



tewkesbury triathlon club

Tewkesbury Triathlon Club

Tewkesbury Sprint Triathlon

Competitors' Notes

Event Date:
05th May 2019



This page has been intentionally left blank

Contents

Introduction	4
Tewkesbury Triathlon Club	4
Sprint Triathlon	4
Competitor Race Day Information	4
Car Parking	4
Registration	4
Race Number	4
Race Briefing	4
Bike Racking / Transition Area	5
Race Start	5
Swim	5
Transition 1 (Swim to Bike)	5
Bike (25km)	5
Transition 2 (Bike to Run)	5
Run (5km)	6
Miscellaneous	6
Results	6
Facilities	6
Property	6
Rules	6
After the race	6
Photography	6
Chip Timing	6
Route Maps	6
Run Route - https://connect.garmin.com/modern/course/23387688	7

Introduction

Tewkesbury Triathlon Club

The Tewkesbury Triathlon Club (TTC) was formed in 1990 by a number of like-minded individuals who wished to pursue their interests in the popular sport of Triathlon, the sport of Swimming, Cycling and Running. During that time numerous members have competed in entry level events, through to events at Ironman and World Championship levels.

We're proud to provide a warm and welcoming atmosphere to all those with an interest in the sport, at whatever level they wish to compete.

Tewkesbury Triathlon Club is committed to:

- The promotion, encouragement and development of the sport of Triathlon.
- Welcoming people of all age-groups and levels of ability and fitness.
- Organising regular swimming, cycling and running sessions throughout the year.

Sprint Triathlon

Tewkesbury's sprint distance triathlon event is now in its 20th year. It is an ideal race for all competitors from the complete novice undertaking their first triathlon event, to the seasoned athlete as an early race at the start of the season. The 400m swim is in Tewkesbury Leisure Centre's 25m heated, indoor pool (GL20 5SX). The cycle course is a single loop on quiet rural roads. The 5km run is an out and back course on mixed terrain. The race starts with competitors swimming at intervals of 30 seconds, which are staggered based on the estimated swim time provided (slowest swimmers go off first, faster ones at the end).

Competitor Race Day Information

Car Parking

Free Car Parking will be in the field directly behind the Leisure Centre; please **DO NOT** park in the leisure centre itself, as this will be for the normal users and the organisation team.

Registration

Registration takes place in the main reception area of Leisure Centre. It opens at **06:30** and closes at **07:40**.

Please arrive at registration as soon as possible. Upon arrival you will be issued with your race number and you will be marked on your shoulder and leg. You will be given your timing chip once you are poolside.

Race Number

When you register you will be given a race number, which must be clearly displayed on the back of your racing top during the cycle stage and the front of your racing top on the run stage. You may use a race belt.

Your number will also be marked on your arm when you register. During the race be prepared to shout your number to a marshal so make sure you know it.

Race Briefing

The race briefing will take place at **07:40** (or just after) and it is mandatory that all competitors attend. Information about routes and the race itself will be displayed at registration. Please make yourself familiar with the information displayed. Some details may be changed last minute, which is why attendance at the race briefing is critical.

Bike Racking / Transition Area

Bike helmets must be in a roadworthy condition and conform to approved standards of road safety; you will not be allowed into transition to rack your bike, and therefore will not be allowed to race, unless you show the marshal a suitable helmet.

Safety checks may be made on your bike when you enter transition. If the marshal or BTF official feels your bike is unsafe, then you won't be allowed into transition until it is safe for use. When you go into transition you must be wearing your race number and helmet. When in transition ensure you rack your bike in the correct numbered location. Transition will close promptly at **07:50**, and no further entry will be permitted. *Please ensure your racking area is kept relatively tidy and free from trip hazards.*

Race Start

The race starts at **08:00**.

Please make sure you arrive at poolside at least 10 minutes before your allocated start time and report straight to the swim marshal. You will be able to use the 20m pool adjacent to the main pool to warm up or have a splash!!

Swim

You will be issued with a coloured swim hat, which you must wear at all times while in the water.

