



Harborough Triathlon 2018

Provisional Race Information

Market Harborough Leisure Centre, Northampton Road, Market
Harborough, Leicestershire, LE16 9HF
Sunday 2nd September 2018 – 1.30pm start

Welcome to the fifth year of this event and a huge thank you to the event sponsors,
Training Shed - Market Harborough.



TRAINING SHED

There are plenty of race options with the traditional Sprint distance, the Try-a-Tri event and the Bridge with a Sprint Relay option too.

At this point, swim start times are approximate but the Bridge event will start at 1.30pm, followed by the Sprint at 2pm onwards and the Try a Tri from 3.30pm onwards. Exact times will depend on the number of entries and will be released when entries close on Monday 27th August 2018.

Parking

There are a number of parking options on and near the site.

- As you approach the roundabout outside the Leisure Centre (from Market Harborough) there is the Compass Point industrial estate on the left-hand side. Take this turning and there is a housing estate on the left-hand side and the industrial estate on the right. Here there are a number of small parking areas that can be used. Please do not park in the residential areas.
- The Leisure Centre itself has a number of parking areas. This can get busy with a number of football and rugby matches taking place at the same time.
- Finally, there is a grass area to the side of the field where the event is held. This is accessed by turning right just in front of the football club HQ. The entrance here is quite tight, so wider vehicles may prefer to park at one of the other options.

With all of the parking areas, please be aware that racing will be taking place all afternoon and cyclists/vehicles share some roads. Please maintain a high level of vigilance when driving.

Toilets and spectators

There are 4 sets of toilets on the site. One set is accessed externally at the rear of the Leisure Centre. The others are situated on the first and ground floors inside the Centre and at pool side. Swim spectators can access a viewing area through the café inside the Centre.

Race Registration 11:30am – 3:30pm

At registration you will be given the following items! Please check you have it all.

- Your free technical T-shirt
- Race number x 2
- Numbered stickers for bike frame & helmet
- Safety pins
- Information on future events & special offers

You will also be marked with a semi-permanent marker on an arm and leg. You will need this marking to receive your timing chip at pool side.

Race Registration will take place on the field at the rear of the Leisure Centre and will be signposted. Please arrive in good time to register and get set up in transition. A rushed pre-race is a great way to guarantee a poor performance.

Please ensure that before registering you know your race number. This can be found on the swim start list that will be published shortly after entries close on 27/8/18. Please check that your email address is up to date as this information will be sent there. With regards to the swim, this year you will be required to swim in a swimming cap. There will be a stock of loaner caps if you need to borrow one.

Alternative Registration

To help those of you that are local to Market Harborough there will be another registration opportunity.

Friday 31st August 5.00-6.30pm – Training Shed, St Mary's Road, MH

BTF Licenses

All athletes **MUST** produce their race licenses at registration. If you forget your license, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day license at registration.

Transition Area

The Transition Area will be situated on the field next to registration. It will open at 11.30pm. This is a secure area for competitors only where you will keep your bike and other essentials during the swim and run sections. See image below for those of you new to all of this!

To get into the Transition Area to set up, you must:

Have your helmet on and securely fastened. The strap under your chin should be tight. If it is not, it is unlikely to provide any protection as it will slip off during a fall.

Have the stickers attached to helmet and frame.

Have the race numbers available to be inspected.

If you need to re-enter transition for any reason, the numbers on your arm and leg will need to be clearly visible.

You will not be able to take your bike and other equipment out of transition without showing all of the above.

Please understand that there may be queues during peak times so arrive on site in plenty of time. Transition Area will not close during the event, so please understand that if you are not racing that you should be aware of those who are and give them plenty of room. Please do not leave any valuables in the transition area as we are not responsible for any loss of property.

How to Rack your bike



For those of you new to racking, please make yourself familiar with how to rack your bike.

Your bike should be facing outwards on the same side as the sticker on the racking.

Your bike will be checked to ensure that it is in good working order. Brakes must operate effectively and bar ends plugged.

One final thing, from, NO bags or boxes are permitted inside the transition area – thank you for helping us to make this a smooth and quick process for everyone involved.

Water station

There will be water available on the run route and at the finish. Water bottles can be filled up in the Leisure Centre if required.

What you will need

There are a few basic items of equipment that you will need. Most people will wear goggles for comfort. Swim caps are not compulsory but useful particularly if you have long hair. You will not be able to race without a helmet. Your bike must be well maintained. Clothing and footwear choices are a matter of personal choice. Many will wear a trisuit to avoid changing clothes mid-race.

