



## Hercules Festival of Sport – St Albans

### Aquathlon Race Briefing

- Name of Event:** Hercules Festival of Sport – St Albans
- Date:** 22 September 2019
- Location:** Westminster Lodge Leisure Centre, Holywell Hill, St Albans, Hertfordshire AL1 2DJ
- Map:** <https://www.google.co.uk/maps/place/Westminster+Lodge+Leisure+Centre/@51.7456119,-0.3455999,15z/data=!4m2!3m1!1s0x0:0x4082da50f7b5ff6e>
- Registration:** Saturday 21 September – 2:00pm – 5.00pm (**HIGHLY RECOMMENDED**)  
Sunday 22 September (Race Day) 05:30am – 06:30am
- Pre race Briefing:** 6:45am and 7:15 (Depending on start List) - At poolside
- Start:** 07:00am/7:30am
- Your event:** Novice and Sprint distance Aquathlon

#### **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 HQ. The Event HQ will be in a marquee by the Transition on the grass area immediately opposite Westminster Lodge Leisure Centre.

Registration will be open on Saturday 21 September from 2.00pm – 5.00pm and Sunday 22 September (Race Day) 05:30 – 06:30am. **YOU ARE VERY STRONGLY RECOMMENDED TO REGISTER ON SATURDAY 21 SEPTEMBER**, so as to allow you to have a relaxed race day and so that you can familiarise yourself with the course.

At registration you will be issued with your race numbers and Event T-Shirt. BTF members **MUST** bring their membership cards with them to registration. Non BTF members will be issued with their day license during registration.

**Please check the start list in registration and take note of your assigned briefing time as you will not be allowed to start if you didn't attend the briefing.**

Please bring a 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](mailto:admin@herculesevents.com)

### **Parking**

**NO PARKING WILL BE PERMITTED AT THE VENUE, WESTMINSTER LODGE, ON RACE DAY, SUNDAY 22 SEPTEMBER.**

You may park in the Westminster Lodge Car Park on Saturday 21 September for registration. Parking is free, on receipt of a ticket, for two hours.

There are plenty of alternative car parks very close to the Event Venue. The two closest Car Parks (which are only a 5 min walk down the hill to the venue) are:

**The Maltings Car Park**, Victoria Street, St Albans. It is open 24 hours a day and is only £1 to park on Sundays. The address of the Maltings Car Park is Victoria Street, St Albans. **Use AL1 3HL for Sat Navs.**

**St Christopher's Place Car Park**; which is open from 6am to midnight and is only £1 to park on Sundays. It is accessed from **Upper Dagnall Street, St Albans. Use AL35DQ for Sat Navs**

A link to a map and directions for all Car Parks in St Albans can be found here:

[http://www.stalbans.gov.uk/transport-and-streets/parking/Car\\_Parks/Car-parks-in-St-Albans/default.aspx](http://www.stalbans.gov.uk/transport-and-streets/parking/Car_Parks/Car-parks-in-St-Albans/default.aspx)

### **Changing rooms and toilets**

There are excellent changing rooms and toilet facilities in Westminster Lodge Leisure Centre, where your swim leg is to be conducted. There are no lockers available.

### **Start time and briefing**

At 6:45am/7:15am depending on your start time which will be available the registration tent. You must be changed and ready at the pool side for the pre race briefing and to be allotted your starting place.

### **Processional swim start**

Following the briefing you will be allotted your starting position. **You must maintain your starting position or you will not receive an accurate race time.**

Competitors will begin the swim element of the race in a processional swim start. Competitors will start one after the other with 10-second intervals between each competitor.

You will swim up the left hand side of the lane and return along the right hand side of the same lane. At the end of each 'up – down' lap you will have completed 50 metres. You will then dip under the lane rope into the next lane where you will again swim up the left hand side of the lane and return along the right hand side of the same lane. You must touch the pool ends to complete your laps.

**Novice competitors (200m)** will exit the pool at the end of the 4<sup>th</sup> lane.

**Sprint competitors (400m)** will exit the pool at the end of the 8<sup>th</sup> lane.

When you have completed your swim distance of 200m (Novice) - 400m (Sprint) you will leave the pool and be directed to the rear door of the pool; from where you will move to the Transition Zone which is approximately 150 metres distance.

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

On entering the TZ you will proceed to your allocated station, to change into your running gear. Standard BTF rules apply. No electronic music devices or phones are permitted to be used in the TZ. Breaches of these rules could lead to time penalties or disqualification. A BTF race official will be present in the TZ.

**You will need a racebelt, if you don't have your own, we will have them for sale in registration.**

Follow the directions of the marshals to the "Run Out" gate, and commence your run.

There will be a water station just outside transition.

### **Run course**

The Run course will be conducted within the park and will be on a mixture of off road, grass paths and paved paths.

**Novice Competitors** will complete a 2.5 kilometre run. The map of your run route can be found here:

<http://www.mapmyfitness.com/routes/fullscreen/840350047/>

**Sprint Distance** will complete a single 5 km run. A map to the run route can be found here:

<http://www.mapmyfitness.com/routes/fullscreen/770599179/>

**WARNING** – This is an Off Road run. The run is completely within the park. Much of the run route will **NOT** be flat or paved. There will be some rough sections, pot holes, rabbit holes and other such obstructions which you would expect in an Off Road run.

### **Finish**

At the finish you will receive your medal.

This is a chip-timed event. A time will be available shortly after you complete your race from the chip timing officials.

Please remain on course to support other competitors

**PLEASE NOTE THAT YOU WILL BE CHARGED £45 IF YOU DON'T RETURN YOUR CHIP TIMER TO A MEMBER OF THE HERCULES TEAM.**

### **Prize Giving**

St Albans Mayor will be officiating at the Winners' ceremony, which will be held near the Registration tent from 9.30am.

Listen out for announcements on the day for more information and there will be trophies for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed men and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed women.

There will be other races taking place, on the morning on 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 food vendors on site for event day and they will be located in the sports village. There is also a café in Westminster Lodge.

### **Photos**

My Sports 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.

### **Massage**

Pre & post event free massages will be available courtesy of Matt at MiBodyX

### **Conclusion**

It is important to us that this is a highly enjoyable and safe event for you.

If at all possible, REGISTER on Saturday 21 September between 2.00pm and 5.00pm, to give you plenty of time to register and to look around the course.

Be on time for the race briefing. Follow the directions of the marshals and race officials.

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