



Worcester Standard Triathlon **Sunday 15th May 2016**

Venue: Lakeside Campus (formally known as Top Barn Activity Centre), off the A443, West Worcester, WR6 6NH

There is less than a week until the Worcester Standard Triathlon 2016; we hope you're looking forward to it.

Please have a read through these race instructions.

Keep an eye on the race page on our website,

<http://www.worcestertriathlonclub.co.uk/races/events/worcester-top-barn-triathlons/>

and our Facebook page for any news and updates

<https://www.facebook.com/pages/Worcester-Triathlon-Club/143925319045576>

Parking

There is a £3 parking charge per vehicle, paid directly to the University of Worcester (landowners). Please have correct change.

There is plenty of parking for race competitors on site, an overflow car park just up the hill opposite the entrance at the business park is also available if needed.

Please note for the safety of athletes, visitors and marshals, once parked you will not be able to move your vehicle until the last runner has started their run.

Regulations

All races are being undertaken in accordance with British Triathlon Federation (BTF) Guidelines and Worcester Triathlon Club advise that you should familiarise yourselves with the BTF rules and regulations which can be found via this link

http://www.britishtriathlon.org/britain/documents/about/competition_rules.pdf

Registration

Registration is in the University Mobile Laboratory which is adjacent to the lake pictured below, it is secretly an Autobot and transforms into a useable space for registration and post race massage.



Registration will be open from **07:00 to 08:30**. **You must register before 08:30.**

The race will be in two waves first wave at 08:00 second wave at 08:45, you will be informed of your wave on the Thursday before the event.

Please look up your race number on the board.

If you have entered under a BTF number please have your BTF Licence ID card ready, no ID card will incur a surcharge of £5.

Non-members will need to show another form of photo ID and will be given a Day Licence.

Please register as soon as you can to ensure you have ample time to prepare for the race.

You will be given a race timing Chip and Strap. The Chip is to be attached to your Left ankle, (If it's not on your ankle you will not get any split times!) This must be returned at the finish area.

You will be given a bike sticker, helmet sticker, race numbers, BTF licence (if required), coloured swim hat.

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, colour dependent on the wave you are allocated.

The hat you are provided with must be worn on the outside during the swim. Feel free to keep the hat! **If you are allergic to latex please inform the Race Director or marshal ASAP. Silicone hats are available.**

Bike helmets are mandatory for the ride, NO HELMET NO RACE

Race Briefing

You must attend the race briefing!

There will be a separate race briefing for all waves. Attendance to this is mandatory and will provide you with important details about the course including any last minute changes.

The race director and referee will briefly explain course and rules and answer any questions you might have.

The briefing will take place in the swim holding area adjacent to the lake 15 minutes prior to your start time.

Give your number to the marshal as you enter the holding area so that we can make sure the same number of swimmers start and finish the race.

Transition

Bikes must be racked Sunday morning; there is no racking on Saturday. 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 showing their race number 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 not close this year. Come and go as you please but be mindful of athletes racing around you.

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 - 1500m

The swim will be 2 laps of the lake, 750 metres a lap.

Water temperature last year was above 13 deg C. If the temperature drops below this the swim will be shortened to 1 lap, 750 metres. If the temperature drops below 11 deg C then there will not be a swim and alternative arrangements will be made.

If we manage to get the lake heating system working and the water temperature is greater than 22 deg C then BTF rules state that wetsuits are not to be worn.

Water temperature will be taken on the morning of the event and will be available at registration.

All swim waves are massed start, please line up between buoy and the race will start by air horn.

The Swim route is a "M" shape marked with large yellow buoys.

Swim with yellow 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 near the start of the lap and on your left at the end of the lap.

The lake water has been tested and has passed the required tests. However, open water is not completely free of disease risk. Therefore, to minimise any risk against water borne illnesses please cover any breaks in skin with waterproof plasters, avoid swallowing water and seek medical attention if you have any unusual symptoms after the event (e.g. high fever, headache, chills, muscle aches, vomiting, diarrhea, rash etc).

Don't race if you are not in good health.

Swim Safety

There will be a number of safety canoes accompanying the swimmers as well as lifesavers on hand.

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 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 you are advised to seek professional medical advice.

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.

Walk/run out of transition to cycle mount/dismount area on the road as instructed by the Marshals.

Cycle Route – 60km

The cycle route is 2 laps (see below or http://gb.mapometer.com/cycling/route_4067933.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 Lakeside Campus, 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.