The Team Relay Event

Only one person is required to register for the whole team (Please note: if you did not purchase day licenses from us when entering you will be required to show 2018 BTF Race Licenses for ALL team members at registration). All relay team tags will take place by the team's bike racking position, inside the transition area. The swimmer will finish their swim, exit the pool area and then return to tag their team cyclist inside the transition area. The cyclist's bike must stay racked until the swimmer has tagged the cyclist. When the team cyclist finishes, he/she must re-rack their bike before tagging the team runner. All tagging will take place by passing the Timing Chip to the next team member.

Electronic Timing

To ensure accurate times and results every competitor will receive a timing chip to use whilst racing. Using this cutting-edge technology will mean results, splits and category positions will be updated live as competitors pass the finish line. There will also be live results for all competitors and spectators at the finish area.

The timing chip will be worn around the left ankle. When you have finished, please remember to return your timing chip to our officials. If your timing chip is not returned after the race, you will be charged £25 for the chip. Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers that are in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result. Results will be available at www.raceharborough.co.uk/triathlon and www.stuweb.co.uk within 24 hours of the event.

Race Numbers

You will receive two race numbers in your entry pack. Race Numbers must be worn on the back during the bike & the front during the run. Numbers must be pinned at all four corners or race number belts are allowed. NB. Please do not forget to bring safety pins but we will have spares if you forget!

Race Briefing – 1pm, 2.15pm and 3.30pm.

This will take place on the field next to the finish line. We must emphasise how important it is that all competitors attend the briefing. The Race Briefing will inform you of any last-minute route changes and safety points.

Course description

This is available online by visiting www.raceharborough.co.uk/triathlon. There will be a detailed description and map of all safety points on the routes. Please take the time to make yourself familiar with these and read carefully.

Race Start

The first wave of competitors will start at 1:30pm. The timekeeper will start 6 swimmers at set intervals. It is expected that the last competitor will start at approx. 4pm. Start times will be available on the website one week before the race.

Swim – 600m Bridge, 400m Sprint, 200m Try-a-Tri

The swim will take place in the 25 metre indoor heated pool. You cannot walk along the bottom of the pool. **You will be required to wear a swim cap this year. A supply of loaner caps will be available poolside.** It is your responsibility to count your own 8/16/24 lengths. There will be a marshal on poolside to randomly check that competitors are swimming the correct number of lengths. Please arrive on poolside at least 15 minutes before your start time to collect your timing chip. If you miss your allocated start time you may not be allowed to race. The timekeeper will start waves of 6 swimmers at set intervals. Your start time will be worked out from your estimated swim time that you fill in on your entry form. By doing this it is hoped that you will be with competitors of a similar standard during the swim section.

There will be other competitors in the same lane during the race. To ensure that lanes flow as freely as possible, please use the foot tap method. If someone taps on your foot, finish the length that you are swimming and be prepared to move over slightly to give them a quick opportunity to overtake. Stay on the side that you are on rather than the side that you are moving to. If you are wanting to overtake, please ensure that the intention of the foot tap is clear. Otherwise the swimmer might reasonably assume that that you just got too close. Remember that it is easier to swim directly behind someone. After you have overtaken, the effort required to maintain a faster speed may be considerable.

Please Note: only competitors will be allowed on the poolside.

In addition, calf and arm guards are not allowed to be used in the swim section. Backstroke is not a permitted stroke.

Bike – 34.5km Bridge (3 laps) 23km Sprint (2 laps), 11.5km Try-a-Tri (1 lap)

From the swim, exit the pool area. You will then turn left to the transition area to get your bike. Please be careful on exiting the pool area as it may be slippery when wet. Before you start, you will need to set up your transition and all the kit you require during the race. This will include your cycling helmet, a bike in road worthy condition, shoes for cycling and running, your race numbers plus any clothes you wish to put on after the swim. It is important that you understand all of the entrance and exit points of the transition before you start. There are also specific points where you must mount and dismount your bike, please make sure you are aware of these.

An important rule that must be adhered to: **competitors are required to fasten their helmet before touching their cycle in the transition area. Failure to do so could result in a penalty from the race referee.**

Please familiarise yourself with the bike route, the map is available to download on our website.

Please pay particular attention when you are cycling into the village of Braybrooke.

The road heading in is a fairly quick descent. There is a 30 mph sign just as you come in, please make sure that you are on your brakes and paying careful attention for the presence of pedestrians, dog-walkers, children, horses, parked cars and moving traffic. This section can get busy particularly around the area near to the Swan public house. The profile of the village is such that there may be residents that are hard of hearing or suffer from mobility issues.

