



are again proud to hold the

Sprint and Double-distance Triathlons

on 27th June 2010 at Top Barn Activity Centre

Thank you for entering the biggest race on the Worcester Triathlon Club calendar – the Sprint and Double Distance open water races based at the Top Barn Activity centre just outside Worcester

Location

The race venue is Top Barn Activity centre, just off the A443 to the West of Worcester (Sat Nav WR6 6NH). For detailed map visit <http://www.runaroundsports.co.uk/store-location.htm>

Camping is available, visit <http://www.topbarnactivity.com/Contact.html>

Parking

There is plenty of free parking for race competitors on site. Our marshals will direct you through the site into a field adjacent to the lake. Please note for the safety of athletes, visitors and marshals once parked Cars **cannot** be moved until the last runner has started their run.

Parking

Worcester Triathlon Club advise that you should familiarise yourselves with the BTF rules and regulations which can be found on the BTF website <http://www.britishtriathlon.org/>

Getting penalised on race day and not knowing the rules is "no excuse".

BTF licences

If you cannot produce your BTF license at registration you will be charged £3 for a day license.

Registration and Race Briefing

Registration

- ..is in the marquee next to Runaround in between 6.30am and 08.30am. Please look up your race number on the board and be ready to show your BTF Licence. Please register as soon as you can to ensure you have ample time to prepare for the race.
- Non-members will need to show another form of photo ID and will be given a Day Licence.
- You will be given a race timing Chip and Strap. **The Chip is to be attached to your Left ankle**, (If not on your ankle you will not get any split times!) This must be returned at the finish area.
- You will be given a goodie bag which will contain your bike sticker, helmet sticker, race numbers, BTF licence (if required), technical t-shirt, water bottle and voucher from Sci-MX, coloured swim hat and flyers from our other sponsors and suppliers.
- **Race numbers**, (one visible on your back whilst cycling and front whilst Running) - number belts may be used.
- **Bike Sticker** – fix this somewhere visible on your bike prior to entering transition. **You will need this to remove your bike after the race.**
- **Swim Hats** will be provided with one colour for the Double and two for the Sprint dependent on which wave you are in – and they must be worn during the swim. Feel free to keep the hat! If you are allergic to latex please ask the Race Director or Head marshal as there are a handful of silicone hats.
- **Bike helmets** are mandatory for the ride, NO HELMET NO RACE.

Race Briefing is just prior to start in the Swim holding area. Please be at the holding area **15 minutes prior** to your start time. Give your number to marshal as you enter holding area.

You must attend the race briefing! All important Safety notices and any course amendments will be explained. The race director and referee will then briefly explain course and rules.

Transition

- Transition is a single direction run through; Entry facing the access gates; Exit towards the lake.
- You may rack your bike anywhere, stations are not numbered. Please hang your bike on the poles provided
- Lay your shoes and kit to the Left hand side of your Bike.

- Please be considerate and do not block in others.
- Only competitors and race officials are allowed inside transition.
- Your bikes and helmets will be checked on entry, and bike number against race number following the race.
- Transition will **close** at 08.50am – 10 minutes before the start of the first race.
- Your helmet **must** be fastened on your head before you take hold of your cycle and must remain fastened **until** you have racked your cycle.

Swim 750m or 1500m

- 1 lap for the Sprint; 2 Laps for the double distance.
- Water temperature is generally between 17-20 deg C. Wetsuits **ARE** compulsory for this water temperature. If the water temperature is greater than 22 deg C then BTF rules state that they are not to be worn. **A decision will be taken on this on the morning of the race and will be included in the race briefing**
- The water temperature is taken daily by Runaround and posted on their website. For information the temperature has tipped 20 deg C twice this year. Check out this link - <http://runaroundsports.co.uk/content/openwaterswimming>.
- There will be one wave for the double distance event; starting at 9.00am.
- There will be three waves for the Sprint; 9.30am (probably senior men only), 9.35am (veteran men) and 9.40am (remainder). This will be clarified on Friday
- Both Swims are massed start, please line up between buoy and bank (see Map A) and the race will start by air horn.
- The Swim route is an "M" shape marked with large yellow Buoys. See (Map A)
- Swim with Pink marker Buoys to your Left hand side when at the 4 corners of the Lake, keep the Buoy in the centre of the lake to your Right hand side.

