



2017 Hertfordshire Triathlon Summer

Sunday 20th August

Race Details

Dear Race Entrant,

This is your race information pack for the Hertfordshire Triathlon Summer and the Hertfordshire Triathlon Club Champs.

ActiveTrainingWorld would like to thank Moveology and Finesse Leisure for their support in the event.

If you have any queries regarding any aspect of the race including the preparation for the race, please contact events@activetrainingworld.co.uk

Race Venue

Address
Stanborough Lakes
Stanborough Road
Welwyn Garden City
AL8 6DQ

Parking

Parking is available at Stanborough Lakes but is chargeable. Alternatively there is residential parking close by. The race will take place on the South side of the lake. Please arrive in plenty of time to walk the few minutes to Race HQ and registration.

Once the race starts the South Side car park will be closed until the last cyclist has started the bike course.

Registration and Race Pack

Registration will be at the race headquarters next to the transition area. It will take place on Sunday August 20th at 6.15am to 7.15am 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.

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

- 2 race numbers – you can use 1 number on a race belt if you prefer to use it
- 2 numbered stickers – 1 for the front of your helmet and 1 for the top tube of your bike
- 1 swim cap. You must wear this for your swim
- 1 disposable timing chip with strap (this must be strapped to your ankle)

You will also either be marked with your race number or given a unique wristband at registration.

The stickers must be attached, your helmet must be on and your body marked with your number/wristband attached before you will be admitted to transition.

Please wear your timing chip as per the diagram below:



Timings, Arrival and Registration

Registration and transition opens: 6.15 am

Registration closes: 7.15 am

Transition closes for all competitors: 7.20am (this is so the chip timing mats can be set)

Race briefing is mandatory for all competitors and will take place at the transition area at 7:15am

Sprint wave start: 7.30 am

Standard wave start: 7.45 am

Standard wave Club Champs start 7:50 am (Hertfordshire clubs only)

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.

Transition Area

Racking of the bike needs to be by the saddle, so that the majority of the bike faces into transition (front wheel into transition with the kit by the front wheel). This method of racking is also required on return from the bike leg.

No boxes or bags are allowed to be left by the athletes bike in transition. Only a small soft rucksack is allowed. An area will be provided for you to leave your bags at your own risk.

There will be marshals in the Transition Area to help if you are not familiar with the setting up arrangements for your bike, helmet, shoes etc.

Please use the time before the race to familiarise yourself with the ways in and out of the transition area and walk through transition.

Please also note that the transition area will be closed at 7.20am and if you have not racked your bike by this time you will be unable to take part in the triathlon. Relay athletes are the only athletes allowed in transition after 7:20am

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

Standard Distance – 1500m (2 laps)

Sprint Distance – 750m (1 lap)

Present yourself at the side of the lake at swim start straight after the race briefing.

Swim hats are compulsory and will be provided.

You will be asked to enter the water and line up at or behind the start line. The swim will start in the water.

The start will be absolutely prompt to provide the most accurate times for you.

The temperature of the lake is taken on the morning of the event and if it is over 14c then wetsuits will be optional. If the temperature is over 22 degrees then wetsuits will not be allowed. Please don't ask us if wetsuits will be allowed at the race as we can't tell you this information until the temperature is taken on race day. If you have any recent exposed cuts or feel unwell you are advised not to take part.

In the event of anyone getting into difficulty, roll onto your back and lift an arm out. This will raise an alarm and signal to a lifeguard to attempt a rescue.

