

TRINITY TRIATHLON

30th June 2019

Competitor and Parent Information

RACE LOCATION

Trinity School, Shirley Park, Croydon, CR9 7AT

Please note event start times at the foot of this document.

PARKING

There will be **NO** parking or drop off on the main Trinity site. **ALL PARKING** will be at the school's Sandilands playing field (**CRO 5DF**). This is approximately 15 minutes' walk away and we would ask all visitors to be as quiet as possible for the sake of local residents, bearing in mind that it is Sunday and very early. The location is shown on the school web site link below (alongside course maps and a school site map): **We advise printing these maps to help you on the day; particularly if arriving after 0600; once the A232 is closed.** Please note if approaching from Croydon, to the West, you should **ignore** the road-closed signs at Park Hill and go straight on towards Sandilands. There will be a sign at this junction to that effect and further signs to direct you to the parking area.

<https://www.trinity-school.org/contact/visit-us/>

Parking will be open, with Groundsmen on duty to direct parking, from 05:30. There are toilets in the pavilion at Sandilands. All preparation, changing, registration, refreshments will be on the main Trinity site. Once parked, follow the signs to this site taking everything you will need for the race. To avoid pedestrian and cyclist clash, as you near the school site you will be directed to cross the road to the North side of the A232 and then along to the small entrance alleyway and thence to registration on the main site. This access should also be used for parents to view the cycle phase back on the road. Please do not attempt to use the vehicular access to the school, which is for the race only.

After 06:00, the main road (A232) next to the school will be closed. This will not be a problem if arriving from the west but if arriving from the east please follow the diversion signs towards Croydon and then back to Sandilands Rd.

CATERING/REFRESHMENTS

Available, throughout the event (from 07:00), in the school restaurant which will be signposted from registration. Payment is by card or cash.

REGISTRATION & CHECK-IN PROCEDURE

Registration is in the school / student entrance, which will be clearly signposted.

There you will collect the essentials for the race all contained in one 'race' pack':

- Race pack including timing chip and all details such as start times, distances, laps etc.
- Two race numbers (in pack) - One for your front and one for your back (race belts allowed) – **Please provide your own safety pins or race belt.**
- Bike number (in pack) to be attached to your bike. If this does not correspond to your race numbers on your bike, you will not get in or out of transition.
Your number must be on your bike before you enter transition.

- Helmet number – **Your number must be on your helmet before you enter transition.**
- Your number must be marked on your arm and leg by a race official.
- Souvenir race t-shirt (attached to pack).
- **Ensure your timing chip is fitted to your left leg (facing out) well before race briefing time.**
- **It is essential that contact details and any special medical information should be entered on the reverse of the competitor bib in the spaces provided**

Registration will open at **06:00. PLEASE ENSURE THAT YOU ARRIVE IN PLENTY OF TIME.** Most of the inevitable last minute 'emergencies' can be dealt with this way So don't panic! We recommend arriving an hour before your start time. This will give you time to collect your numbers, rack your bike, familiarise yourself with transition, get changed and be on poolside in plenty of time for your start time. **You will be called for a race briefing 20 minutes before the race actually starts.**

By their nature, triathlons are physically demanding. By participating in this race you are declaring yourself medically fit to complete the course. In the case of known allergies or other important medical information, we would recommend that details be written on the back of your race number in the section provided.

RACE INFORMATION

A race official (**orange vest**) will be available in Registration or near to transition to answer your questions. Please **do not hesitate** to ask, especially if this is your first triathlon!

BIKE CHECK-IN

There will be a bike check-in before you can take your bike into the transition area. You need to have your bike helmet (with sticker in place) on your head and done-up. The bike sticker needs to be clearly visible on your bike and all numbers must correspond with your bodymarking.

It is highly recommended that your bike is serviced by a reputable bike shop before the event. There will be a bike repair service (for minor repairs) on site for those last minute emergencies.

Please note: Fixed wheel bikes are **not allowed**. Aero bars are allowed for T3, Youth and Junior but **not** for Tristart, T1 and T2. Please ensure your handle bar ends are suitably capped, tape will be available to cover bar ends that are not capped. This must be done before entering transition.

TRANSITION AREA

Only competitors are allowed in the transition area, you must show your race number to gain entry in and out. Marshals will be on hand to help if there are any difficulties or questions. Please place your bike and kit **TIDILY** in your numbered position in transition. If you are taking up too much room, marshals may have to move your bike and kit to allow room for other competitors.

- **Competitors only in transition area; parents are not allowed in the transition area; marshals will help children where needed. Tristart competitors (**only**) may have ONE parent / helper accompanying in Transition. This helper must also be wearing the extra number supplied.**
- **All kit to be stowed in a tidy manner and clear of the walkways**
- **Bikes must be in roadworthy condition**

Please familiarise yourself with the entrance (Bike In) and exit points (Bike Out) and note the bike and run in and out locations. It is not the marshals' responsibility to direct you so please do not shout at them if you do not know where you are going!