Swim safety

- There will be a number of safety canoes accompanying the swimmers as well as two swim lifesavers.
- If you get into difficulty during the swim roll onto your back and raise your arm in the air, assistance will come to you.
- Competitors are reminded that although the lake is very clean and the water is tested to comply with EC Bathing Standards no inland waterways in Britain are considered safe for Swimming.
- Please do not swim if you feel unwell or are recovering from a virus or infection. In the case of illness after swimming, medical advice and treatment should be sought from your GP.

Transition T1

- Please run over all Timing mats these are there to record your time Splits.

- Carefully place wetsuits away so not to cause obstruction to others. Please ensure your wetsuits are clearly named somewhere to identify them afterwards – a number were misplaced last year which left a sour taste in the mouth of several athletes. If you do lose your wetsuit please do not take someone else's – this just compounds the problem and takes longer to re-unite everyone with their kit.
- Walk/run out of transition to Cycle Mount/Dismount area on the road as instructed by the Marshals

Cycle route

- The Cycle route is 2 laps for the double distance and 1 for the Sprint (see Map B or see http://gb.mapometer.com/en/cycling/route_629836.html) marked using black arrows on Fluorescent Yellow signs and marshalled. It is your responsibility to familiarise yourself with the race route and know where you are going.
- The route is anti-clockwise direction. Please take Extreme Care when be leaving and entering Top Barn Centre, especially when Turning right onto A443 even though we use extensive warning signage beware of any fast moving traffic.
- The Marshals are there to direct you and cannot stop traffic it is your responsibility to know the route.
- There is new road chipping surfacing at several points along the A443 from Top Barn along to the turn at Martley, please be aware of the dangers of chippings spraying up from adjacent cars and that the surface may be slippery.
- Take care on the right-turn into Top Barn when you return to the centre and listen to and adhere to the marshal's instructions.
- Take care over the Speed Humps on the entrance road to the Centre

Cycling rules

- All roads are open to traffic. The Highway Code must be obeyed at all times. You will not have priority at junctions, be prepared to Give Way or Stop! Dangerous riding will be penalised with a Disqualification.
- No Drafting – 7 metre gap must be keep from the cyclists around you. If you are overtaking a slower rider, you have 30 seconds to complete the manoeuvre. It is the responsibility of the overtaken cyclist to drop back and maintain the 7m gap once the faster rider has his or her wheel in front.
- Side by side riding is forbidden. If you are not overtaking keep to the left hand side of the road allowing faster cyclists to overtake you. Do not cross the central white lines.
- Mobile and static Draught busters will be observing cyclists and will report any infringements to the Race Referee.
- A Cycle Helmet must be worn and it must comply with BSI, ANSI or Snell Regulations. Note it must be fastened on your head before you take hold of your cycle and must remain fastened until you have racked your cycle.

- No cycling in transition area. Listen to the marshals. You must mount and dismount in the designated areas.
- The use of personal headphones/MP3 players or Mobile phones whilst racing is prohibited. You will be Disqualified if reported using such devices.

Transition T2

- Following cycle dismount run/walk following marshals' instructions/ signs to transition entry Rack your bike in its original position and head off for Run through Transition exit.

Run route

- 1 lap for the Sprint and 2 Laps for the double distance event. Please see map C or follow http://gb.mapometer.com/en/running/route_630576.html.
- Leave transition 2 through transition exit and follow course marked with signs black arrows on Flu. Yellow background. Run round to Right hand side of transition. Take care when running along and crossing first section of road as Cyclists could still be coming in.
- The run route is a 5Km lap run on grass, firm farm tracks and road. The lap drops down to the River Severn, climbs up across a field up and to the left of the Barn buildings before running out past the Church and Castle down to the far turn point (See Map C).
- At one point the run goes up hill through two gates and over a private road – this will be marshalled for safety but please be mindful.
- The 1 run lap completes just past Run around Shop under the Finish Banner. Those in the double distance event continue straight on to pick up the run route just at the lake end of transition, follow round for your 2nd lap.
- Water will be available at Barn at the top of the hill (approximately half way round as per BTF rules) and the completion of 1st Lap and/or finish.
- Please run over all Timing mats as these record your time splits. On finishing the event Marshals will be there help you remove your timing Chip, we must have them back!

Results

Results will be displayed near the registration area following the race.

Full results will be available at www.worcestertriclub.co.uk

or www.stuweb.co.uk later in the day.

Prize presentation will take place following the completion of the races, once times have been ordered.

We wish you Good Luck for a safe and enjoyable race.

And a big thank you to our additional sponsors and suppliers who have helped us out:



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