

Race Information
Tri-Start Triathlon & Adults Aquathlon
Burleigh College, Loughborough
Sunday 10th May 2009

Introduction

To make sure you enjoy a safe event, please read all of the attached information.

Directions

Loughborough is located two miles off junction 23 of the M1. Burleigh college can be found off the A512 (Ashby Road) on Schofield Road/Thorpe Hill and is clearly signposted (postcode LE11 4SQ)

Car Parking

There is one car park located at the college. Enter the college at gate 4 and follow down to the parking area. There should be plenty of space on the day.

Race registration

This starts at 8.30am and closes at 10.00am for the children's triathlon. Adults can register up to 11.00am for the aquathlon. Please register at least 30minutes before your start time.

Start times are as follows:

Tristart – 9.00am

Tri Star 1 – 9.25

Tri Star 2 – 9.50

Tri Star 3 – 10.15

Youths – 10.40

Aquathlon – 12.00

Race registration will take place in the Sports Centre. All competitors will need to register on the morning. Please ensure you have your race number before registering. This can be found on the noticeboard in the Sports Centre. If you have a 2009 BTF licence, please be ready to show this.

For day licences, please have some form of photographic ID with you. This will ensure that you are appropriately insured for the event.

Collect your race envelope. This will contain your race number and 2 stickers – one for your bike helmet and one for your bike.

Race briefings

These will take place in the transition area at 8.45am and in the registration hall at 11.30am for adults and will inform you of any safety issues. If you have any queries, please ask them after the briefing.

Transition Area

The transition area is located on the main field and is a fully secured area. Only competitors will be allowed into this area.

Your bike will remain here for the duration of the swim and run. You must show your race number at all times when entering and exiting the transition area. This is for your security and may lead to queues at the start of the event.

Please remove your bike by 1.00 pm.

What will you need?

You will need : a swim suit or trunks; goggles are recommended; a road worthy bike and ANSI/BS approved cycling helmet and running shoes. Competitors will not be allowed to race without a bike helmet.

The swim –

Arrive at the poolside 10 minutes prior to your race time.

The swim will take place in the 25m pool at the college. Distances vary for the Tri-start races so please familiarise yourself with the number of lengths. Youths and the adult aquathlon do 400m or 16 lengths of the pool.

The marshall will highlight the pool exit and the timekeeper will start you at intervals. Your start time will be worked out based on the estimated time on your entry form. Although timekeepers will do random checks, it is your responsibility to count your lengths.

Should you wish to get completely changed after the swim, please use the changing rooms. No nudity is allowed in transition.

Please note: Spectators will not be allowed into the pool area.

The bike –

From transition you will cycle a variety of laps on grass around the perimeter of the field. Distances vary so please make sure you know how many laps you need to complete.

The ground from the pool will be concrete onto the grassy transition area. You may wish to leave your shoes at the pool exit.

Please set up your equipment before the swim. This must include your cycle helmet, bike, shoes for the bike and run and any other clothing you wish to put on.

Familiarise yourself with the entrance and exit points. Also note that you must have your helmet on and secured before you touch your bike.

The cycle route is easy to follow and marshals will direct you round the course.

Complete your required number of laps and enter transition, racking your bike in its original location. Only then should you take your bike helmet off.

The run –

As distances vary with the run, please ensure you are aware of the number of laps you need to complete. From transition, or the swim, follow the marshalls instructions around the perimeter of the field. At the start of each lap, the marshalls will confirm how many you have left to do.

Race rules

The event is held under the British Triathlon Federation rules. This means that all competitors must have a road worthy bike, must wear an approved helmet and be insured by an appropriate body – BTF members are insured as part of their membership and all other competitors as part of their day license.

Refreshments –

Refreshments will be available from a food van on site for the duration of the race. You will be able to buy hot drinks and various rolls.

Medical conditions –

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number along with your medical condition on the back of your number. This will only be used in the event of an accident.

Race numbers –

Race numbers must be worn for the bike and run section. Numbers must be pinned on all four corners or you may use a race belt, whichever you prefer. Please remember to bring some safety pins.

Results –

Results will be displayed within the Sports Centre as soon as possible after each race finishes. Provisional results will be available to download from Charnwood Triathlons website on Monday.

Prizes –

There will be medals for all finishers of the event and the winners of all categories of the Tri-start and Youth races, for both male and female competitors will receive an award. These will be presented in the Sports Centre.

Please make sure you are there to pick up your prize as they will not be forwarded on.

We hope you enjoy the event and look forward to seeing you at our next aquathlon 'Daylight Saving Aquathlon' on Sunday 25th October .

Race	Start Time	Pool Lengths	Bike Laps	Run Laps
Tristart	9.00am	50m (2 lengths)	1km (1 lap)	600m (1 small lap)
Tristar 1	9.25am	150m (6 lengths)	2km (2 laps)	1.2km (2 small laps)
Tristar 2	9.50am	200m (8 lengths)	4km (4 laps)	1.6km (1 small lap, 1 big lap)
Tristar 3	10.15am	300m (12 lengths)	6km (6 laps)	2.4km (2 small laps, 1 big lap)
Youth	10.40am	400m (16 lengths)	8km (8 laps)	3km (2 small lap, 1 big laps)
Aquathlon	12.00am	400m (16 lengths)	N/A	5km (1 small, 4 big)