bike is re-racked on return to the transition area.

Once out of transition you will be directed to push your bike to the 'bike mount line'. Please do not mount your bike until you have crossed this line and entered the road, taking note of the marshal's observations and instructions.

At all times, for your own safety and the safety of your fellow competitors you must obey the rules of the road and/or the Police and pay attention to the marshals and direction signs. It is also a non-drafting race and failure to observe these rules will incur a penalty or even disqualification.

In the event of temporary traffic lights being erected on the route on race day, marshals will be located at these locations to take note of delays experienced by competitors. To assist these marshals with this process, please ensure that your number is **clearly visible on both your front and back** and that you shout out your race number when you are required to stop at these lights.

Run

The run course is flat and is routed along the canal side, suburban paths and parkland paths consisting of tarmac, firm gravel and some grass surfaces. The race consists of two circuits of this course run anti-clockwise, totally slightly more than 5k in total.

After the first circuit, competitors will be issued with an elastic band that must be worn around the wrist.

There will also be a water station at the start of the second run circuit.

When approaching the end of their second circuit, competitors will be asked to show the band to the marshals who will then direct them into the Leisure Centre and on to the finish line.

Results and Prize Giving

Providing your timing chip is worn correctly, Stuweb Race services will be able to produce interim results of your individual times throughout the morning, detailing your splits and total time.

It is the race organiser's intention to present the race prizes as quickly as possible after the last competitor has finished. A list of the prizes to be awarded will be displayed at the registration desk prior to the race commencing.

We are hopeful that a complete list of results will be available on the club website later that day (but maybe Monday!)

Further Information

Competitors will have the opportunity to use the Leisure Centre changing, locker and shower facilities.

Post race massage will be available for which there will be a nominal charge.

Food and drink stalls will be available during the morning for families, supporters and competitors to refresh themselves.

We do hope you enjoy your race and look forward to seeing you on the day.

Any constructive feedback that could help us to improve the race in future years would be very welcome;

Please email Race Director; Mark Elliott at mark_elliott_105@hotmail.com