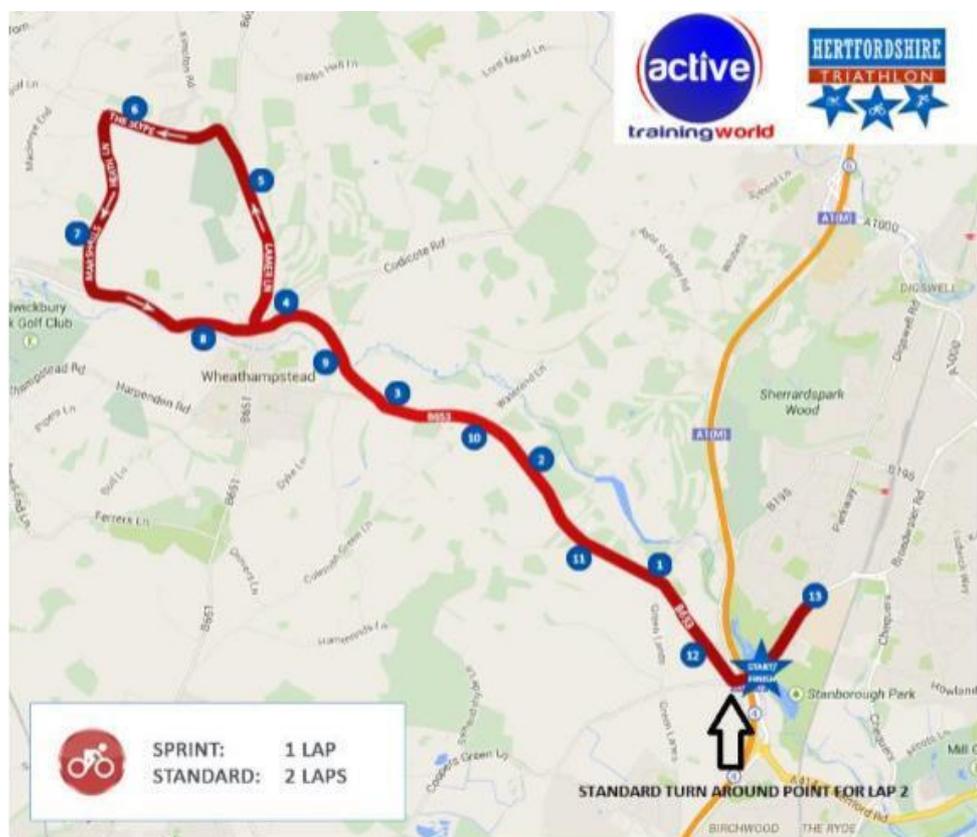
The route is clockwise. The course will be well marked with swim buoys and you will complete 1 lap for the sprint distance and 2 laps for the standard distance. After completing your correct number of laps you will head for the swim exit marked by flags and a rubber floor matting exit to transition.

You will proceed around 100m to the transition area along rubber matting and grass. Your swim time in the results will include this short run section.

Bike Course

Standard Distance – 40km

Sprint Distance – 20km



NOTE – THE STANDARD DISTANCE DOES NOT PROCEED TO POINT 13 ON THE FIRST LAP!

After securing your cycle helmet in the transition area (this must be done first before un-racking your bike) proceed on foot to the mount point (around 50m) where you must wait until it is clear to start the bike course.

You must ensure you mount and dismount correctly, (i.e. after the mount line and before the dismount line); failure to do so will result in a time penalty.

The mount line will be as soon as you exit the gate and on the left (the access road that runs parallel to Stanborough Road). You will join Stanborough Road at the car park exit and this will be a **FOOT DOWN** point.

ALL competitors must stop their bike and put one foot on the floor. This is for safety reasons and it is instant **DISQUALIFICATION** for anyone who does not comply.

There will be plenty of signage and two marshals here, one of which will stand in advance of the junction saying “Foot down ahead” to you. As you approach the second marshal and the **YELLOW FOOT DOWN SIGN** at the join to Stanborough Road you must stop and put a foot down with the wheels not turning - even if there appears to be no traffic passing. It is then your responsibility to choose when to pull out.

The marshals will warn you of approaching traffic but the final decision of when to pull out is always yours.

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.

Please be aware that there are a few potholes on the course so look well ahead at all times.

The course will be marked with appropriate direction signs and it will be marshalled at key turning points.

There is a second '**FOOT DOWN**' section on the course where ALL competitors must stop their bike and put one foot on the floor. This is for safety reasons and it is instant **DISQUALIFICATION** for anyone who does not comply. The foot down point comes at the end of a short downhill where the road meets the busier Lower Luton Road.

There will be plenty of signage and two marshals here one of which will stand in advance of the junction saying "Foot down ahead" to you. As you approach the second marshal and the **YELLOW FOOT DOWN SIGN** at the junction you must stop and put a foot down with the wheels not turning even if there appears to be no traffic passing. It is then your responsibility to choose when to pull out. The marshals will warn you of approaching traffic but the final decision of when to pull out is always yours.