Take care on the right-turn into Lakeside Campus when you return to the site and listen to and adhere to the marshal's instructions

Take care over the speed humps on the entrance to the campus.

Only turn where you see a marshal directing you to do so, otherwise continue straight on.

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 kept 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 7 metre gap once the faster rider has their 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 this is proven to be the case.**

There will not be any water stations on the bike, please ensure you take enough water on the bike for the duration of the race.

Transition T2

Following dismounting your bike run/walk following marshals' instructions/signs to transition entry. Rack your bike in its original position and head off for the run through transition exit.

Run Route – 10km

The run is 4 laps of a circuit consisting of farm tracks, and well maintained fields. Majority of running will be on grass.



Leave transition through transition exit and follow course marked with signs black arrows on florescent yellow background. Run round to right hand side of transition.

Water will be available at the completion of each lap adjacent to the finish line.

Please run over all timing mats as these records 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.
Full results will be available on the following websites:

www.worcestertriclub.co.uk
www.stuweb.co.uk (later in the day)

Prizes

Prize presentation will take place following the completion of the races by all competitors and once the finishing times have been checked and audited.

Littering

Councils and the police are clamping down on littering this year for these events and the club is obliged to clear up after the race, on both private and public land. Please take all your litter with you, especially your gel pack sachets from the bike and the run course.

Competitors risk disqualification for littering.

Post race massage

Post race massage will be available with a donation to St Richards Hospice.

Catering

Hot & cold drinks, crisps, confectionary, sandwiches, panini's & bacon baps will be available to purchase from 07:30 to approximately 14:00. Cash only.

Changing facilities

Changing facilities and showers will be available for all competitors.

Camping facilities

Camping is not available on site as it has been in recent years however a campsite is available approximately 1 mile north of the venue. It is very close to 2 pubs and a shop.

Details are:

Holt Fleet Farm

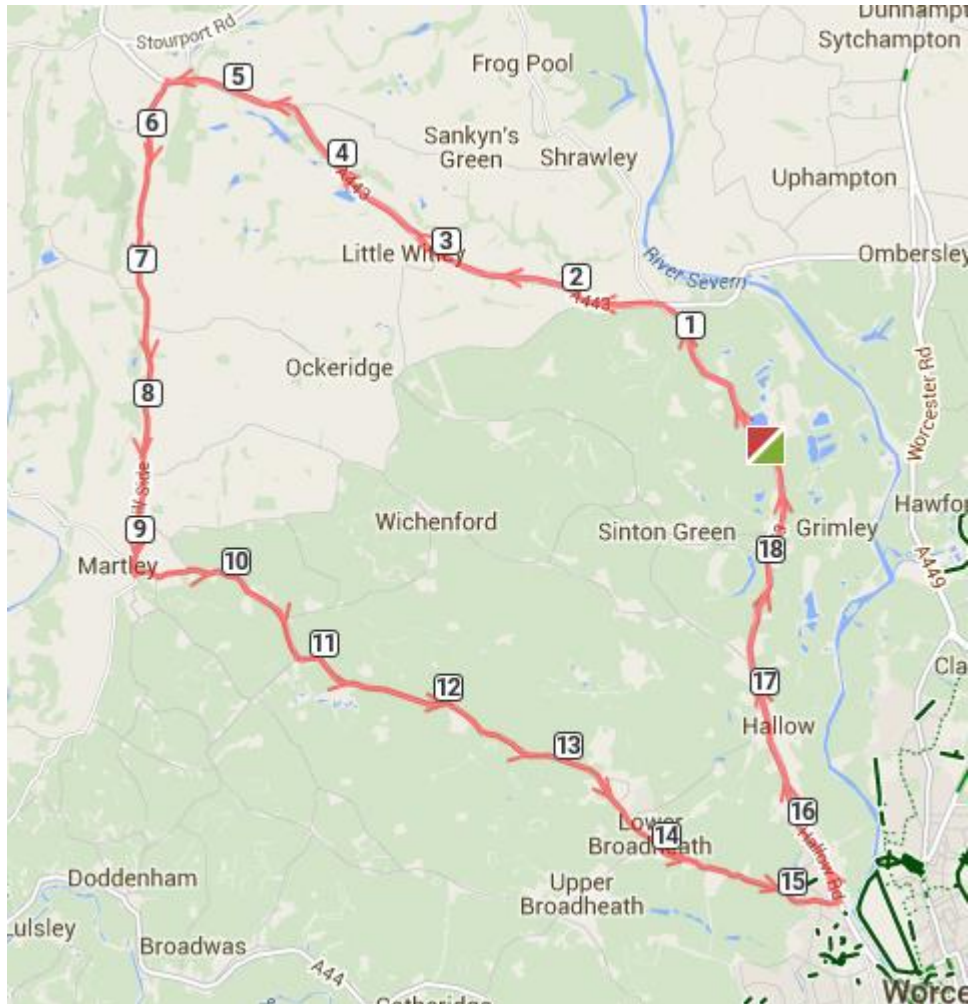
Holt Heath
Ombersley
Worcester
Worcestershire
WR6 6NW
01905 620512

