



North West Triathlon 8th September 2013



## Competitor Race Information

Snow Hill Swimming Pool and Barony Park, Nantwich, Cheshire,  
CW5 5QY

Please take some time to read all the event information, it will make it far more enjoyable for you and reduce the need to ask questions on the day. Good luck and have a great day!

*Vic Bickerton*

Event Director

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## Important Points to Remember

- ✓ **IMPORTANT!** Ensure you know your race number and start time when you go to registration
- ✓ **IMPORTANT!** Competitors must wear a race number front and back
- ✓ **IMPORTANT!** You must have your race number when entering or leaving the transition area
- ✓ **IMPORTANT!** If you have pre-ordered an official race T-shirt please collect from the UK Triathlon store located immediately after registration
- ✓ **IMPORTANT!** For your own and other competitors safety, mobile phones, MP3 or any type of personal music system that restricts your hearing is not permitted whilst competing in the event
- ✓ **IMPORTANT!** Know how many laps you have to complete ...

	Swim	Bike	Run
<b>Sprint and Relay</b>	500m (16 lengths)	20k (1 lap)	5k (4 laps)
<b>Super Sprint and Fun</b>	200m (6 lengths)	20k (1 lap)	2.5k (2 laps)

## Event Registration

- **Arrive at least 60 minutes before your start time.**
- **Please do not attempt to change your start time.**
- It is recommended that all competitors arrive as early as possible to familiarise themselves with the layout of the event.
- **First you must go to registration, this is located in the marquee on the Barony Park, when you register you will collect your race numbers, pins etc**

### Registration opening times:

- Saturday **1.00 – 4.30pm**
- Sunday, from **7.15am**
- **Please have your start time or race number ready for the registration staff** (your race number and start time can be found at the top of this sheet).
- At registration you will collect your race envelope which contains your race numbers, safety pins, bike and helmet stickers.

### RACE NUMBERS

- Your race numbers must be worn, one on your front and one on your back and are not to be mutilated or re-sized in any way.
- Elastic number belts are permitted but you must still wear both numbers front and back, pinned on the top left and right hand corners.
- It is good practice to write your name, blood group and any allergies you may have on the back of your race number in the unfortunate case of an accident.
- PLEASE MAKE SURE YOU SHOW YOUR RACE NUMBER AT ALL TIMING POINTS!
- Timing Point 1 – Swim exit
- Timing Point 2 – Bike Dismount
- Timing Point 3 - Finish



## BTF Members

- We support membership of the BTF and therefore we recognise BTF members.
- In order to verify your BTF Membership please show your 2013 BTF licence at registration or you will have to pay the £5.00 difference.
- The £5.00 extra that non BTF members have already paid is the cost of a PRO TRI day license that allows you to compete.

## Important information before the race...

- If you need anything before the triathlon please visit the UK Triathlon Store either online, at the shop in South Cheshire or at the event.
- Once registered, lay out anything you require for the final run section of the triathlon in Cycle Transition Area 2, located opposite the registration marquee on Barony Park (any position is fine) such as running shoes or maybe a cap ready for your final run discipline.
- Take your bike and everything required for the swim and cycle section of the event and make your way over to Cycle Transition Area 1 at the swimming pool which is approximately 500 metres away and is sign posted.
- **Please do not rack your cycle in Cycle Transition Area 1 earlier than 20 minutes prior to your start time.**
- Place your cycle on the rack (any position is fine) along with items you require for the cycle such as helmet, sunglasses, shoes, vest or T-shirt.
- When leaving equipment in the transition area, please note that we cannot be responsible for any items lost or stolen, although we are allocating security staff to specifically watch the transition area.
- As a security precaution, you cannot take your cycle out of the transition area without your race number and corresponding cycle sticker.

**You must have your race number with you to enter either of the transition areas, as security will require it.**

## Swim (Sprint & Relay 500M / Fun & Super sprint 200M)

- **Please be on the poolside 10 minutes before your start time for your compulsory race safety brief** (late comers will miss important safety information about the course, if you miss your safety race brief and you go wrong on the course, please do not complain to any official or voluntary marshal).
- The pool is 30.3 metres long
- **Tumble turns, diving or back stroke are not permitted at any time during your swim**
- The swim course is very straightforward and there are signs and official race crew to help if you get confused, don't worry it's easy!
- You swim the required number of lengths in each lane & then switch into the next lane and so on.
- It is up to you to count your own lengths, there will be spot checks throughout your swim.
- A swim cap will be allocated to you at the poolside which you must wear, please take it off when you exit the pool (please don't make us chase you for it!).
- If you have your own swim cap you may use it but it must be a bright colour so you are easily visible in the water.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

### **Sprint & Relay Triathlon:**

- 4 lengths in a clockwise direction in each 4 lanes to total 16 lengths

### **Super Sprint & Fun Triathlon:**

- 2 lengths in a clockwise direction in each 3 lanes to total 6 lengths

## Bike (20K Sprint, Relay, Super Sprint & Fun Triathlon)

- When you finish your swim, change into your cycling gear in the cycle transition area (you must wear a shirt, vest or all in one trisuit for the cycle section of the race with your race number clearly displayed on your front and back).

**Use the ASICS carrier bag with your corresponding race number on that you received at registration to put any items in from the swim (such as goggles or a towel), leave it next to where your cycle was in the transition area & a marshal will return it to the registration marquee (signed BAG COLLECTION ON BARONY PARK FIELD near the registration marquee) for you to collect after completing the race (you must show your race number to retrieve your bag!).**

- You must fasten your helmet before taking your cycle off the rack.
- Walk or run to the cycle mount line where you commence the cycle section of the race.
- **1 lap of the course completes the distance.**
- Over the last two years there has been a slight change to the cycle course within the first 800 metres.
- Instead of turning left at Hobson's Choice corner shop and going through the traffic lights, the course heads through the housing estate missing out that section eventually emerging back out onto the same road but further up.
- Please take extra care as there is a very tight left turn on to the main road and a strip of uneven cobbles about a metre long to negotiate.
- Follow the signs around the course and do not turn until you see a sign or marshal.