You will enter and exit the pool at the shallow end. Diving is not permitted. At no point are you permitted to use backstroke. You start the swim in the water and, at the swim time keeper's command, push off from the wall. When two lengths (50 meters) remain, your lane counter will signal this to you by placing a float underwater ahead of you. However, you are responsible for counting your own lengths. When you exit the swim, please hand the swim hat back to the lane counter.

Transition 1 (Swim to Bike)

Once you have exited the swim, you will run approximately 100 metres to the transition area. Please note that no cycling is allowed in the transition area.

While in contact with your bike, you must be wearing your cycle helmet. If you don't put your helmet on before de-racking your bike, you will receive a verbal warning from one of the marshals. If anyone leaves transition without a helmet secured on their head properly, then we reserve the right to disqualify the competitor.

Bike (25km)

The bike route can be found [here](#). It is a circular route, through the town of Tewkesbury before heading out on rural roads. It is a non-drafting race and the drafting zone is seven metres. The route will be well signposted and marshalled. While cycling please keep an eye out for normal road debris and potholes.

Make sure you follow the Highway Code at all times and be aware that it is your responsibility to conduct yourself in a safe manner. Marshals are there for your safety, but they cannot direct traffic. There are a number of traffic lights on the way out of Tewkesbury; please obey the light signals.

Race numbers are to be worn on your back and you must shout your race number when requested by a marshal.

Transition 2 (Bike to Run)

You must dismount **before** the dismount line on the way into transition. Helmets must not be removed until you have racked your bike properly in your numbered space. Remember to take your helmet off before your run. *Please keep your racking area free from obstacles and trip hazards for other competitors.*

Run (5km)

The run route starts as you exit transition, heads down Lower Lode Lane and along the River Severn. It is an out and back course and can be viewed [here](#).

Your race number should be on your front when running.

Miscellaneous

Results

The results will be available on the TTC website (www.tewkesburytriathlon.co.uk) as soon as possible after the event has finished.

Prizes will be awarded in the following categories:

- Open Men 1st, 2nd & 3rd
- Open Ladies 1st, 2nd & 3rd
- Veteran Men 1st
- Veteran Ladies 1st
- Super Vet Men 1st
- Super Vet Ladies 1st

Facilities

Toilets, showers and changing facilities are all available at the Leisure Centre. The cafe will be open throughout the event to purchase drinks and a variety of snacks.

Property

Please make all efforts to secure your personal belongings. Although the transition is fenced off, the organisers will not accept responsibility for loss or damage to the property of persons before, during or after the race.

Rules

Marshals and any attending Police must be obeyed and the Highway Code adhered to. The event is sanctioned by British Triathlon and is run under BTF rules. It is a non-drafting race. Competitors compete at their own risk.

After the race

Bikes should be collected as soon as possible after racing, where you will need your race number to access transition. All bikes and belongings must be out of transition by **11:00** before transition is dismantled.

Photography

Our photographers are provided by Charles Whitton photography. After the race you will be able to view the images at www.charleswhittonphotography.com.

Chip Timing

Our chip timing is being provided by Rogue Racer. You'll be able to get your times on race day and there will be a link to download a certificate recording your achievements complete with splits and ranks from the Rogue Racer website (www.rogueracer.co.uk) after the race.

