



Race Series Information Pack

Thames Turbo Triathlon Club

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The following notes contain some important information about the race, which will help the day run smoothly and ensure that everyone enjoys the event. Please take some time to read through it.

ARRIVAL & PARKING

Approaching Hampton pool from the A316 (M3) you need to take the APEX corner turn. This will be signposted for A312 Feltham/Twickenham. Take the 4th exit from roundabout if coming from M3 or 2nd exit if arriving from Richmond. Follow this road past a large Sainsbury's, straight over 2 mini roundabouts to the T-Junction. Turn right and you will find Hampton pool about 200m on the left-hand side. **There will be no parking available in Hampton pool itself as this area is part of the race flow lines.** Please use the adjacent residential streets. When unloading bikes etc. please be quiet and mindful of the neighbour's wishes not to rise at such an early hour on a bank holiday – there have been specific requests!

STARTING LISTS

The race start list will be posted on the race series website a few days before the event. This will show the competitor's race number and racking row (shown by a letter; eg "A", "B" etc). Please make a note of your race number as this will speed up registration. The start list is created based on the swim and race time estimates you have given us, and all efforts will be made to place you in a position with similar paced swimmers. There are different waves of different abilities so please don't be alarmed if you think you are out of position. This is why it is important to give us accurate swim times if possible. You can correct your entry online up until the Wednesday before the race, after which no changes can be made.

REGISTRATION (05:45-06:15AM)

Everyone MUST register before the race starts. Registration is located as marked on the 'Transition Area' map. Please quote your race entry number, which is shown in the entry list. On registering, you will be given your ENVELOPE which contains your race number which must be worn during the race as soon as you leave transition. You must also collect your timing chips. You can also register the evening before at Hampton Pool between 5-6pm. If you wish to register for a spouse/friend etc, then bring confirmation (eg an email) showing that you permission to do so. Just make sure you give them their race pack or they will not be able to race. We strongly recommend local athletes, to come and register. You can then arrive in the morning and go straight into transition and rack your bike early (there is no numbered racking).

BTF DAY MEMBERSHIPS

Please remember to show your BTF Membership otherwise you will have to pay the £5 'non-BTF' supplement. This guarantees you are insured on the day. No insurance, means no race. This only effects competitors that have paid the 'BTF' entry fee (£37.50). If you have paid the 'non-BTF' entry, there is no more to pay. We must ensure everyone is insured on race day.

RACE NUMBERS & TIMING CHIPS

Your race numbers must be visible from the back on the bike and from the front on the run so take care when attaching. Race belts ARE required. If you do not have a number belt we will sell them on the day for £6. Please proceed to transition ASAP! Please put your timing chips round your LEFT ankle – very important – otherwise you may not get a race time.

PLEASE DO NOT LEAVE THE VENUE WITHOUT RETURNING YOUR TIMING CHIP; on leaving transition with your bike and kit, marshals will be collecting your chip. If for some reason you DNF and don't bring your bike back to transition, please remember to give the chip to a marshal and let them know you didn't finish the race.

TRANSITION RACKING

BEFORE entering transition, you will need to place one of your number stickers on the front of your bike (somewhere easily visible), and the other number sticker on the front centre of your helmet. You will also need to put on your security wrist strap, which will allow you entry in and out of transition. We will provide a poolside race briefing at 06:15am, race start is at 6.30am.

Please follow the correct procedure.

Bike racking is marked out by the black arrows:

You need to rack the side that the arrow is pointing.

The space between racking positions is set according to BTF standards and racking on the wrong side will cause bikes to be too close together.

Each row is lettered; please refer to the entry list and registration envelope to check which row(s) you have been allocated, and stick to this, as numbers have been calculated exactly and it will cause congestions if you decide to rack elsewhere.

YOU MUST RETURN YOUR BIKE TO THE SAME RACKING POSITION AFTER THE BIKE SECTION; RACE OFFICIALS WILL BE LOOKING OUT FOR THIS.

To ensure bike security, bikes will not be allowed to be removed from transition (to go home) until all competitors have started the run course. This should be at around 09:00.

Please present your security wrist band and return your timing chip on exiting transition after collecting your bike.



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THE COURSE

Swim - you will set off at short timed intervals (between 10-15 seconds) in race number order for the 426m. Please note the pool surround is slippery between transition and the bike mount point, though we will have matting down to assist the bare-footers.