CHANGING FACILITIES

After leaving your bike in transition, the swim changing rooms can be found in the school which will be clearly sign posted. Access via the Registration area.

GENERAL RULES & RACE CONDUCT

The race is governed by British Triathlon Association rules. These can be viewed in Full on the British Triathlon website:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

These are basic, but necessary for the safety and enjoyment of competitors, spectators and the general public. Here are some of the main points:

- It is the competitor's responsibility to know and correctly complete the full course of the event. Competitors must **not cycle** on the course at any time from 0600 to 1100 unless competing. i.e. no warm up / familiarisation runs are permitted during the event.
- Triathlons are individual endurance events. Any teamwork or outside assistance that provides an advantage over the other competitors is expressly forbidden.
- Foul or abusive language is not permitted - nor tolerated!
- Two race numbers will be issued and must be worn unaltered. One for the back (thus clearly visible for the cycle section) and one for the front (thus clearly visible for the running section). If using safety pins, they must be attached at all four corners. The use of number belts is permitted.
- You must supply your own bike and cycle helmet. Bikes must be in a safe and roadworthy condition with brakes in good working order. Spot checks will be made to verify this. No fixed wheel bikes or aero bars allowed.
- All competitors must ensure that they are adequately clothed at all times. The minimum being a one or two piece, non-transparent swim suit.
- Cycle helmets must be approved by BSI, ANSI, Snell or equivalent standards authorities. Your cycle helmet must be on your head and done up **before you touch your bike** to take it from the rack. You must not undo it until the bike is re-racked at the end of the bike section.

If you have any questions please feel free to ask at Registration or any of the officials, who will be wearing orange hi viz vests.

RACE BRIEFING

Twenty minutes before race start time you will be called from transition into race briefing. Here, all the key points and rules of the race will be explained and you will go directly into the pool to start.

SWIM SECTION:

Queue in race number order as you will be started in strict race order number at your allocated start time. **You cannot change your start time either before the race or on poolside.**

Chip timing: Before you enter the water, check that your chip is securely fastened; marshals will be there to help you.

Swimming hats will **not be** provided so if you wish to swim in a hat please bring your own. Wetsuits are not allowed!

Swimmers will be started at 15-second intervals for:

JUNIORS and YOUTHS	300m 'zig-zag' route	12 lengths
TRISTAR 3	250m 'zig-zag' route	10 lengths
TRISTAR 2	200m 'zig-zag' route	8 lengths
TRISTAR 1	150m 'zig-zag' route	6 lengths
TRISTARTS	50m up and down	2 lengths

Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to other people in your lane. If you follow these simple guidelines there are rarely problems:

- If you are much slower than the swimmer behind you and they tap you on the foot, please give way at the end of the length.
- If you are much faster than the swimmer in front of you, please tap their foot (gently) to signal that you would like to pass them at the end of the length.
- Try not to swim over the top of fellow competitors!

NO RUNNING ON POOLSIDE OR ON THE STEPS EXITING THE POOL BUILDING

Competitors will be directed out of the exit doors at the end of the building, down a short ramp and then into transition.

Please walk down the steps carefully.

BIKE SECTION:

- **Race number must be clearly visible on your back**
- **Bike helmet must be securely fastened on your head before you move your bike**
- **Do not ride your bike in the transition**
- **Mount your bike only after the 'Mount line'**
- **Dismount your bike before the 'Dismount line'**
- **Bike helmet must remain securely fastened on your head until you have 'racked' your bike**
- **Bike to be racked by the front of the seat**
- **No mobile phones, iPods, MP3 players etc in transition or while cycling.**

Marshals may prevent competitors from leaving the transition area if helmets are not fastened and race numbers are not correctly displayed on your bike and front.

Cycle course: The route on road is a very straightforward 1km out and 1km (=a **2km lap**) back on the Addiscombe Rd, recently resurfaced and so in very good condition. Be aware of hazards (traffic islands, manholes)

You must complete (see route map on school website)

JUNIORS	6 laps of the cycle course	12km
YOUTHS	5 laps of the cycle course	10km
TRISTAR 3	4 laps of the cycle course	8km
TRISTAR 2	3 laps of the cycle course	6km

TRISTAR 1	2 laps of the cycle course	4km
TRISTARTS	1 lap of the Tristart cycle course	1.1km

Competitors are responsible for ensuring the correct number of laps have been completed. We suggest that competitors obtain the assistance of friends, etc. to count on their behalf or you might consider moving pieces of tape on your handlebars. Please do not throw any such tape onto the course. Our timing system allows us to verify the number of laps completed but it is **not** possible to feed that information back to you during the race.