- The cycle course is mainly flat with some undulations.
- Please take extra care at all junctions & roundabouts although there are marshals present, they are not there to stop traffic or tell you where to go, the high viz bikes signs get you around the course.
- Beware of speed ramps on the first 500 metres.
- There are 2 coned lanes that go through traffic lights, the first at 7.6km and the second at 9.7km, please stay inside the cones & take extra care! Failure to do so will constitute an instant disqualification.
- **Dismount your cycle at the end of the cycle course, a marshal will tell you.**
- **Do not unfasten your helmet until you have racked your cycle.**
- **Do not ride your cycle in the transition area.**
- **You will not be allowed to take part without a cycle helmet (NO HELMET NO RACE).**
- Ride your bike in a responsible manner and obey the Highway Code, please consider other road users and above all RIDE SAFELY.
- Irresponsible cycling will constitute an immediate disqualification & possible prosecution from the Police.

## Drafting

- Cyclists must maintain a forward distance of 5 metres between each other at all times except when overtaking.
- It is the responsibility of the overtaken rider to drop back to maintain this gap.
- Drafting marshals will strictly enforce this rule and offending cyclists will receive a time penalty for the first offence and disqualification on the second.

## Run (Sprint & Relay 5K/Super Sprint & Fun 2.5K)

- When you finish your cycle, re-rack your cycle and change into your running kit in the transition area 2 (if you are running in different clothing).
- Your torso must be covered for the run section of the event with, for example a tri-suit, swim suit, running shirt or t-shirt complete with race numbers clearly visible front and back.
- Follow the taped area onto the run course:  
**4 laps for Sprint & Relay**  
**2 laps for Super Sprint & Fun**
- Follow the posts and tape around the course.
- It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient laps completed.
- There is a feed station on each lap that will be serving High5 sports drink and water. When you have finished the run filter into the sign posted finish lane and continue to the finish line.

## Relay Teams

- Each member of the relay team completes one of the three disciplines in the triathlon.
- At registration you will be given a wristband that you have to relay to the finish line. After completing the swim, the swimmer then passes the wristband to the cyclist inside the cycle transition area next to where the cycle is racked, the cyclist must not take their cycle off the rack until receiving the wristband. The cyclist completes the cycle course and passes the band over to the runner in the transition area only when the cycle has been placed back on the rack.
- The runner completes the run and hands in the band at the finish line.
- Relay awards are based on all male and all female teams.

## Race Day Information

### DIRECTIONS - Satnav postcode CW5 5QY

- From north or south M6 J16, follow signs for Nantwich, follow Nantwich bypass heading for Chester, at the 6th roundabout from the motorway (not including the motorway roundabout) turn left heading toward Nantwich town centre (Sainsbury's supermarket will be on your right hand side at 100 metres).
- The Barony Park is 300 metres on the left. Go past the park to the traffic lights and turn left, triathlon parking is 250 metres on the left (signed).

### PARKING

- Is available on the Barony Park.
- Follow the Triathlon parking signs.
- All day parking is only £3 and covers a donation to our official local charities. Plus the cost of field damage in adverse weather.

### DO YOU NEED ANYTHING BEFORE THE EVENT?

- If you require anything before the event perhaps a trisuit or new running shoes, elastic laces for a faster transition, race belt, High5 nutrition products to give you more energy or even a new bike then visit the UK Triathlon Store either online at [www.uktriathlonstore.co.uk](http://www.uktriathlonstore.co.uk) or at the shop in South Cheshire.

### RACE DAY PHOTOGRAPHY

- The official race photographers will be at the finish line.
- Please make sure you have your race number clearly visible so you can check out your photographs on the screens at the finish line and purchase if you wish.
- Photos can be obtained after the event at [www.theeventphotographer.co.uk](http://www.theeventphotographer.co.uk)

### REFRESHMENTS

- There is quality on site catering at the event serving hot & cold food & drinks.

### FACILITIES

- Toilets and showers are at both the Barony Park Pavilion and Snow Hill Swimming Pool.
- Open from 7:30am.

### HOTEL, B&B & CAMPING

- For hotel, guesthouses, B&B & camping contact Nantwich Tourist Information
- on 01270 537359 or visit [tourist information](#)
- There is free camping and caravanning on the Barony Park for Saturday night only. Just turn up and pitch!

### RESULTS

- Your times will be available shortly after you have crossed the finish line and will be displayed on the TV screen which is located at the finish line.
- Overall results and times will be online at [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk) on Monday 9<sup>th</sup> September.

## **Additional Information**

### **MESSAGE**

- Pre and post race massage will be available on race day.

### **PRIZES & MEDALS**

- There is a commemorative 2013 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Sprint and Super Sprint races & 1<sup>st</sup> place all male and all female Relay teams.
- In addition there will be prizes for all five year age group winners in the Sprint triathlon so stay around for the prize giving which will take place shortly after the last competitor has finished.

### **Important note to all competitors as your safety is paramount to us:**

The North West Triathlon is registered, sanctioned and governed by PRO TRI UK, a non bias association dedicated to delivering professional health and safety, risk assessment, rules and refereeing guidance to the UK Triathlon Race Series.

### **ACKNOWLEDGEMENTS**

Many thanks to all that have made this event possible, especially all volunteer marshals and helpers, all at Go Green, Cheshire East Council, Crewe and Nantwich Police, Sundog, Asics, TYR, High5 and Mornflake and anyone else that has helped in anyway.