



Hercules Festival of Sport - Northwood Triathlon Race Day Briefing

Date of event:	Sunday 28 th May 2017
Registration:	Saturday 27 th May from 14:00-17:00 (Highly Recommended) Sunday 28 th May (Race Day) from 05:30 – 6.30 (7.00 for Sprint and Novice)
Briefings:	06:45 Middle & Standard Distances 07:25 Novice & Sprint Distances
Start:	07:00 Middle Distance 07:10 Standard Distance 07:40 Sprint Distance 07:50 Novice Distance
Event:	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 27th May** and will also be available on **Sunday 28th 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 morning, 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 other position we cannot guarantee that your time will 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 ID with you for registration. You will not be able to collect the race pack of another person without prior consent sent by email to: 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 28th 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.**

Swim course

You must be changed and ready at the lakeside for your allocated pre-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 (Novice)

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

750m swim course (Sprint)

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

1500m swim course (Standard)

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

1900m swim course (Half-iron)

<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 your numbered rack. Standard BTF rules apply. No electronic music devices or phones are permitted to be used in the TZ. Your race number must be clearly displayed on your front. 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/dismount point”.

On race day the transition zone will be open from 05:30 for you to set up your transition area. Keep your area clear in the interests of safety and other competitors.

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 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 an 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 you must not remove your helmet until you have racked your bike. Then proceed to the ‘Transition’ 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](#)

SPECIAL NOTE FOR MIDDLE DISTANCE COMPETITORS ONLY - Water and nutrition

Please ensure that you carry sufficient nutrition and water for the cycle. There will be a marshalled water and nutrition feed station at your turn around point (50km) which we encourage you to utilise. Items available are water, fruit, energy gels and nutrition bars.

There is a cut-off time of 8 hours for the whole race for the middle distance event.

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 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 1st, 2nd and 3rd place Men and 1st, 2nd and 3rd 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 27th 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

Email: admin@herculesevents.com

Telephone – 01923 883 177

Regards,

The Event Team