

# Competitor Briefing

## General.

Questions/ concerns to Jason on 07816 229173 or [jasonjackson\\_69@hotmail.com](mailto:jasonjackson_69@hotmail.com)

Showers and changing at leisure centre.

Provisional results available on the day.

See <http://www.britishtriathlon.org> for all the help you will ever need.

Parking is at Southam School, bear left after the entrance.

Drink stations will be available after the swim, during the run and after the event. Use a bottle on your bike.

This is a 'bring your own' Triathlon, no food is provided by the organisers although there are basic snack vending machines in the leisure centre.

Marshals and organisers will be available to ask questions of on the day and help get you to where you should be.

Because starts are at intervals, first across the line isn't necessarily the winner!

## Registration

The start is at midday, but please arrive early (11.00am at the latest) to allow time to set up your transition, change and be ready.

Permanent marker will be used to etch your number into your shoulder and thigh/ hip forever. It will never come off.

Goody bags will be distributed.

## Swim

Starts will be at intervals in three lanes. Please be ready and at the start (deep end of pool) at least five minutes before your allocated start time. You will be sharing lanes, so take care when overtaking and especially starting. If necessary, a start may be delayed by a few seconds to maintain safety. There is to be no diving, all starts will be from in the water. A marshal will be counting lengths for you, so listen to what they say. However, you may find it useful to count for yourself as well.

If you can, please supply us with an estimated swim time to allow us to keep faster and slower swimmers in separate lanes to prevent congestion.

Laps will be swum clockwise, ie, swim on the left of the lane.

## Bike

Helmets compulsory. Your helmet should be on before you unrack your bike and left on until your bike is re racked.

Please don't ride your bike in the transition area.

We will provide you with a map of the course in advance, and it will be signposted and marshalled. Please bear in mind you are subject to the usual rules of the road while on the bike. Marshals will provide direction and advice, but cannot stop traffic for you.

Triathlon rule: no drafting! You may not use another competitors slipstream to aid you. Competitors may be penalised!

Please make sure your bike is in a roadworthy condition.

If you suffer a break down, you may elect to repair it or wait for collection. If you see a fellow competitor in trouble, please inform the next marshal you see.

If any friends or family want to support you, please advise them that following you on the bike will be dangerous. They are perfectly at liberty to drive to an appropriate point, cheer as you go past and then drive on to another point.

Bike route: <http://www.gmap-pedometer.com/?r=1160449>

## Run

Four laps around our glorious field! Markers will be placed around the course to enable you to see where you should be running. You must pass to the right of the markers, no cutting corners!

Marshals will again be counting your laps.

## Transition.

This is where you swap from one sport to another.

The transition area will be the small area of the car park at Southam Leisure Centre. A marshal will be present at all times for security and safety.

Scope out the transition area before you start your swim. Each competitor will have an area allocated to them in which to keep bike and running gear. Pay special attention to the location of the entrances and exits, because you'll enter and leave from different ones. They will be clearly marked and marshals will be able to assist.

Cycling is not permitted in the transition area. Competitors may be penalised! Mount and dismount points will be advised by signs and someone shouting.

The clock does not stop while you're getting changed! A quick transition is essential for a quick time.

I'd advise practising the changes.

Swim to bike. Exit the pool from the deep end (same as you entered) and leave by the fire exit doors into the car park. Run the short distance to the bike park. Have a towel on the floor to stand on; it'll help dry your feet. Get ready for the bike ride and walk/ run to the exit. Mount your bike and go! If you are going to wear socks for the bike and run, get some talcum powder in them.

Bike to run. Dismount before you enter the transition area, rack your bike, helmet off (that order) and get out and run. The start of the run route is single file, around the back of the Leisure Centre. This route has been chosen to remain traffic free, but due to the restricted access, we would request no overtaking until free of the fenced off area.

## Timing