- Our BTF Referee will not allow anything to be worn on your feet in the pool. No wetsuits allowed.
- Please enter the pool in your designated number order. Competitors entering before their start slot may be asked to leave the pool at the end of the first length and restart at their correct start time. Competitors that have missed their start time, may not be allowed to start the race
- Swim 2 lengths in each lane then move up to the next lane
- If you want to overtake, tap the feet of the person in front
- If someone taps your feet, let them past at the end of the length, marshals will be supervising the pool to ensure you comply with this rule and let faster swimmers go past
- After 12 lengths, you will reach the steps at the far side of the pool where you get out of the pool and head towards the transition area

The bike route (see map) will take you towards Hampton Court and then doubles back on itself. The route then turns left at the traffic lights and follows the Thames through Lower Sunbury to the roundabout with the A244 near Walton. From here, the route continues straight on along the B375 towards Shepperton/Chertsey. At the main roundabout just before Chertsey the route doubles back on itself again and retraces its steps back through Lower Sunbury. The bike section ends by the waterworks just before the junction with the A308. Please slow down as you approach the end of the bike as there is a 90 degree left turn to go over the timing mat. Once you have been over the timing mat the bike section is finished. There will then be a 7-minute 'non-competing' time in which you will return to Hampton pool (see bike map).

TRANSITION AREA: PLEASE REFER TO MAP

- Before entering Transition after registering, your bike and helmet will be checked to ensure they are safe and comply with regulations. Please put your helmet on at this time
- Please take note of how the transition area works and your path through it as confusion on the day slows everyone down! There is no numbered racking, just places marked out on the racks, and different rows allocated to each number. The number range of each row will be signed at either end of the rows – this will be indicated on the Start list when published.
- There is one entry for the swim and return from the bike, one exit for the start of the bike and start of the run; please be careful of other competitors. If you are returning from the non-compete zone on the bike, make sure you get back in time and give priority to swimmers exiting the pool and entering T1 on the clock.

- Timing restarts after the “non-compete zone” (i.e. as you enter Transition at BIKE IN).
- Please note the spectator’s route from the pool to the finish area, via Duke’s Head passage. Spectators must NOT use the “BIKE OUT” gate.
- Note: It is the competitor’s responsibility to know the rules of triathlon (http://www.triathlonengland.org/britain/documents/about/british_triathlon_rulebook_2013.pdf) and the race course. BT rules require competitors to be wearing a securely fastened bike helmet before they take their bike from the racking and not to remove it until the bike is back on the racking after the bike section. Also, tri suits and tops must be zipped up to the max if they open at the front and kept on at all times, otherwise a penalty will be applied. **COMPRESSION CALF GUARDS ARE CURRENTLY NOT PERMITTED.**

The run route heads to the right out of the pool gate towards Hampton Hill, entering Bushy Park at Hampton Hill gate. The course then follows the tarmac path towards Chestnut Avenue where there is a figure of 8 loop to the finish within the Park grounds, just near the Duke’s Head passage gate (see map).

Note: It is the competitor’s responsibility to know the rules of triathlon (www.britishtriathlon.org) and the race course.

THE NON-COMPETE ZONE

The bike section timing will end when your timing chip passes over the mat at the water works. You must not stop on the mat! Just pass through, and then head straight to Hampton pool. 7 minutes allows sufficient time to return to Hampton pool at non-race pace. At Hampton pool you should dismount on the left-hand side of the road and cross to the pool under the guidance of the marshals. Your race time will restart on entry into transition 2. This is not an extra transition area. You cannot use the time to remove clothing, or your helmet. You can remove your feet from bike shoes that remain cleated to the pedals at the point you need to dismount. Any time over the 7 minutes allowed will be added to your transition time. The example below explains this.

Swim time	Bike time inc. T1	Non-competing time	Run time inc. T2	Total race time
10:00	45:00	5:30	27:00	1:22:00
10:00	45:00	7:00	27:00	1:22:00
10:00	45:00	9:00	27:00	1:24:00

The athlete in the 3rd example exceeded the allowed non-competing time by 2:00 and this has been added to their race time. There is no benefit in ‘racing’ back to T2, however athletes must enter T2 on arrival and not cause congestion in this area.

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MEDICS

In case of any accidents and emergencies we have medics and an ambulance posted outside Hampton Pool, as well as in the car park in Bushy Park. Marshals will have their contact numbers so please ask them for assistance if required.