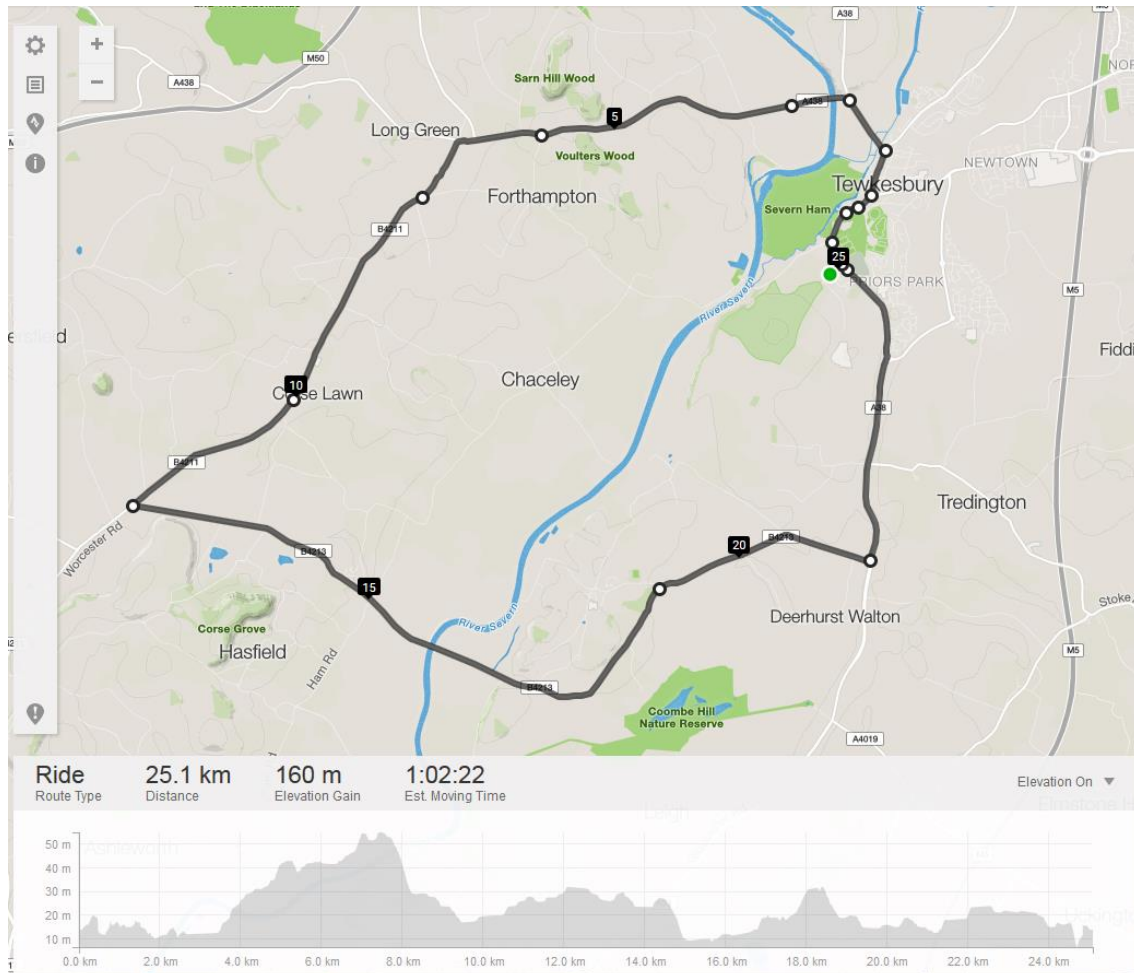
Any concerns or questions, please contact the Race Director, Ros McGrath: racedirector@tewkesburytriathlon.co.uk

Route Maps

These maps indicate the cycle and run routes.

Cycle Route - <https://ridewithgps.com/routes/29777726>

With reference to the map below, the cycle route heads from the transition area at the Leisure Centre onto Gloucester Road. Turn left towards Tewkesbury and continue past the Abbey taking a left at the war Memorial and up Tewkesbury High Street. Turn left at the end of the High Street over St John's Bridge, then left over Mythe Bridge. Continue on the A438 before taking a left towards Gloucester on the B4211. Proceed through Corse Lawn, before turning left onto the B4213. Go through Tirley and over Haw Bridge, through Lower Apperley and up to the lights onto the A38. Turn left here for a short run past the Horses Roundabout and back to the Leisure Centre.



Run Route - <https://connect.garmin.com/modern/course/23387688>

The run route starts at transition at the Leisure Centre, across the field, turning left down Lower Lode Lane. At the end of this lane, you head onto the Severn Way footpath alongside the River Severn, (this footpath is suitable for normal road shoes in dry weather, and will only require off-road shoes in VERY wet weather). You continue along the Severn Way until the turnaround point, and then return using the same path / lane to the finish line.

