



Bredon's Hardwick Sprint Triathlon

Saturday 17th August 2019



Event Guide

Dear Competitor,

Thanks for entering our open water sprint triathlon! We hope you are looking forward to it as much as we are. This will be the ninth running of this event and, while we'd like to think we know what we're doing by now, we're aware you might not have raced here before. And even if you have, here's some information we hope you will find useful in your preparations for race day.

Please take a few minutes to read through these notes and familiarise yourself with the routes. If you have any questions, feel free to contact us at racedirector@tewkesburytriathlon.co.uk.

Best wishes,

TTC Race Committee

Race Day Timings

- 07:00 Registration and transition open
- 08:30 Registration closes
- 08:40 Race briefing (mandatory) in front of the registration area
- 08:40 Transition closes
- 09:00 Wave 1 starts
- 09:10 Wave 2 starts
- 09:20 Wave 3 starts
- 09:30 Wave 4 starts
- 11:30 Prize giving

Registration

For insurance purposes, if you have entered as an affiliated club member, you will need to show your BTF race licence at registration. If you forget it, or have mistakenly entered as affiliated, you will be able to purchase a BTF Day Licence for **£5**. If you have entered as an unaffiliated racer, you will be emailed an electronic day licence. There's no need to print it.

When you register, you will receive your race pack containing your race number, which should be attached to your race belt or top. You must wear your race number on the bike (facing rearwards) and run (facing forwards). You will also receive numbered stickers for your bike and helmet – please attach these to the seat post and the front of your helmet before you try to enter transition.

Your pack will also contain your swim hat, which **MUST** be worn during the swim. The colour denotes which wave you are in. Finally, you will be issued a timing chip. This should be worn on the left ankle to avoid catching on your bike's drivetrain.

Waves

Competitors will be split into waves by age category and gender.

- Wave 1: Female V50, Female V60+, Relay Teams
- Wave 2: Male V50, Male V60+
- Wave 3: Female Open, Female V40
- Wave 4: Male Open, Male V40

Prizes

Prizes will be awarded to the following:

- Overall Male / Female 1st, 2nd & 3rd
- Male & Female V40 winners
- Male & Female V50 winners
- Male & Female V60+ winners
- Relay team winners

Competitors are only eligible for one prize. If a competitor wins a prize for finishing 1st, 2nd or 3rd and also wins his/her category, the category prize will roll down to the next eligible competitor.

Swim

As you will hopefully be aware, this is an **open water** lake swim. We anticipate this will be a wetsuit-optional swim, but this will be determined on the day in accordance with BTF regulations.

4.2 Wetsuit Use:

International competitions (that is to say competitions run outside Great Britain) that are run under ITU Competition Rules will adhere to those rules for wetsuit usage; competitors taking part in these should familiarise themselves with these differences.