FOOT DOWN DEFINITION

There will be a British Triathlon referee at the race and they will instruct the marshals at the foot down points as follows:

"If the competitor does not bring both wheels to a complete stop and put one foot on the floor then they will be disqualified. There are no exceptions, even if there is no traffic approaching."

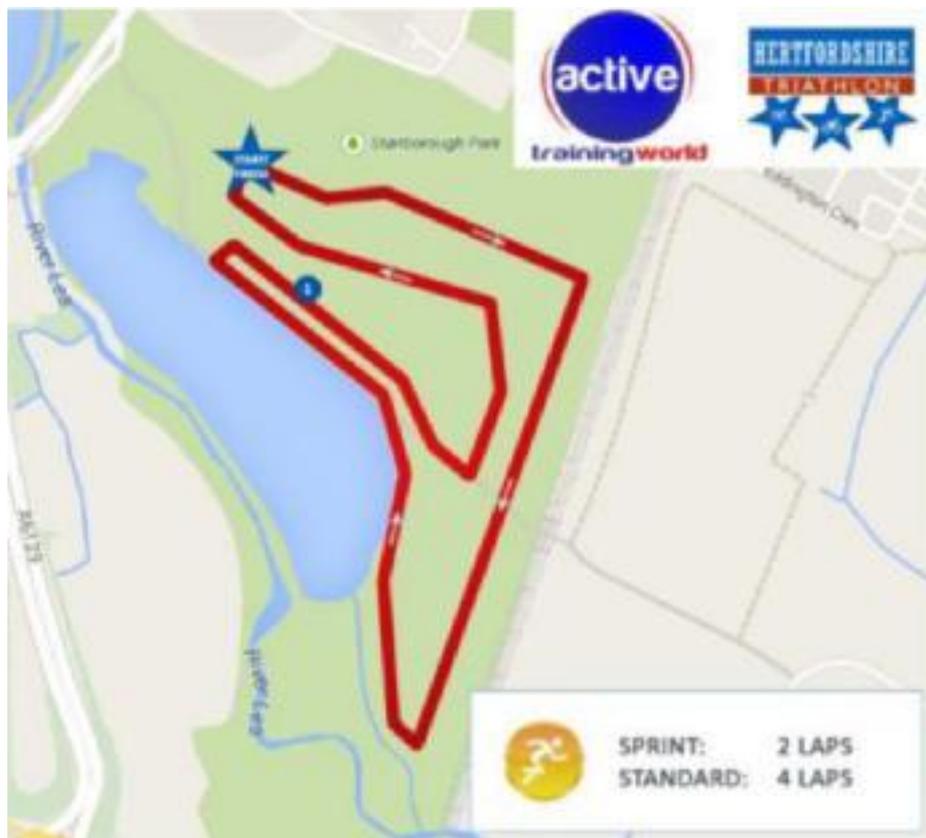
After the bike leg has finished and you have dismounted before the dismount line, your helmet must remain secured until your bike is racked.

PLEASE LISTEN CAREFULLY for road information at the race briefing.

Run Course

Standard Distance – 4 laps

Sprint Distance - 2 laps



Starting from the transition area contestants will run two/four laps of 2.5km around the park and lake. The course is mainly over short grass with some tarmac and is undulating. There will be 1 drinks station on the course manned by marshals serving water only in paper cups. This is the only drinks station and you will pass it on every lap.

The course will be marked with flags with clear markings showing when to come in for the finish.

It is your responsibility to count your laps!

After the Race

No bikes can be removed from transition until the last cyclist has returned in your wave.

Your number must be presented in order to remove your bike. There will be no exception to this!

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!

Results

ATW will record your times. Results will be live at www.eventchiptiming.com during the race

Other Services

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

Massage – Post race massage will be available with Moveology

First Aid – First aid will be supplied

Bike Support - A bike support vehicle will be in operation during the race

Toilets - For your convenience toilets and changing rooms facilities are located a short distance from the Transition area, you will pass them on your walk down from the car park.