



Competitor Information

Dear Triathlete,

Thank you for entering the Triology Events Mid Week Super Sprint Triathlons 2019. Please read this information carefully as it contains some key information regarding your race.

Venue: The race will take place at Ellerton Water Park, Scorton, Nr Richmond. DL10 6AP.

Parking: There is plenty of parking at the venue. Please park at the Lakeside Cafe, no parking will be allowed on the roadside as this is part of the bike route and emergency exit.

Event Facilities: Showers, toilets and changing facilities are available on site. There is also a cafe and most importantly the triathlon shop (Triology Multisport Solutions).

Summary of Schedule:

Registration: 5.30pm-6.30pm

Transition Opens: 5.30pm-6.45pm

Race Briefing: 6.45pm

Race Starts: 7pm prompt

Results and Awards: Approximately 8.30pm

Registration: Registration will take place at Triology Multi Sport Solutions, directly above The Lakeside Cafe.

If you have entered as a **BTF Home Nations Member** then you will be required to show your membership card at registration. If you do not have your card with you, you will be required to purchase a day membership which is £4 – **No excuses**.

All competitors will receive the following at registration:

- PVC Race number – We recommend that you use a race belt as only one number will be provided. Please **do not damage** the numbers and **don't** put holes in, instead use safety pins provided at registration.
- Number tag to be attached to the bike
- Race Goodie
- Timing Chip

At registration you will need to sign your chip out. Please do not lose this. There will be a £40 replacement charge if this is not returned at the end. This is how much they cost to buy!

Course Maps: The course maps are available on our website, click [here](#). Please familiarise yourself with all the routes, although this event is marshalled it is your responsibility to know the course.

Transition: Access to Transition will only be given to competitors and race officials. Before you enter, please ensure that you have your bike tag attached.

Once in Transition, head to your rack position according to your race number. **Your bike must face out towards you when looking at the racking.** If racked inappropriately then the race official has the authority to move your equipment to face the correct way.

Only after all competitors have completed the bike section, will you be able to retrieve your bike and equipment from the transition area. To do this you **must hand back your PVC race number to the marshal.** **Any number not returned then there will be a £5 replacement charge.**

Only race wear and equipment must be placed in transition. **DO NOT** block or mark the thoroughfare; items creating a safety hazard will be removed at your risk. The transition area has no weatherproof part to it. Anyone leaving bags, do so at their own risk.

Race Briefing: The race briefing will take place at 6.45pm next to the finish. Please attend the briefing as all safety notices will be issued here together with any course amendments.

The Race Director/Race Official will talk you through the course and the race rules. It is also your chance to ask any questions you may have regarding the event.

Race Starts

Wave 1 – Orange Swim Hats: 19.00

Wave 2 – Blue Swim Hats: 19.01

Swim: The swim consists of one lap (400m); please refer to course map and description of route [here](#).

There will be a water safety team consisting of kayaks and an on-shore first aid team.

Please do not swim if you feel unwell or are recovering from a virus or infection – seek advice from your GP.

If you get into difficulties, please roll onto your back, raise one arm in the air and you will be attended too. If you show signs of being in difficulty or hold onto the support kayaks you will be returned to land for your own safety and not allowed to continue the event. Do not attempt to swim if you have not completed the appropriate open water training.

Bike: The bike consists of one lap (15.5km); please refer to course map and description of route [here](#).

After you have exited the transition area **DO NOT** mount your bike until you have crossed the mount line, this will be marshalled.

Please note that at the first junction at the top of the road where you turn right there is now a mandatory FOOT DOWN. This has been recommended by the Race Officials.

This is a **NON DRAFTING** race.

Anyone caught drafting will be penalised accordingly. You must maintain a gap of **10 metres** (an estate car) between yourself and the cyclist in front. On deciding to make a pass you have 20 seconds to complete the manoeuvre. Once your front wheel has passed the other riders front wheel it is the overtaken riders responsibility to drop back out of the draft zone to 10 metres behind. If you are not

overtaking please keep to the left hand side of the road to allow faster competitors to pass. Do not cross the centre white lines. Side by side riding is forbidden.

BRITISH TRIATHLON

DRAFTING RULES EXPLAINED

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE

WIDTH OF THE CARRIAGEWAY

DISTANCES

SPRINT & STANDARD **10 METRES** MIDDLE & LONG **12 METRES**

DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE

⚠ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20 SECONDS** MIDDLE & LONG **25 SECONDS**

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.

OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION

⚠ Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting. A full set of rules can be found at www.britishtriathlon.org - This document is for guidance purposes only.

TRIATHLON ENGLAND | TRIATHLON SCOTLAND | WELSH CYWEL | TRIATHLON TRUST

Experience marshals will be placed around the course and have been given permission to write down any drafting offender's numbers. Please familiarise yourself with BTF rules on drafting (below).

We have the full cooperation of the local community, police and authorities and would like to retain their goodwill for the benefit of the event in future years. Please do not drop litter, if seen you will incur a time penalty.

Run: The run route consists of one lap of the lake (2.2km). Please refer to the course map and description of the route [here](#).

Timing & Results: The event is chip timed. Results will be available after the race via a TV Screen and will be posted on our [website](#) as soon as possible after the race.

Penalties and Complaints Procedure: Penalties applied by the race official will be posted at the finish on the penalty board. Any appeals must be written, presented with a £30 fee to the race official within 15 minutes of

his or hers finishing time. If upheld, the £30 will be refunded. All proceeds go to the Triathlon Trust.

Refreshments & Catering: There will be a drinks available at the finish line.

General Information: This is a BTF sanctioned event and is being held under the BTF competition rules which are available at [British Triathlon](#).

Rules you should be aware of are:-

- You **MUST** fasten your helmet before you touch your bike
- Mount your bike **after** the mount line
- No drafting
- Dismount **before** the dismount line
- Your bike must be racked before removing your helmet
- Your race number must be displayed on your back during the cycle and to your front during the run
- All our marshals and race officials are volunteers. Any competitor abusing the marshals or officials will be disqualified.

General advice for swimming; Whilst water quality tests provide an indication of the suitability of a venue for open water swimming they do not mean that there is a complete absence of potential pathogens. There are simple practises that swimmers should be advised to adopt to minimise the risk of infections further:

- Cover all cuts and abrasions, however minor, with sticking plasters. You should not consider swimming if you have deep cuts.
- Wash hands in fresh water before eating after you have swum.
- Take a full shower at the earliest opportunity
- Try not to ingest water whilst swimming
- In addition all swimming kit (wetsuit, costume, goggles, hats etc...) should be washed in clean water and thoroughly dried before the next session/event.

Medical Conditions and Cover: If you have any medical condition, please provide details on the entry form and inform the race organiser on the evening so they can inform the medical team. We take medical cover very seriously and 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. Please take care – risks are simply not worth a few seconds.

10% off at Triology Multi Sport Solutions

Don't forget to check out the shop. All participants get:-

- 10% discount for purchases made on the night
- 20% discount for any Retul Bike Fit bookings made on the night

Feedback: All feedback from the event is welcome. Please email us at: triologyevents@gmail.com

Please respect this venue by keeping it clean and tidy, do not drop litter!

Thank you for taking the time to read this.

Good Luck, Happy Racing.

The Triology Events Team