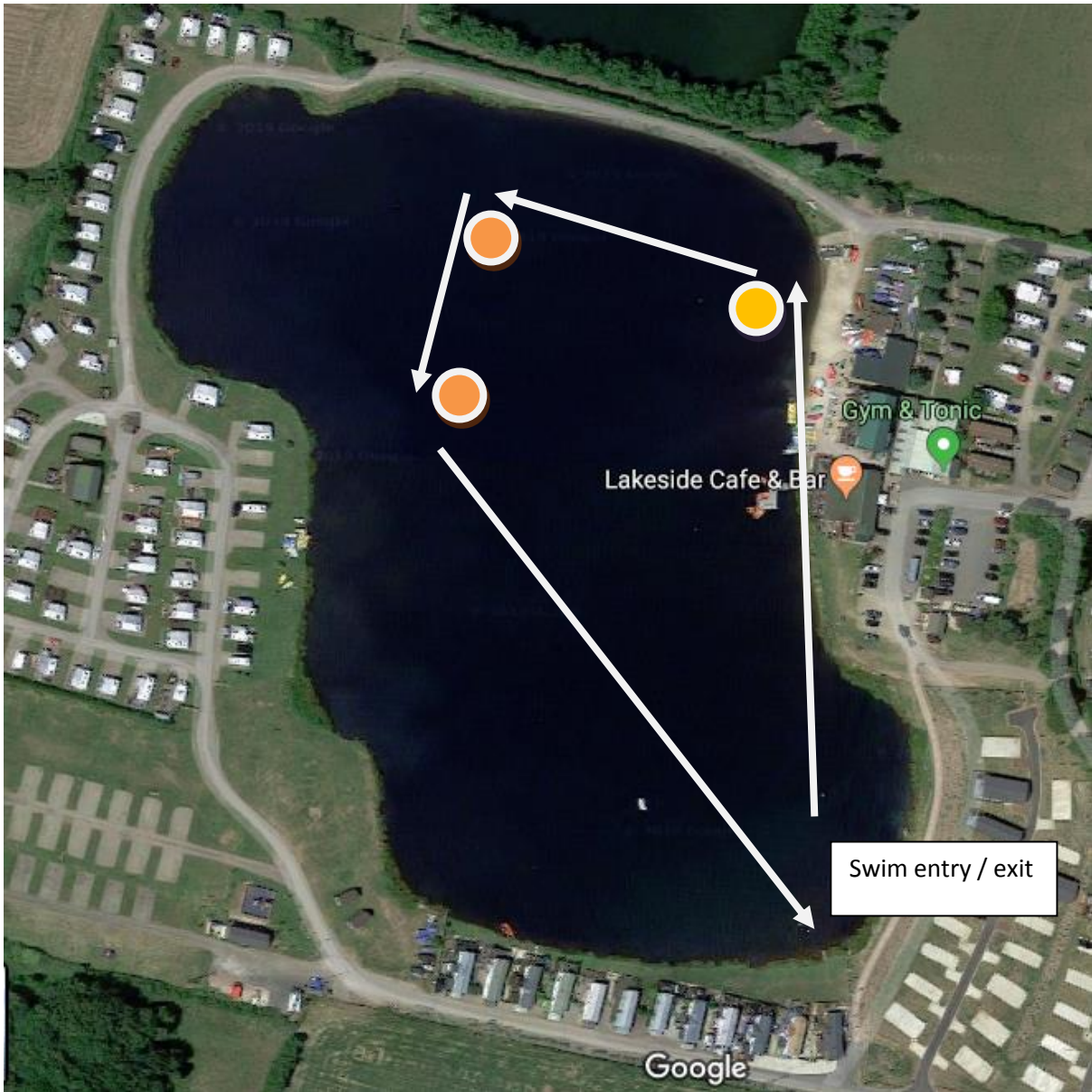
a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim length	Forbidden Above	Mandatory Below*
Up to 1500m	22°C	14°C
1501-3000m	23°C	15°C
3001-4000m	24°C	16°C

*when mandatory, the wetsuit must cover at least the torso

Competitors will start in waves. If you are a slower or less confident open water swimmer, consider starting further back in the wave or take a wider line to avoid being swum over by faster swimmers.

The course will be one lap of the lake, marked out by large buoys. The approximate course is shown below.



The course will be marshalled by kayaks for your safety. If you have any issues during the swim, e.g. an injury or panic attack, simply roll onto your back, raise an arm and call for the attention of a marshal who will come to assist you.

After finishing, the route to transition is approximately 100 metres along a tarmac road and through a grassy field. You may wish to leave a pair of trainers / flip-flops at the swim exit.

Bike

Upon entering transition, make your way to your bike rack. Please note: transition spaces are not numbered, so you need to remember where you put it! Place any swimming kit (e.g. wetsuits, goggles, hats) underneath your racking space and clear of the walkway to prevent creating a trip hazard for other competitors.

Before touching your bike, remember to put on and fasten your helmet! Then, with your bike, head to 'Bike Out' at the top end of the transition area (the opposite end to where you came in). Once you are out of transition, you will see the mount line. **You must be beyond the line before you mount your bike!** (Someone gets this wrong every year!)

