|  |
| --- |
| Dear competitor  Are you ready? Weather is set to be fine for racing. Water as it stands is a  16 degree's   Registration will be open on Saturday evening from 4 p.m. - 6 p.m. at Regatta  meadow (venue) PE19 7LH and on the morning of the event from 6.00 to 7.45  am, don’t be late ! Parking is onsite and open from 6am, follow the signs  Its free and just 50 mts from transition & registration!  Important;- BTF Day Race licences will need to be purchased at £5 on the day  for those who are not members of the BTF.  Remember, No licence, No race  (this is your insurance for the day's racing)  **Please take the time to read and understand the following Pre race Brief.**  SWIM STARTS  Wave 1 All Sprinters                      08.00   Race brief  7.50 am  Wave 2 All Standard Ladies               08.05   Race brief  7.50 am Wave 3 All Standard Men                    08.10   Race brief  7.50 am  **(Transition closes for all at 7.50 am)**  The swim course will start with a downstream swim. Throughout the Swim keep  the Large YELLOW buoys to your Right and come back up stream still with the  large YELLOW buoys to your Right.  The last YELLOW buoy should be passed on  your right and immediately turn right back to the river bank where you will  exit the water to transition.  Sprint event              750mts    1 large lap.  Standard Olympic   1500mts   2 large laps  This is a natural river so as you enter and exit the water take your time  and be aware of slips, trips and falls. Upon exiting the water marshals will  be in the water to give assistance if you require.  St Neots canoe club will be on the water for your safety.  Please abide by  their directions. There will also be a motorized rescue launch for your  safety, again abide by any directions given.  If during the swim you find yourself getting into difficulty, simply turn  on your back and raise one arm into the air and raise a vocal alarm.  Canoeists and bank rescue staff will come to your aid. If you appear to be  struggling in the swim or have been in the water for a long time you may be  pulled out at the discretion of the safety crews.  **YOU ARE NOT ALLOWED TO SWIM “BACKSTROKE”**  Note that water safety is only provided during the race itself. Do not swim  in the river outside the swim race and allocated warm up times.  WATER TEMPERATURE 16 degs  Wetsuits are Optional (but advisable)  IN THE UNLIKELY EVENT OF WATER TEMPERATURE FALLS BELOW 11.5 DEGREES THE RACE  WILL BE SHORTENED TO 500 METERS.  TRANSITION AND MOUNT (Racks will be numbered)  Run into transition find your bike, do not touch your bike until you have  put you cycle helmet on and fastened it. Remember when removing your wet  suit consider others, do not leave it where it will be tripped over by your  fellow competitors. Run with your bike out of transition via the exit marked  with bike out signs. Do not get on your bike until you reach the marked  mount zone.  Remember at this point your race number should be displayed on your back.  BIKE  Sprint event   1 large lap  Standard        2 large laps  Once on your bike leave the park with a left hand turn taking extreme care  as you join the carriage way. The bike course is on open roads with no road  closures so ensure you follow the Highway Code at all times. This event is a  non-drafting race i.e. you cannot take shelter behind or beside another  competitor or motor vehicle and will be penalized if reported to be  drafting.  The draft zone is a rectangle measuring ten (10) metres long by  three (3) metres wide which surrounds every cycle on the cycle course.  (About the same size as a bus.) The front edge of the front  wheel defines the centre of the leading three (3) metre edge of the  rectangle. Competitors may enter the draft zone of another competitor but  must be seen to be progressing through that zone. A maximum of 15 seconds is  allowed to progress though the draft zone of another competitor. If an  overtaking manoeuvre is not completed within 15 seconds, the overtaking  cyclist must drop back.  When a competitor is passed by other competitors,  it is their responsibility to move out of the draft zone of the overtaking competitor.  Look out for the signs and marshals to keep you on the right course! Pay  particular attention on the country lanes and at the junctions. It’s YOUR  responsibility to know the course, do not rely on signs and marshals.  **Although it is very well signed and marshalled.**  There are speed bumps and traffic calming areas.  Sprint and Olympic routes: - Extreme caution is needed upon entering the  town as you go down Bushmead hill; it has a sharp and blind left turn at the  bottom. You have been warned! **Ride safely it’s not worth dying for….**  DISMOUNT  Once back in the park you will dismount your bike in the marked dismount  zone, run with your bike to the entrance marked bike in, rack it the same  place you removed it from, you may then remove you helmet. Then run out at  the opposite end of transition marked with run out signs. Ensure your race  number is now facing forwards.  RUN  Sprint event    2 laps  Standard         4 laps  Your race number should now be displayed on your front, exit the transition  and turn immediately right and follow the marked course (flags/ arrows/ and  tapes) you may run on either the path or grass next to the path, your  choice. Marshals will be on all turns, Please remember the paths are open to  the public, please be courteous. (Sprint/Olympic :-there will be a water  station as you lap past transition) as you near the final stages of the run  please ensure you go down the finish straight and not on for more laps than  needed ! Your responsibility to count your laps **TIP. use elastic bands on** **your wrists !!**  FINISH  Here you will find refreshments  Prior to leaving the finish area can you please ensure your chip is removed  and placed in the bin provided. There will be marshals to assist with this!  There will be a large TV screen for you to get instant results and splits.  Bike retrieval at the end of the race will only be allowed once the last  cyclist has left for their run and only competitors will be allowed into  transition.  “There is a massage service” that will be on hand prior too and after  the race to ease those tired muscles.  FIRST AID  Nicetri and Ambtrans will be providing first aid cover for the event. If you are injured  or witness a fellow competitor getting injured please alert a marshal who  will call for assistance, there are some marshals out on the course whom are  first aid trained.  PRESENTATIONS  Due to the nature number of races there will be no presentation for the  super sprint, I will announce the winners once I have the results, you may  then collect your prize from the registration tent. any unclaimed prizes  will be posted out after the event.  Sprint and Standard presentations will take place when ALL racing is over,  outside registration;   Prizes will be:-  1st/2nd/3rd, Senior Male and Female. 1st Vet (over 40.50,60) Male and Female.  1st prize only for team events.  SPECTATORS  With the exception of the bike course this is a spectator friendly race. You  will be able to see the entire swim and be able to walk and negotiate the run course.  There is FREE camping for Saturday evening if required, Limited facilities.  Toilets from lunch time Saturday.  On race day there will be stalls selling Tri and associated equipment and a  place to buy that pre-race bacon butty,  Teas/coffee  THANK YOU, ENJOY YOUR DAY. |
|  |