

Ashington Triathlon

hosted by Tri Northumberland



Ashington Sprint Triathlon 2017 – Race Pack

Please take the time to read this briefing it is for your safety and enjoyment.

We would like to say a special thank you to Active Northumberland, in particular Neil Candlish, the Manager of Ashington Leisure Centre who has facilitated this event at this superb sporting facility.

The team from Resultsbase for providing a seamless system for entry and race timing.

Our good friends and supporters at VO2Maxracing events and Sports Injury Clinic Killingworth.

Our Marshal's without them we could not host this race our sincere thanks to them all and last but not least our referee.

Event Referee is – Stuart Bruce

The event is a 400m Pool swim, 22K bike, 5K run with electronic chip timing with full split times, held under BTF rules - available at registration if you are unsure.

Timing chip

All competitors will have received a timing chip upon registration, please hand your timing chip to the finish marshals before you leave the finish area. Any chip not returned will incur a £10 charge by Results Base; it is your responsibility to hand in your Timing Chip.

Summary of Schedule

- Registration open between 1600 and 1800 on Sunday 30/04/17 and on race day between 06:30 and 07:45.
- Transition opens 06:30 closing at 0750.
- Race briefing 07:15 everyone must attend race briefing; safety information and any last minute changes will be announced. Q&A opportunity follows briefing.
- First swimmers start 8:00 competitors need to be pool side 10 minutes before your start time, we cannot slot you if you miss.
- Results & awards around 11:30

Registration, changing and toilets are at Race HQ inside the leisure centre.

All competitors must present photographic identification at registration, no exceptions. BTF members must show their race licence or purchase a day licence, no exceptions.

At registration, all competitors will receive essential items for the race:

- Race numbers
- Bike race number sticker (must be affixed before entering transition)
- Helmet race number sticker
- Timing chip – Please wear around your left ankle and return to the Finish Line team at the end of your event. If you are not using a race belt, then ensure the race number is visible from the rear on the bike & front on the run.

The Swim

- 16 length pool swim.
- You will enter and exit at the deep end, there is a small shelf in the wall to assist with balance.
- It is up to you to count your lengths, but the lane marshal will put a kickboard in the water to inform you that you have 2 lengths left to swim. If you miscount, the marshal will request you to complete your swim, you do not have to, but you will not receive a final time.
- Swimming etiquette, should you catch the competitor in front of you tap them on the ankle and only if the lane ahead is clear overtake if not wait until the end of that length to pass. If you feel your ankles

being tapped by a following competitor swim a straight line to the wall, wait and allow the faster swimmer to pass. Wait up to 5 seconds to allow the swimmer to get away otherwise you will catch them and result in slowing both of you down. Please note if overtaking the lane ahead must be clear. Time penalties will be awarded for not allowing faster swimmers to pass and interfering with another swimmer.

- The Marshals are there for your safety so please follow their instructions. Without them ...there will be no events, so respect their direction, thank them and smile.
- Exit the pool and centre via the emergency exit at the corner of the pool, a marshal will be there to open the door. Take care as floor will be wet and slippery.
- There's a short run down the footpath along the side of the building to transition – this has been swept clean but take care for any debris

Transition Area

- Transition will close at 8.00am and not re-open until the last bike is in off the course
- Your helmet must be securely fastened before unranking your bike.
- You must rack your bike before unfastening your helmet.
- **Relay Teams.** You must attend the relay holding pen near the baggage area to pass on your timing chip, please ensure the strap is fastened securely. From swim to bike the receiving cyclist may have cycling shoes and race number on but the helmet must be with the bike in transition. When coming in off the bike again the helmet must not be unclipped until the bike is racked and the helmet must stay with the bike before moving to the relay pen. (*rule 16.10.f*)
- Only race wear can be placed in transition and one small soft sided bag or ruck sac, all other boxes/bags must be removed to the secure area at transition or left outside transition – at your own risk. (*Rule 7.1.c*)
- No marking of the transition area is allowed and will be removed.