A REQUEST FOR YOUR SUPPORT

Due to the urban surroundings and BTF course design rules, this is not a conventional Triathlon bike course, so we do ask that you familiarise yourself with how it works, before racing, and abide by the directions of the marshals on the day. It's worth remembering that the marshals are volunteers and are there to protect your safety and well being, not to prevent PB's or chances of winning. With everyone's co-operation, we're sure that the event will be enjoyable and successful.

SPECTATORS

Spectators are most welcome at the race and have an opportunity to see the swim, transition, run and finish. However, space is tight around the gateway entrance to Hampton Pool so we request you advise any spectators you are bringing to not stand around the gateway area. There are clearly marked entry points and paths for spectators to access and exit the pool, and we ask they adhere to these so as not to impede competitors.

On leaving the pool area via the main entrance to the building, spectators should walk via the signed path and exit the car park by the pedestrian gate, turn left and head towards the run and finish area via Duke's Head passage (see run map).

RACE RESULTS

We will provide race results on the day and present prizes for overall winners, age group winners and novice prizes. Full results will be available within a couple of hours on our chip timing suppliers' website: racetimingsystems.net

We will also post an Excel file on the Race Series website in due course. Results will NOT be sent out by Royal Mail. With chip timing in place you can see your race time after the race. Post race massage is available poolside. Please wait to see the results as any queries can only be investigated while officials are available to do so. **Once we leave Hampton Pool, the results are final!**

PRIZES & PRESENTATIONS

Prizes are awarded in the following categories at each race:

Male and Female

Overall 1st Place, Overall 2nd place, Overall 3rd place

Age group winners – Male and Female

Youth 16-19, Age Group 20-29, Age Group 30-39, Age Group 40-49, Age Group 50+

Special Prizes – Male and Female Best Novice & spot prizes.

Prizes will be presented as soon as possible after the race; if you think you have a chance of winning (you could technically be 5th in your age group and still win the age group prize) based on your times, then please remain at the pool for the presentation. We do not post prizes and only keep them on site for a week for collection in exceptional circumstances.

OVERALL RACE SERIES PRIZES

Prizes will also be awarded at the end of the race series:

Male and Female

Overall 1st Place, Overall 2nd place, Overall 3rd place, Overall 1st Junior

Please Note: Prizes will not be posted out and must be collected on the day.

In exceptional circumstances they can be collected from Hampton up to a week later.

If you have any further questions, please check the website, www.thamesturbo.com, where there are more maps and a very handy "Frequently Asked Questions" documents. If you still need assistance, send an email to Race_Director@ThamesTurbo.co.uk. Thank you and we look forward to seeing you on race day.

HAVE A GREAT RACE AND GOOD LUCK!!

PRE-RACE CHECK LIST

- Bike helmet
- Number belt
- BTF license (if you have paid the "BTF member" entry fee)
- Goggles

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ONE FINAL THING, DRAFTING – DON'T DO IT!

We have approximately 40 static marshals and they will report you if you are seen to be breaking these rules. We also have multiple Motorcycle Referees whose sole responsibility is to monitor the bike course, and one of their key tasks is to identify anyone gaining UNFAIR ADVANTAGE through drafting.

PENALTIES AND DISQUALIFICATIONS ARE BEING ISSUED!

You have been warned. Don't do it!

The following definition is taken from the official "BTF Competition Rules" book.

The ITU have changed the dimensions of the drafting zone. As British Triathlon adhere to ITU's rules, they implemented this change for the 2006 season onwards. In previous seasons, for Age Group races (excluding long distance races), the drafting zone measured 7m x 3m and the centre of the leading 2 metre edge was measured from the back edge of the back wheel. However, the new rule will be as shown below. Although the drafting zone is slightly bigger, each athlete will still have 15 seconds to move through another competitors' draft zone.

