



## Hercules Festival of Sport - Northwood **RELAY Triathlon Race Day Briefing**

<b>Date of event:</b>	Sunday 28 <sup>th</sup> May
<b>Registration:</b>	Saturday 27 <sup>th</sup> May from 14:00-17:00 ( <b>Highly Recommended</b> ) Sunday 28 <sup>th</sup> May (Race Day) from 05:30 until 30 minutes before the start of your race.
<b>Briefings:</b>	06:45 Middle & Standard Distances 07:25 Novice & Sprint Distances
<b>Start:</b>	07:00 Middle Distance 07:10 Standard Distance 07:40 Sprint Distance 07:50 Novice Distance
<b>Event:</b>	Novice, Sprint, Standard and Middle distance Triathlon

This is your race briefing to bring you up to date on the event and what to expect on the day.

### **British Triathlon Rules (BTF)**

This event will be conducted under BTF rules. Please familiarize yourself with the BTF Rules by following the link provided below.

[BTF Rule Book](#)

### **Registration**

Registration will take place in the event office in the Old Merchant Taylors Club House in the rear car park near the lake. There will be signs to lead you to registration. Registration will be **from 14:00 – 17:00 on Saturday 27<sup>th</sup> May** and will also be available on **Sunday 28<sup>th</sup> May between 05:30-6.30** for Middle and Standard Distance and **05:30 to 07:00** for Sprint and Novice distance. We strongly urge competitors to register on Saturday afternoon, so that you can orientate, ask questions and focus all your attention on race day to your race and not to last minute queuing.

For those of you doing open water swim sessions on the Saturday, you can pick up your race pack after your session.

At registration you will be issued with your race numbers, chip timer, T-Shirt and swim hat. **You will need a race belt or safety pins for your race number.** You can buy a race belt from us at registration if you don't have one. Chip timers are to be worn around your left ankle. If you wear the chip timer in any another position we cannot guarantee that your time will not be recorded. BTF members **MUST** bring their BTF membership card with them to registration. Non BTF members will be issued with their day license during registration. Please bring some form of photo ID with you for registration and you will not be able to collect the race pack of another person without prior consent sent by email to: [admin@herculesevents.com](mailto:admin@herculesevents.com)

### **Parking**

Parking is free for all competitors and spectators on event day and our allocated parking area is in the top field. **On entering Merchant Taylors turn left parking for the event is on the left in the top field, which will be clearly signed from the entrance.**

When entering or leaving Merchant Taylors please drive very carefully as there may be competitors on the road.

### **Bike Racking**

The transition zone will be available for bike racking from **05:30 on Sunday 28<sup>th</sup> May only.** You will need to show your race numbers to gain entry into the TZ. You must have completed racking before your pre-race briefing, which is 06:45 (Standard & Middle Distance) and 07:25 (Sprint & Novice Distance) at the lakeside. If you do not attend the race briefing you will not be permitted to race.

### **Changing rooms and toilets**

There are excellent male and female changing rooms available at the venue with ample hot showers and toilet facilities. There are no lockers in the changing rooms. Do not leave valuables in the changing rooms. **Competitors who do will do so entirely at their own risk as the event organisers have no control over security in the changing areas.**

### **Bike Racking**

The transition zone will be available for bike racking from **05:30am** on Sunday 28 May only. **ALL TEAM MEMBERS** will need to show race number to a gain entry into T Zone. Your race number will be displayed where you will need to rack your bike. You must have completed racking before your pre-race briefing at the lakeside. If you do not attend the race briefing you will not be permitted to race.

### **RELAY TEAM INSTRUCTIONS AND BRIEFING**

All members of your team must attend the race briefing at the lakeside. Briefing times are set out above.

As soon as the briefing is concluded the bike team member must proceed directly to the holding pen in the TZ. All changeovers must take place in the holding pen in Transition. Therefore the Cycle leg team member must be ready in the holding pen immediately after the briefing, ready to receive hand over of your team timing chip. The Run leg team member must be present in TZ at least 10 minutes before the estimated arrival time of your bike leg team member. The bike leg team member **MUST** rack your bike **BEFORE** handing over the timing chip. Again the changeover of timing chip must take place in the holding pen.

Responsibility for being present in the transition in the holding pen for changeovers is the responsibility of the team. Your team will be penalised if you do not conduct your change over in the TZ holding pen.

Once you have completed your leg you may leave the TZ to stand by the course/finish line to support your other team members. When your final team member completes his/her run, all members of the team should meet him/her there to receive your medals.

### **Swim course**

The team swimmer must be changed and ready at the lakeside for your allocated pre-race briefing. All team members must attend the race briefing. You will be given time to get into the water and adjust before the race begins.

This is an Open Water Swim Race in a fresh water lake. You will enter the lake using the grass bank at the bottom of the lake.

