



2017 Chilly Triathlon

Sunday 1st October

Race Details

Dear Race Entrant,

This is your race information pack for the Chilly Triathlon. If you have any queries regarding any aspect of the race including the preparation for the race, please contact events@activetrainingworld.co.uk

Before the Race

Address: Inspire Leisure Sports Village Butterfield Green Road Luton LU2 8DD

Parking

Free Parking will be available at the Sports Village.

Registration and Race Pack

Registration will be inside the Sports Village and will take place on Sunday April 3rd at 5.40am to 6.25am only.

If you are BTF Registered you must produce your valid BTF licence on race day, otherwise you will be required to pay the £5 for a BTF day licence. Please bring the right money if needed.

ActiveTrainingWorld are not responsible for the damage or theft of any of your belongings including your bike during the race. There are bike insurance companies that will cover your bike when it is left in the transition area. We are not associated to any of these insurance companies but if you would like us to suggest an insurance company then please get in touch via email.

On arrival at registration you will be given your Race Pack which will include:

- **2 race numbers – although the use of a race belt is recommended**
- **2 numbered labels – 1 for the front of your helmet and 1 for the top tube of your bike**
- **1 timing chip with strap (this must be strapped to your ankle)**

Timings, Arrival and Registration

Registration and transition opens: 5.40 am Registration closes: 6.25 am

Transition closes for all competitors: 6.30am (this is so the chip timing mats can be set)

Race briefing is mandatory for all competitors and will take place at 6:30am

First swimmer enters the pool at 6:45am

Race Briefing

Race briefing will be held at 6:30am inside the sports centre. All entrants are expected to attend the race briefing. Please note that it is your responsibility to follow any instructions given at the briefing.

Race Rules Normal BTF (British Triathlon Federation) rules apply. All these rules are important but the most important of these is that all competitors must secure their cycle helmet (on their heads!) before removing their bike from the rack and must not undo or remove it before racking their bike at the end of the cycle section. You must also fully comply with and follow all rules of the highway code. Our primary consideration is your safety, make it yours as well!

Swim Course

Your swim start times will be given to you at registration. They will be printed on your registration pack.

After the safety briefing you should report to the swim start marshal. Swim start times are allocated based on your original estimate, with the fastest starting first.

Two swimmers will be started at the same time in lanes 4 and 5 and will complete 2 lengths in each lane. After the first two lengths the swimmer in lane 4 will duck under the rope on the left and complete 2 lengths in the next lane and so on. You will swim 8 lengths in total (400m) in lanes 4, 3, 2 and 1. The swimmer starting in lane 5, after the first two lengths, will duck under the rope on the right and complete 2 lengths in the next lane and so on. You will swim 8 lengths in total (400m) in lanes 5, 6, 7 and 8. You will exit the pool in either lane 1 or 8 and then will cross the timing mat poolside to complete your swim.

You will be swimming in a lane with other swimmers and you will be asked to swim down one side of the lane and return up the other. If you are caught up from behind by another swimmer (normally signified by a tap on the feet), please allow them to pass at the END of the length to avoid congestion and frustration. Overtaking mid lane is not allowed.

Swim hats are not compulsory and will not be provided.

Race numbers have been allocated from 1 for the fastest swimmer upwards. Please form a line at the side of the pool in race number order. You will start in this order no matter when you arrive in the line, swimmers will be set off in 20 second intervals. Your final race numbers and final swim start times will be available at registration. You will start at this swim time and will not start early if another competitor doesn't turn up for the race. The first swimmers will enter the water at 6:45am

T1

The time between your swim and bike (T1) will be excluded from the results. However, there will be a 20 minute cap on the time allowed. During this time you are welcome to get changed in the changing areas by the pool or go into the transition area to dry off and put on more layers on. You **MUST NOT** touch your bike without having your helmet on and fastened.

There is a traffic light to turn right out of the sports centre. Your bike time will start when you cross the timing mat and the light is green. The timing box will take the last time it reads your timing chip so please don't worry about your bike time starting early when the traffic light is red.

Bike Course Sprint Distance – 20km

<http://www.activetrainingworld.co.uk/upload/event/chillytri/ChillyTriBike.jpg>

Number belts will be allowed but competitors wishing to use them must ensure that their number is visible on the back during the bike section and on the front during the run section. Your bike split will start when the traffic light to turn right out of the sports centre turns green. It is your responsibility to ensure that you don't start the race when the traffic light is red. The marshals do not have the power to stop traffic in order to allow you out.

Also, note that for the bike course, the normal highway code applies. The course will be marked with appropriate direction signs and it will be marshalled at key turning points. The terrain is undulating and there are hills to climb. The course uses major roads and a loop on quiet country roads, some of which are narrower in places. Please be aware that due to the recent weather there could be puddles of water and pot holes on the road. As mentioned earlier, there will be static draft busters out on the course so please familiarise yourself with the drafting rules. At roundabouts the marshals will warn you of approaching traffic but the final decision of when to pull out is always yours. Normal roundabout highway code applies, give way to cars coming from the right.

Drafting

The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor. If an overtaking manoeuvre is not completed within 20 seconds then it is the responsibility of the overtaken rider to drop back out of the 10m zone of the passing rider.

Marshalls will be asked to look out for anyone drafting and you must abide by their instruction if they deem that you are subject to a penalty.

Dismount Line

The inside lane of Hitchin Road will be closed for the morning of the race (from 7am). This will be after the bus stop and opposite the sports centre. The dismount line will be on this inside lane. The dismount line will be clearly marked and you must dismount BEFORE this line. Once dismounted, your helmet must remain secured until your bike is racked. Failure to comply with these requirements will result in disqualification. PLEASE LISTEN CAREFULLY for road information at the race briefing.

Run Course Sprint Distance - 5K

<http://www.activetrainingworld.co.uk/upload/event/chillytri/ChillyTriRun.jpg>

Starting from the transition area contestants will run an 'out and back' course of 5K. You will exit the transition area from the "RUN OUT" section of the transition area and make your way under the Start Gantry to start your run section. The course is along a quiet residential road and bridlepaths.

There will be 1 drinks station on the course manned by marshals serving water only in paper cups.

When you return to the Sports Centre you will finish the race underneath the finish gantry.

After the Race

No bikes can be removed from transition until the last runner has left transition. Your number must be presented in order to remove your bike.

Prizes Presentation

The presentation of prizes will take place throughout the morning and we'll make announcements prior to the presentation. There are lots of prizes on offer!

First 3 male and female 10 year age category winners

Results

ATW will record your times. If technology is kind to us on the day then we hope to be printing the results at the race but all results will be available on www.eventchiptiming.com

Other Services

Coffee shop - Hot drinks and breakfast snacks will be available to purchase at the cafe

Retail – Transition Tri will have race belts and elastic laces for sale at registration.

First Aid – First aid will be supplied

Toilets - For your convenience toilets and changing rooms facilities are located inside the Sports Village