27 PACING/DRAFTING

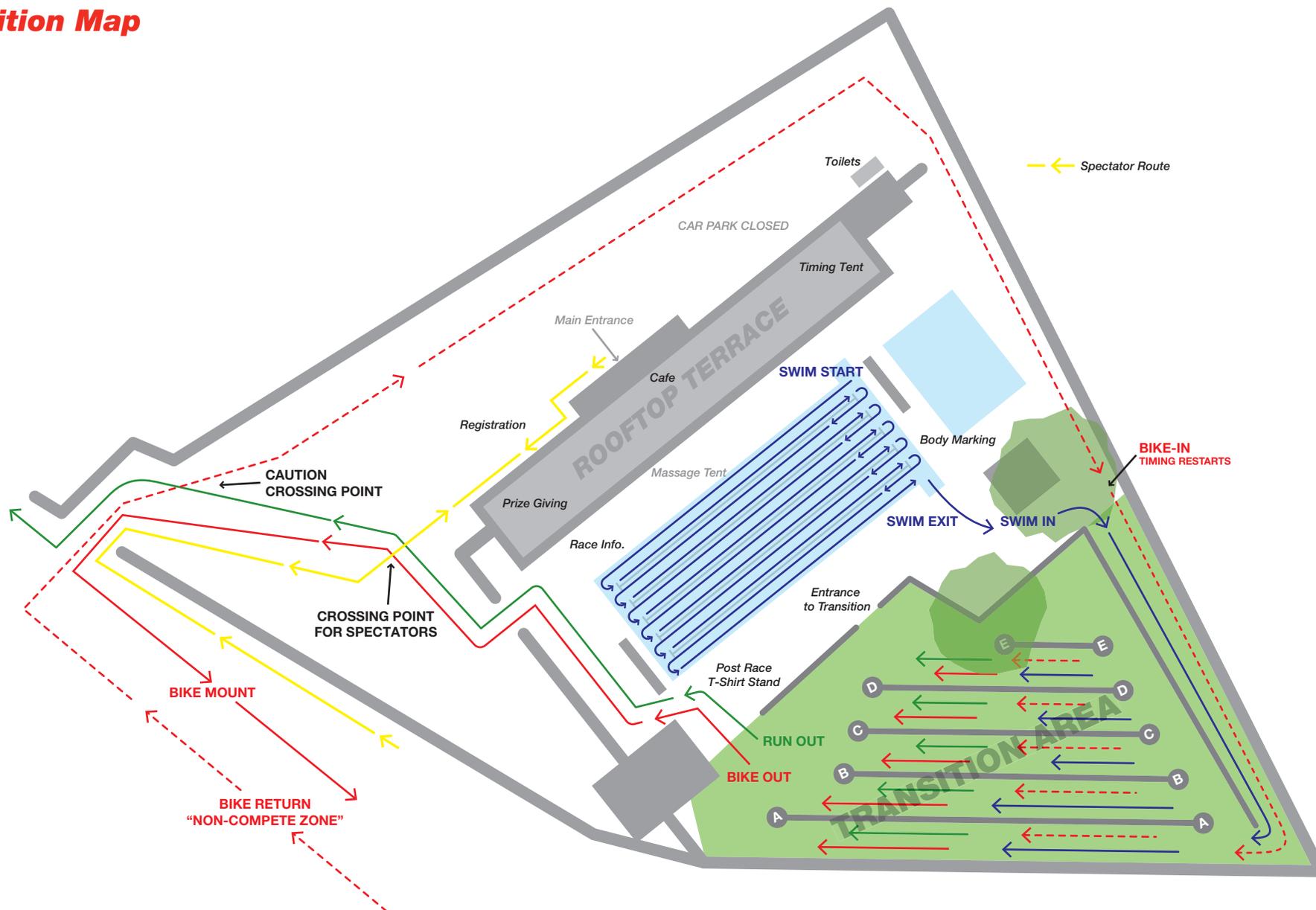
- 27.1 Competitors are not permitted to draft, (ie take shelter behind or beside another competitor or motor vehicle) during the cycling segment of races. Penalties will be issued when, in the opinion of the official, competitors, through their action or the action of others, attempt to gain, or receive, an advantage precluded by the rules.
- 27.2 Bicycle Draft Zone
- a. For all age group events (except long distance): The draft zone is a rectangle measuring 7m long by 3m wide that surrounds every cycle on the cycle course.
- The front edge of the front wheel defines the centre of the leading 3m edge of the rectangle. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back out of this zone.