There will be a mass start. Those who are new to Open Water Swimming are urged to start at the rear or to the sides of the group. The swim course routes can be found here:

400m swim course

<http://www.mapmyrun.com/routes/fullscreen/1048374733/>

750m swim course

<http://www.mapmyrun.com/routes/fullscreen/1048371461/>

1500m swim course

<http://www.mapmyrun.com/routes/fullscreen/728887379/>

1900m swim course

<http://www.mapmyrun.com/routes/fullscreen/1048364539/>

When you have completed your swim distance of 400m (Novice) 750m (Sprint) 1500m (Standard) 1900m (Middle Distance) you will leave the lake and be directed to the Transition Zone which is approximately 200m distance from the lake exit.

### **Transition zone (TZ)**

**On entering the TZ you will proceed to THE RELAY PEN AND PASS YOUR CHIP TIMER TO YOUR TEAM MEMBER. ONLY THEN MAY HE OR SHE LEAVE THE PEN AND PROCEED TO your bike.** Standard BTF rules apply. No electronic music devices or phones are permitted to be used in the TZ. Before handling your bike you must be wearing your helmet. No cycling is permitted in the TZ. Breaches of these rules could lead to time penalties or disqualification. A BTF race official will be present in the TZ.

Follow the directions of the marshals to the “mount up point”, which is 100m from Transition. Do not mount your bike before this point. Keep your area clear in the interests of safety and other competitors.

**You will need a race belt for your TEAM number to pass on to your team member.**

### **Cycle Course**

This is an open road event. **YOU MUST ABIDE BY THE HIGHWAY CODE AND KEEP TO THE LEFT AND GIVE WAY WHERE REQUIRED.** Breaches of the Highway Code may lead to your disqualification.

The bike leg will be conducted over on open roads, it is an out and back cycle course. Once you leave Merchant Taylors and pass out on to the open roads, you will proceed out along the marked course and return down the same route back to Merchant Taylors and Transition. Please study your cycle route carefully. As with all BTF sanctioned events **it is your responsibility to know the route.**

Your cycle route directional signs will be high visual yellow, with a black arrow and orange circle.

On completing the cycle leg, you will dismount at the dismount point which is clearly marked before you reach transition. You will then enter transition and rack your bike. You must not remove your helmet until you have racked your bike. Then proceed to the relay pen and pass over your timing chip to the team runner. Exit Transition through the "Out" point and begin your run.

For a map of the cycle leg click the relevant link below:

[Novice 10KM Cycle route](#)

[Sprint 20KM Cycle route](#)

[Standard 40KM Cycle route](#)

[Middle 100KM Cycle route](#)

### **Cycle Mechanical Support for Triathlon**

There will be an on course cycle support and sweep wagon services. The number that you need to call for assistance on route is 01923 883 177. Please ensure that you save this number and do not hesitate to call should you require any help with your bike during the event.

### **Run Course**

The run is on predominantly on grass and the course is fast and flat. Apart from the novice route, the same 5KM run route is used for all events and you will need to ensure that you complete the required amount of loops for your event distance.

A map of the run route can be found here:

Novice: **½ Lap**                      [Novice Run Route](#)

Sprint: **1 Lap**                        [Sprint Run Route](#)

Standard: **2 Laps**                    [Standard Run Route](#)

Middle: **4 Laps**

[Middle Run Route](#)

### **Finish**

At the finish you will receive your medal; your chip timer will be removed and you will be able to view and print your results with your “splits” from the timing van. This will not be your official result as all times have to be checked by the chip timing provider and the race official before the winners are announced.

**Please note that you will be charged £5.00 if you don't return your chip timer to a member of the Hercules Team.**

### **Prize Giving**

There will be a prize giving ceremony, which will be held near the Finish Gantry at approximately 10.00am. Listen out for announcements on the day. There will be trophies for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Men and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place women.

Hot showers will be available in the changing rooms so that you can relax and get refreshed, grab something to eat in the clubhouse restaurant and come out for the presentation and to clap other competitors home.

There will be other races taking place, on the morning of your event. Your support for those competitors would be greatly appreciated. Please also show support for your fellow competitors by remaining for the prize giving ceremony that will follow.

### **Refreshments**

There will be hot food and refreshment upstairs in OMT bar above Registration and also other vendors on site for event day in the sports village.

### **Photos**

New Pixels Events Photography will take your photographs on the day and provide a view and buy website [here](#), where you can view and purchase prints or downloads of your images and you can also buy your images on site on the day.

### **Conclusion**

It is important to us that this is a highly enjoyable and safe event. Give yourself plenty of time to register and to look around the course. If at all possible, register on Saturday the 27<sup>th</sup> May between 14:00 and 17:00. Be on time for the race briefing and follow the directions of the marshals.

Look out for and take care of, fellow competitors and they will look out for you.

Most importantly, we will be working flat out to ensure you have a great day, so enjoy yourself!

If you have any questions or special requirements, please email us as soon as possible so that we can try to help and support you. Good Luck!

We look forward hosting you and we hope you have a great race.

**Contact information:**

**Website:** [www.herculesevents.com](http://www.herculesevents.com)

**Email:** [admin@herculesevents.com](mailto:admin@herculesevents.com)

**Telephone** – 01923 883 177

Regards,

The Event Team