- Race numbers must be worn before leaving the transition area and visible from the rear on the bike and front on the run. There are experienced marshals in the transition area, there to help. Please listen to them and follow their instructions.
- The bike mount and dismount area will be clearly marked and marshals will be there to keep you right. Mount after the line going out and dismount before the line coming back in.
- At the end of your race you must show your race numbers to the transition marshals before any kit is removed from the area.

The Bike

- The bike course is a 22Km open road, 2 lap, then an out & back section of the Pegswood straights. The easy way to remember is that you must see the Mining Archer 3 times
- **All competitors must obey the Highway Code at all times.** The course is fully marshalled and locations indicated on the map.

Road Safety – the course has 6 roundabouts going in and out of Ashington. Competitors should exercise best caution and please take care; it is better for both your safety and for the races' future that you sacrifice a few seconds rather than risk your own safety and that of others. We have the full co-operation of the local authorities and would like to retain their goodwill for the benefit of future years.

Be very careful when returning to the leisure centre. It's a right turn off the main road. This will be carefully marshalled but you must take best caution.

A marshal will be posted at the light controlled crossing at MacDonald's. Should you get held you will have the time you are stopped plus 5 seconds start up time deducted from your time.

Note – drafting will not be tolerated please see the new Non Drafting Rules on the notice board.

Experienced motorcycle referees and marshals will be posted around the course as static draft busters and will pass all numbers and information on to the race referee.

- It is up to you (the competitors) to count your own Laps of the bike course.
- It is up to you (the competitors) to know the bike course; all maps have been on view on the website and information boards, the course is fully marked with signage so you should not get lost!
- The bike course will be inspected and anything of note will be highlighted. We will mark the obvious defects but you are on a public highway and you all need to carry out your own ongoing risk assessments as you ride. **Please be vigilant.** At all times.
- **At the bottom of the long descent into Bothal village there is a 90 degree left turn – please take notice of the marshal on this corner and slow down.**

The Run

The run is a 5k, 2 lap route around the footpaths of Ashington Woods.

- Numbers clearly visible to the front.
- Please run on the right side of the path, there is a switchback at the top of the course you must round this with your left hand nearest the cone.
- Please be aware of any pedestrians on the footpath as it is a public area.
- The run course will be inspected and any problems highlighted in the race briefing.
- You need to take care when crossing the main road and cross where the marshal is posted. The marshal will also be there to record how long you may have been held up and this will be deducted from your time. Please do not take chances on crossing. Please stay focussed when crossing the road beside the Police Station as those attending MacDonald's will have their mind on their bellies and not runners.
- Remember you are on public paths and there will be things like uneven and wet paths etc. that need to be considered when running.

General Assessment and safety

- It is up to all competitors to do their own ongoing Risk Assessment throughout the event, if you see anything that you consider a Risk, let the nearest marshal know immediately.
- No IPods or other music devices are allowed to be used on the bike or run.

MEDICAL COVER

Full medical cover will be available on site and ready to respond to any incident on the race route before, during and after the event.

You must write any medial info on reverse of number, the medical team will check before performing any assistance. This is your responsibility.

Post-Race

Presentation will be weather permitting next to the entrance to the Leisure Centre around 1130am. Don't forget to get your print off of your race times from the ResultsBase van

Food and drink is also available in the Leisure Centre.

General Behaviour commitment

We have a number of young racers taking part today. They and their parent / guardians have signed notification forms about behaviour and conduct at races. We feel as competitors of all ages we too must heed these requirements.

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

Failure to do so may result in disqualification from the race and further disciplinary action being taken against the individual by the permitting Home Nation Association or British Triathlon.

Please consider your behaviour as an accompanying adult, spectator or team mate. Shouts of 'encouragement' can become a little 'animated' when watching your children / friend. Do them a favour, take a step back

and let them get on with their race on their own. It would be awful if they were to be disqualified because of your actions.