- 27.3 The draft zone of one competitor may not overlap the draft zone of another competitor
- 27.4 Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed in Section 28.2 or in the following circumstances:
- for safety reasons
 - at an aid station
 - at the exit or entrance of a transition area
 - at an acute turn, such as 180° turn, around a traffic cone
 - if race officials exclude a section of the course from the drafting rule because of narrow lanes, construction, detours or for other safety reasons.
- 27.5 When a competitor is passed by other competitors, it is his or her responsibility to drop back out of the draft zone of the overtaking competitor. A competitor is passed when another competitor's front wheel is ahead of his or hers.
- 27.6 Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic. On open or semi-open courses, only single-file riding is allowed.
- 27.7 Vehicle draft zone: Competitors are not allowed to gain an unfair advantage by drafting on officials' escort vehicles, TV and radio vehicles and all other non-race official public transport vehicles. The vehicle draft zone is a rectangle 35m long by 5m wide that surrounds every vehicle on the cycle course. The front edge of the vehicle defines the centre of the leading 5m edge of the rectangle. The driver of the vehicle, who must be appropriately briefed by the organiser, is responsible for upholding the zone.

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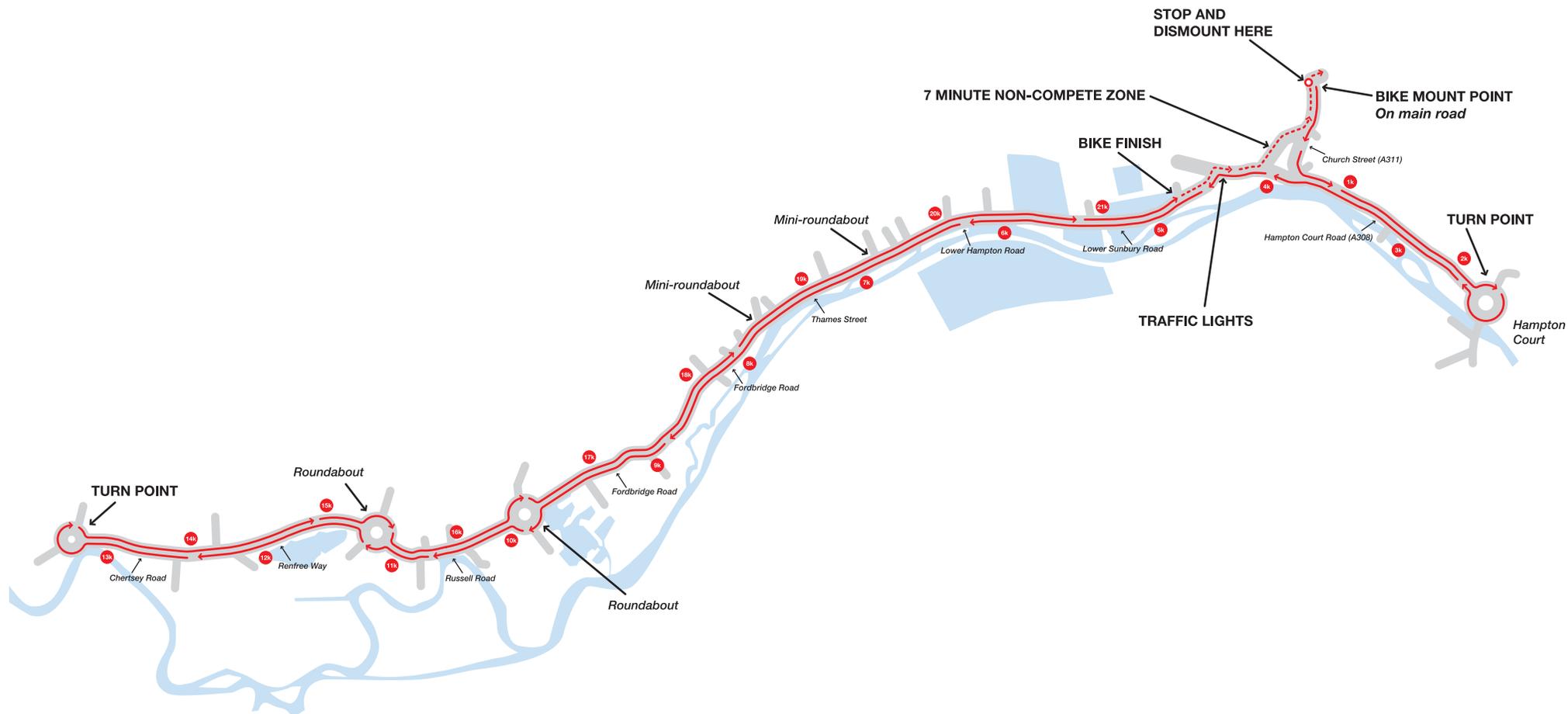
Transition Map



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Bike Map



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Run Map

