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| Dear competitorAre 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 STARTSWave 1 All Sprinters                      08.00   Race brief  7.50 amWave 2 All Standard Ladies               08.05   Race brief  7.50 amWave 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 lapsThis 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 degsWetsuits 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.BIKESprint event   1 large lapStandard        2 large lapsOnce 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 frontwheel 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….**DISMOUNTOnce 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.RUNSprint event    2 lapsStandard         4 lapsYour 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 !!**FINISHHere you will find refreshmentsPrior 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 AIDNicetri 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.PRESENTATIONSDue 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.SPECTATORSWith 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/coffeeTHANK YOU, ENJOY YOUR DAY. |
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