- **Bike helmets must be securely fastened on your head at all times whilst you are touching your bike.**
- **Cycle on the left hand side of the road and overtake on the right.**
- **Drafting is not permitted during the race. You must stay at least 10 metres behind the cyclist in front of you. Always overtake on the right.**
- **Report any medical incidents to bike course marshals who will take the appropriate action.**
- **Ride within your ability and experience levels.**
- **It is your responsibility to count your own laps. (see 'lap counting' *below)**
- **Once you have completed your laps, return to the transition area. You must dismount your bike before the dismount line.**
- **The bike dismount is just outside transition; make sure you dismount before the line.**
- **Rack your bike and prepare to run**

Remember not to undo your helmet until your bike is racked.

RUN SECTION:

Ensure that your race number is clearly visible on your front. Exit the transition area at the allocated exit.

- **Essentially, competitors are completing laps of the school playing field, on a relatively flat course. The first section (300m) is on a tarmac path and it then changes to grass. Once on the grass you will pass signs that say 'Lap Counting Point'. Each time you pass this point it counts as one lap; INCLUDING THE FIRST TIME you run past.**
- **Once you have got to your correct lap tally you simply run direct to the finish line around the course.**

Juniors	7 laps = 2900m
Youth:	6 laps = 2500m
Tristar 3	5 laps = 2100m
Tristar 2	4 laps = 1700m
Tristar 1	2 laps = 900m
Tristart	No laps, just follow course direct to finish = 500m

- **Chip timing: Once you have crossed the line, you must hand in your chip to the marshal.**
- **As with the cycle phase, competitors are responsible for ensuring that the correct number of laps have been completed. Additionally there will be a sign reminding competitors of the number of required laps in each race. The finish funnel will be clearly marked and all finishers will receive a medal.**
- **No mobile phones, iPods, MP3 players etc are to be used on the run course.**

EARLY RETIREMENT

If for any reason you do not complete the race, please report to either the race referee, one of the race directors or the Registration desk.

- **RACE TIMING**

all race timing will be carried out using a chip, which competitors will wear. These are in your race pack from Registration. It is the responsibility of each competitor to ensure that the chip remains securely in place and is handed in after the race.

Failure to do so will incur a charge of £75.

If you have any queries or dispute regarding your times, please go to the timing results point near to the finish line.

PRESENTATION, PRIZE DRAW & RESULTS

The presentation of awards will take place in the public area in front of Registration (or in Registration depending on weather) as soon as results have been verified and after the last competitor has finished. This should be at approximately 11:30. There will be trophies awarded in the following categories for 1st, 2nd & 3rd places (for both girls and boys):

Juniors Youths Tristar 3 Tristar 2 Tristar 1 Tristart Tristart-Junior

Spot prizes will also be awarded (at 11:30) to competitors based on a random draw of race numbers.

START TIMES FOR EACH CATEGORY:

These are the times by which competitors must have reported on poolside; there will be a competitor briefing about 20 minutes before the start of each race. Please listen out for the announcement that briefing is about to commence. Parents are not permitted to enter the briefing area. This will take place in the Trinity Sixth Form Centre, in between transition and the pool.

Start times (first competitor in the water)

This is also the best time for parents or supporters to go to the swimming pool viewing gallery where seating is available.

Please be advised that under our Child Protection Policy NO photographs or filming is allowed in the pool area.

Juniors and Youth: 07:00

Followed by:

T3: 07:30

T2: 08:00

T1: 08:45

Tristart and Tristart Junior: 09:30

Please note that these times are determined by the need to re-open the road by 1100 as stipulated by Transport For London.

***Lap counting:** In all parts of the race, there is help for competitors (e.g. Marshals to remind you to dismount, help with bike racking etc). The one area where competitors are entirely on their own is in lap counting on the bike and run phases. Marshals cannot help with counting and are not allowed to. A parent or friend on the road or running track to call out lap numbers is acceptable. Tips about lap counting are given above (e.g. sticky tape on bike handlebars) but key tips are:

Bike: Count your laps and look out for the signs after the second turn point that say: 'LAPS CONTINUE' or 'BACK TO TRANSITION'. A lap is defined as 1km out and 1km back (2km in total). As soon as you have completed the required number of laps follow the *back to transition* sign into the cones and back onto the school site.

Run: As explained above: when you see the 'LAP COUNTING POINT' sign, say "one" to yourself. Each time you pass the sign, add another lap. Once you have reached your correct total, simply run round the course (Last 200m approximately) and cross the finish line. After the lap counting point you will be able to pick up a rubber band to put on your wrist. When the number of bands = the lap number required, run round to the finish line!

A 10-minute YouTube video is available taking you through all parts of the event from registration to medals. If you have never done a triathlon before you will find this essential viewing. For experienced triathletes it will allow you to visualise the phases and course outline. See here:

<https://www.youtube.com/watch?v=oGkHuVTnHWE&feature=youtu.be>