



Hercules Festival of Sport – St Albans Triathlon Race Day 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 (**Recommended**)
Sunday 22 September (Race Day) from 05:30 – 06:30am

Briefings: 6:45am and 7:15am (Depending on start List) - At poolside

Start: 07:00am/7:30am

Event: Triathlon Sprint and Novice Distances

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 familiarise 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 zone on the grass area immediately opposite Westminster Lodge Leisure Centre.

Registration will be open on Saturday 21 September – 2:00pm – 5:00pm and Sunday 22 September (Race Day) 05:30am – 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 and chip timers. 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 need a racebelt, you can buy one in 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

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 minutes 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

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. Do not leave belonging there.

Bike Racking

The transition zone will be available for bike racking from **05:30am** on Sunday 22 September only. You will need your need to show your race number to a gain entry into the 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 which is 06.45am at the poolside. If you do not attend the race briefing, you will not be permitted to race.

Start time and briefing

At 6:45am/7:15am depending on your start time which will be displayed in the registration tent. You must be changed and ready at the pool side for the pre-race briefing 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 4th lane.

Sprint competitors (400m) will exit the pool at the end of the 8th 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 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 200 m from TZ. Do not mount your bike before this point. Keep your area clear in the interests of safety and other competitors.

There will be a water station just outside transition.

Bike Course

WARNING – The first and last 150m is within the Park. There may be other park users on the cycle path out and back in to the park. Please exercise caution and consideration for other park users.

Follow the cycle route signs out of the Park and on to Fishpool Street and thereafter follow the cycle route signs.

The cycle route signs are yellow, with black arrows and have an orange circle on them. **Only follow these cycle route signs.**

Novice competitors will complete an out and back course of 14km. You will turn for home at the Turn Around Point, where there will be clear signs directing you to turn. A map of the route can be found here:

<http://www.mapmyrun.com/routes/fullscreen/770126213/>

Sprint Distance competitors will complete an out and back course of 20km. You will pass through the Novice Turn Around point and continue forward following our signs. You will turn for home at a round about, where there will be clear signs directing you to turn. A map of the route can be found here:

<http://www.mapmyrun.com/routes/fullscreen/770125811/>

On completing the cycle leg, you will dismount at the dismount point BEFORE transition. You will enter transition. **DO NOT REMOVE YOUR HELMET UNTIL YOU HAVE RACKED YOUR BIKE.**

Then proceed to the **RUN OUT** point and begin your run.

Cycle leg Support

We will have cycle support out on the course. If you should suffer a mechanical failure that you cannot rectify they will bring you and your bike back to the race venue.

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.mapmyrun.com/routes/fullscreen/1147569700/>

Sprint Distance will complete a 5km 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. Please remain on course to support other competitors

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

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 1st, 2nd and 3rd placed men and 1st, 2nd and 3rd 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

Email: admin@herculesevents.com

Telephone: 01923 883 177

Regards, The Event Team