After around 20 metres you will reach the exit of Croft Farm and the main road. Marshals will be there for your safety, but they cannot stop traffic. It is your responsibility to check the road is clear before turning left – be prepared to stop and wait a few seconds!

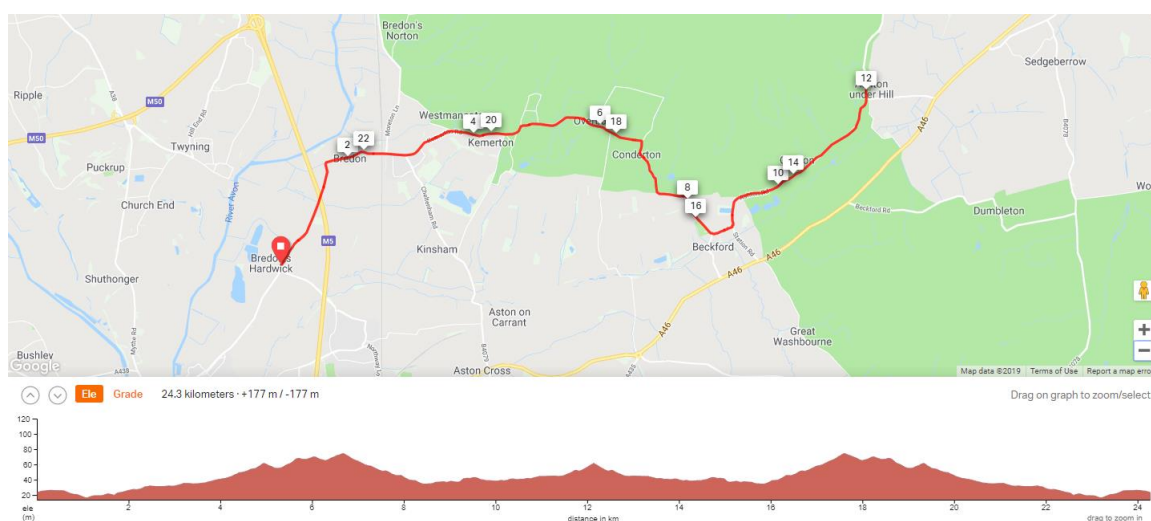
The bike course is unchanged from previous years, taking you through the relatively quiet local villages of Bredon, Kemerton, Overbury and Beckford, where you will turn left towards Ashton-Under-Hill. There will be marshals and signage at the turn.

Follow the road into Ashton to the turnaround point outside the Primary School. There will be signs indicating the upcoming turn, which is a traffic cone in the middle of the road. Again, marshals will be in place for your safety, but they are not able to stop oncoming traffic. Please be sensible and be prepared to wait until it is clear to turn. Dangerous riding is liable to penalty.

After the turnaround, return to Croft Farm along the same route. At the junction to Beckford, turn right obeying the Highway Code. As you arrive back at Croft Farm, turn right when it is safe to do so and dismount your bike **before** the line.

An overview of the bike course is shown below and can also be found at:

<https://ridewithgps.com/routes/30288522>

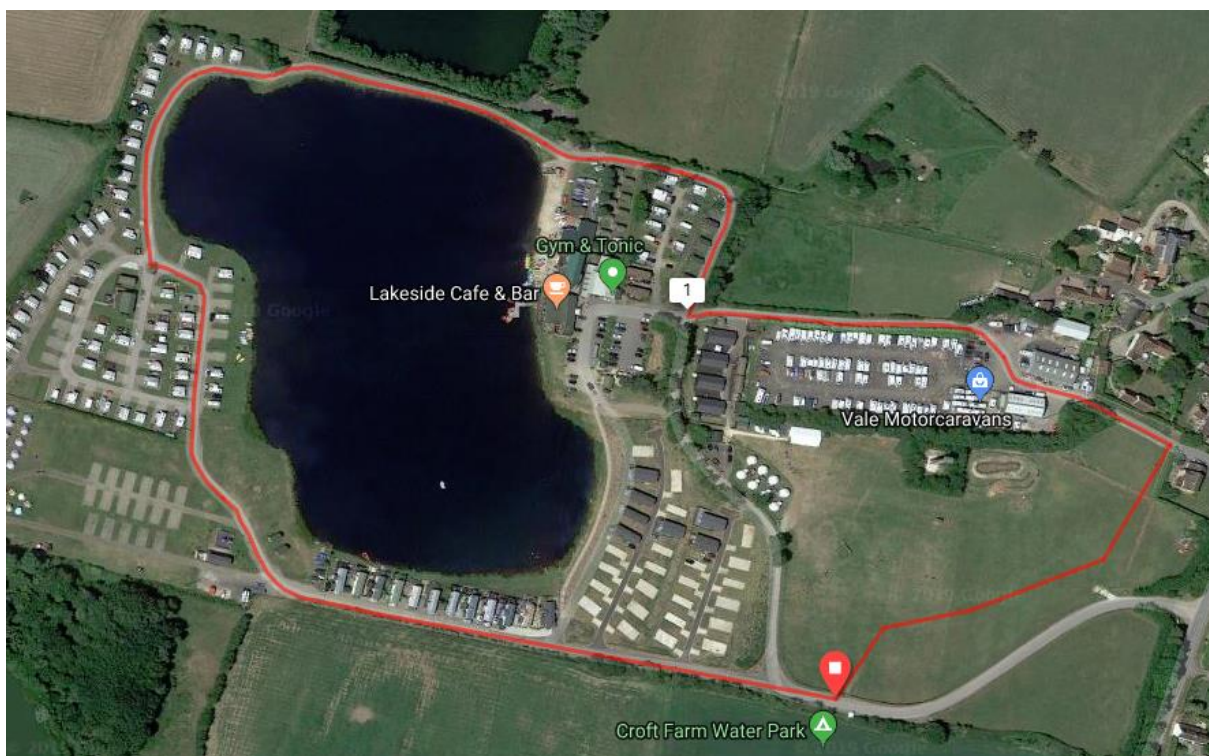


N.B. This is a **non-drafting** race! There will be a motorcycle marshal on the course and any competitor caught drafting will be issued a penalty in line with BTF regulations. Dangerous conduct or riding (e.g. undertaking) will result in disqualification.

Run

You've survived the swim and the bike legs, now just the run to go! The run route (see map below) consists of three laps, taking you clockwise round the lake. Exit transition at 'Run Out' (the same as 'Swim In') and go through the gate on your left onto the tarmac road. It's a downhill slope to start with to help you get your legs turning over after the bike. Follow the signed path around the lake, but beware of other site users and vehicles. The tarmac road turns into a gravel path on the far side of the lake. There's a bit of an uphill drag before the path curves round to the right, shortly followed by a left turn through a small industrial yard. Then it's a right turn back into the field. Keep left and collect a lap band from the marshals at the end of the first two laps. After your third lap, keep right and sprint through the finishing arch!

The course is mixed terrain but road shoes will be fine.



Relay Teams

If you are racing as a relay team (with either two or three people), your timing chip is your 'baton'. You will need to hand this over from your swimmer to your cyclist to your runner in transition. Where possible we will give out 2 race numbers for Relay Teams. One for the cyclist which is worn on their back and one for the runner, which is worn on their front. The Swimmer does not need a race number.

Swim to Bike Handover

After completing the swim, a team's swimmer will hand over the timing chip to the cyclist, who may stand next to his/her bike ready to go with helmet on and fastened. Once the cyclist has the timing chip, he/she may unrack his/her bike.

Bike to Run Handover

Upon completing the bike leg, a team's cyclist may hand over the timing chip once his/her bike has been racked.

Top Tips

- If you are in difficulty on the swim, roll onto your back and raise an arm to attract a marshal's attention
- Don't touch your bike before putting your helmet on
- Cross the mount line before you get on your bike
- Obey the Highway Code
- Be prepared to stop at junctions
- Dismount your bike before the line
- Rack your bike before unfastening your helmet
- Enjoy yourself!