Anyone not considered to be cycling with due care and attention will be reported to the Technical Official.

At the start of the bike route you will turn right at the roundabout and head out on your 11.5km lap. If you are doing the try-a-tri, once you have completed one lap you will then turn right at this roundabout back towards the leisure centre. If you are doing the sprint distance after completing your first lap you will go straight over the roundabout to start your second lap and a third for those completing the bridge. On completing your second/third lap you will turn right towards the leisure centre. It is your responsibility to complete the correct amount of bike laps.

The cycle route is very easy to follow. At all points where a change of direction is required there will be signs and we aim to also have a race marshal at each point. The marshal's responsibility is to help direct you, not to stop traffic or check traffic for you. It is your own responsibility to check for oncoming traffic and to ensure your own road safety. All of the roads that we use for the cycle section are open to the public; please adhere to all rules of the Highway Code, including 30 MPH speed limits and being mindful of approaching horses and their riders.

Please note that you are not allowed to draft behind other competitors during the cycle section. Details of drafting rules can be found here in section 5.5:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/archived-rulebooks/british-triathlon-competition-rules-2018.pdf---to-delete>

When you reach the end of the bike section, turn right into the Leisure Centre, dismount your bike at the appropriate point, re-rack your bike at your transition point and then take your helmet off.

Please note that mobile phones and/or mp3 players etc may not be used on either the bike or run sections.

Run – 7.5km Bridge (3 laps), 5km Sprint (2 laps), 2.5km Try-a-Tri (1 lap)

After leaving Transition you set out across the field to the start of your 1,2 or 3 laps of the 2.5km run. If you are doing the try-a-tri you will just do one lap before heading back to the finish. The run is on grass for some of it but mainly tarmac. Please follow the signs and tape barriers marking out the run route. It is the competitor's responsibility to ensure they have done the correct number of laps (please check the map of the run route).

Finish Line

As you cross the line don't forget to smile! If relay teams wish to cross together, please see a member of the event team that will facilitate this for you. The following will be available:

- Medal
- Water
- Clif bar

Prizes

Medals will be awarded to all finishers.

There will be prizes in the following categories:

1st, 2nd and 3rd Male & Female overall of each distance

1st, 2nd and 3rd Sprint Relay teams

15-19, 20-29, 30-39, 40-49, 50-59, 60+ Male and Female Age Group Trophies

1st Male and Female in Welland Valley Triathlon Club Championships

Tri County Club Cup

Super Vet – Try and Sprint distances

New Mum to Super Mum – Try and Sprint distances

Fit Family Relay – Sprint distance

Fit Couple – Sprint Distance

Presentations of the prizes will take place at the finish line (weather permitting) within 30 minutes of the last competitor of each distance finishing. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

Results

Times will be displayed and a print out available close to the finish line. Provisional results will be available to download from www.raceharborough.co.uk/triathlon asap after the race.

Event Images

We will have photographers covering the event. Once the pictures have been uploaded a link will be put on our website to view and acquire your free downloads.

Refreshments

Hot and Cold drinks will be available to purchase from the café in the Leisure Centre and an onsite caterer.

Event Hub – what's going on!

- FREE massage courtesy of Training Shed. Mats and foam rollers will also be available to use.
- Brampton Valley Cycle Surgery will be available for last minute repairs and servicing.
- Welland Valley Triathlon Club will also be on hand as our local club for advice, guidance and some special offers for how to join them.

BTF Race Rules

You are advised to familiarise yourself with the British Triathlon rules and regulations. Under these rules it is mandatory that all competitors must wear an approved helmet and that all cycles must be in a road worthy condition. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 15 years old on or before the 31st December 2018. In addition, anyone under 18 years old must have parental permission to take part in the event.

Penalties & Appeals

ALL penalties issued by the British Triathlon Technical Official will be displayed on a Penalty Board at the finish area. Appeals against these penalties must be made in writing to the Technical Official within one hour of a penalty being notified and be accompanied by an appropriate fee that is refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

Alterations to entry

Unfortunately, we cannot accept any changes to your entry after 28th August.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. Please note that under no circumstances will any race credits/refund be issued without following these guidelines.

Volunteers

No event like this can run smoothly without the help of marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. Race entries are available in return. If you would like further information about becoming a race marshal please email info@raceharborough.co.uk You do not require any previous experience or knowledge of triathlon to become a race marshal.

Thank you!

A big thanks goes out to all of the team at the Training Shed, our volunteers and our other generous sponsors and partners.

We look forward to seeing you on race day and hope that you bring your friends and family along to support you. We welcome your feedback after the event.

Race Harborough