<http://www.ukcampsite.co.uk/sites/details.asp?revid=8515>

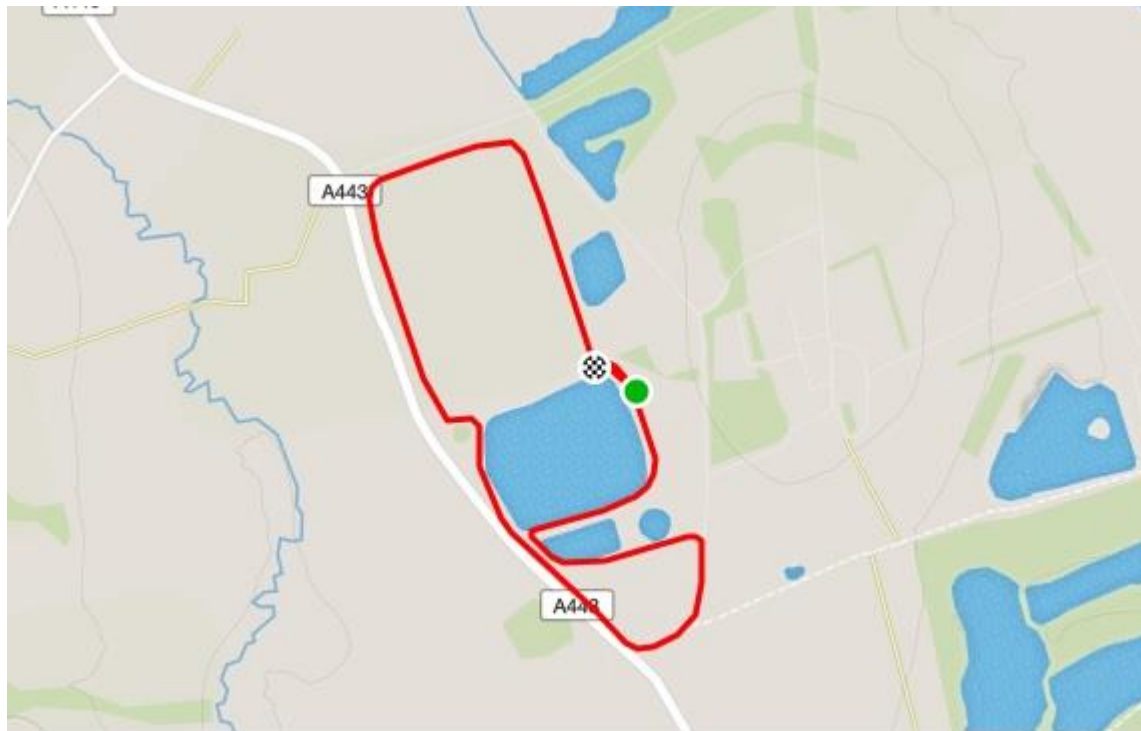
Bike Course:

http://gb.mapometer.com/cycling/route_4067933.html

<https://www.strava.com/segments/9387328>



Run Route



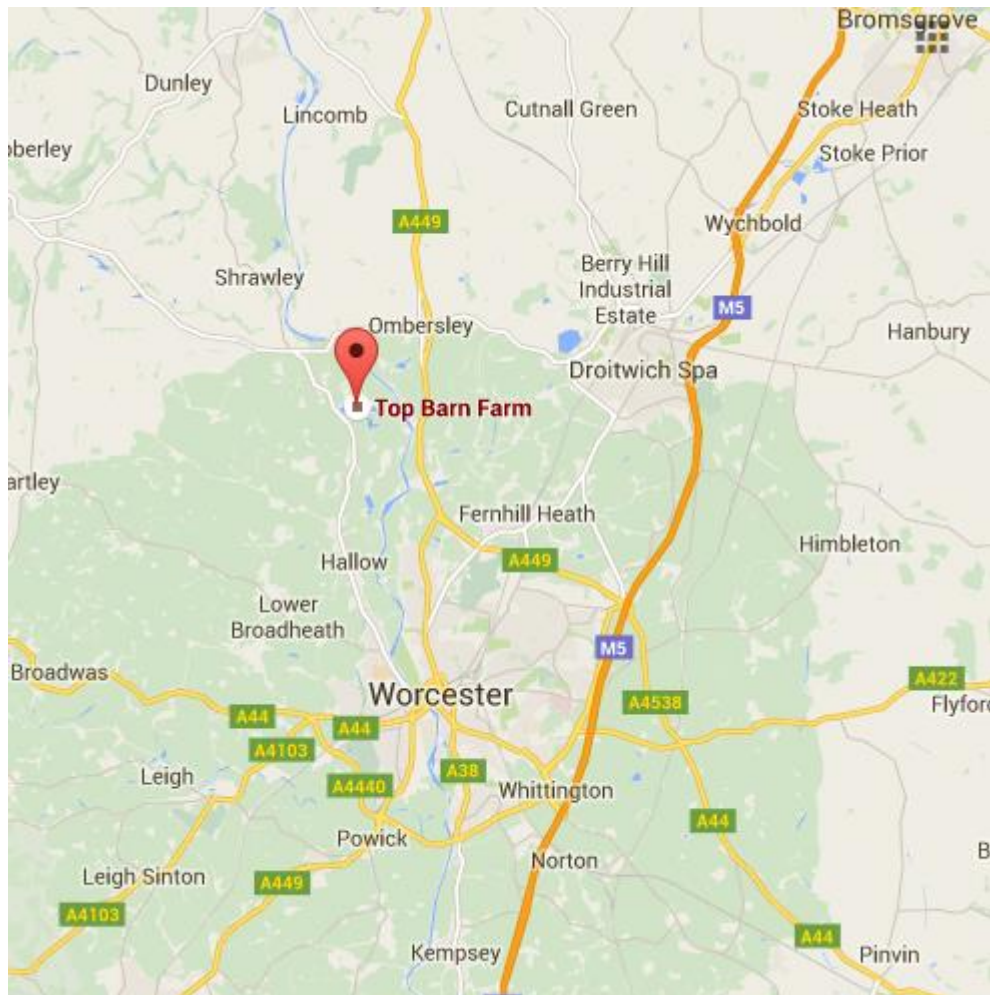
Venue: Lakeside Campus, Holt Heath, Worcester, WR6 6NH.

Directions from the M5:

- Leave at Junction 6
- Take roundabout exit towards Kidderminster (A449)
- After 4 miles turn left signposted Ombersley
- Turn left at the roundabout in the village
- 3 miles ahead turn left towards Worcester
- Turn left at the T junction
- 1 mile on the left is Top Barn Activity Centre

Directions from Worcester

- Follow the A443 towards Tenbury
- Continue until you reach Hallow
- 2 miles outside Hallow turn right to Top Barn Activity Centre



Race-Day Checklist

- **Money – parking and post race food/drink**

Swim

Wetsuit

Swimsuit/trisuit (or whatever you'll wear under your wetsuit for the rest of the race)

Goggles

Swim hat

Wetsuit lube (to prevent chafing around the neck and make wetsuit removal easier)

Towel (to help mark out your transition area and stand on it to dry feet)

Bike

Bike

Bike shoes (if you're wearing them as opposed to cycling in your running shoes)

Elastic Bands (if you use the method, to attach your bike shoes to the frame to prevent them flapping about while you are running with the bike)

Helmet

Sunglasses

Multitool (for last minute adjustments)

Spare inner tube and gas cylinder (if you intend to repair a puncture)

Track pump

Extra clothing (such as a long sleeved top and gloves in case it's too cold to cycle in a tri-suit)

Run

Running shoes (with elastic lock laces if you use them)

Socks

Hat or visor (to keep sun off or stay warm)

Other kit

Race information, including directions to get to the venue

Race numbers and /or race registration documents (remember you need ID or your BTF licence)

Timing chip (if you've been given one)

Race Belt (this saves you pinning race numbers on your front and back)

Safety pins

Water and energy drinks or gels and snacks for pre-, during and post- race

Sports watch

Dry, warm kit to put on post- race

Comfy shoes for pre- and post- race

Sunscreen

Plastic crate, backpack or big bag to transport all your belongings in to transition from the car

A basic first aid kit

A smile – you are here to have fun.

We wish you Good Luck and a safe and enjoyable race!