

Mayfield Triathlon 2019

RACE DAY INFORMATION



Mayfield Triathlon / Duathlon Events– 26th May 2019

Race information_(draft)

EVENT STAGE BY Hedgehogtri Events

VENUE

Mayfield Girls School is located in the village, but note the Triathlon meeting point will be based in the schools north car park and is better accessed from the north of the village via the A267 and then a country road – “Tunbridge Wells Rd” (near Mayfield Community Fire Station). [Click this LINK to open a map to assist with the location of this venue.](#) **Please note the postcode for the school is not the correct location.**

RACE DAY EVENT TIMETABLE (some end times approximate)

06.45 Registration opens
06.45 Transition opens
07.15 Triathlon registration closes
07.15 Race Briefing overlooking the finish area
07.30 Race start (standard)
07.40 Duathlon mass start
07.50 Race Start (Sprint/ Youth)
08.30 Race start (Superprint) - approx.
10.00 Expected finish -approx.
10.15ish Prizes -approx.

ARRIVAL

Car Parking:

Follow the entrance roadway down toward the car park

PLEASE DO NOT PARK ON THE ACCESS ROAD

All triathlon competitors must be on site by start of the event and attend a race briefing

REGISTRATION ON THE DAY

ENTRIES ON DAY ARE AVAILABLE BEFORE 6.30am ONLY (cash only).

- Opens at 06.45 and will close at 07.15 prior to the briefing and start.
- Please ensure you register before closure as volunteers will be required to move to marshalling points for the race start.
- Please complete the **Competitor Responsibility Statement** before registering.
- Each competitor will receive in their race pack which contains . . .
 - Two race numbers (**back for the cycle, front for the run**) -remember no folding of the number is allowed.- Race belts can be used – number must be shown correctly at all times.
 - Race labels for your helmet, cycle, spectator supporter and any small bag.

- PLEASE COMPLETE YOUR DETAILS ON THE BACK OF THE RACE NUMBERS.

You will be 'Body marked' with your race number on your upper RIGHT ARM and RIGHT CALF, Cycles to be placed into transition under instruction from members of the Hedgehogtri Team.

YOU USED YOUR BTF Licence to enter? Then Show your BTF race licence OR pay £5.00 for Day Membership- NO EXCEPTIONS.

The Triathlon England 'day licence', included in your entry fee, will be emailed out to you on 24-48hrs prior to the race. So for the race, all taking part, are members of Triathlon England. You do not have to be a member of a triathlon club.

CYCLE TRANSITION

- Please ensure race number labels are attached to cycle and helmet.
- Approach the non-racing entrance WEARING your CYCLE HELMET ready for the check.
- Cycle check may also be carried out of bar end stoppers, no illegal equipment.
- We check with you that YOU are happy with the safety of the cycle.
- Rack your cycle on your numbered position
- Cycles are alternately along the rack, where possible so check which way your number is facing.

NO mobile phones, No MP3 players, All kit to be kept in your own designated area.

WE WOULD ADVISE YOU DRESS FOR THE WEATHER, NOT JUST BECAUSE IT IS A TRIATHLON.

PLEASE NOTE: no boxes allowed in transition. An area is set aside for any boxes to be stacked before race start.

- Lockers are provided in the pool changing room for valuables.

RACE BRIEFING

Race Technical Official - tbc

07.15 In front of the swimming pool for Standard competitor

07.35 for Duathlon competitors

07.45 for all others.

All to attend, Standard competitors to be ready to start immediately afterwards.

THE COURSE -

SWIMMING SECTION

Please approach poolside from the changing area, on then to poolside,

Line up in numbered order ready for your start.

Please do not disturb the Swim Starter(s) they will be busy.

STANDARD TRIATHLON START (600m) 07.30hrs

Swimming 4 to lane complete the 24 lengths, marshals will help YOU count and give you a '2 to go' shout. Swim caps will be supplied.

SPRINT START(400m)- 07.50 (approx.)

Wait/Q in race number order

You will enter the water after the person in front of you has started.

The swim will be a 'Snake' type (using all four lanes) starting in the shallow on the far side away from the exit.

Competitors will be started approx.. 20-30 seconds apart and will swim keeping to the left.

- Swim up and down the lane, at the shallow end drop down under the lane rope into lane 2 and again swim up & down.
- Keep to the LEFT, of the lane.
- Touch end of the pool, exit pool
- Proceed to starting point, enter water (swim starter will ensure a suitable gap).
- Swim course again.

SUPERSPRINT START (200m) – 08.30hrs (approx.)

- Snake swim as above, one lap then exit.

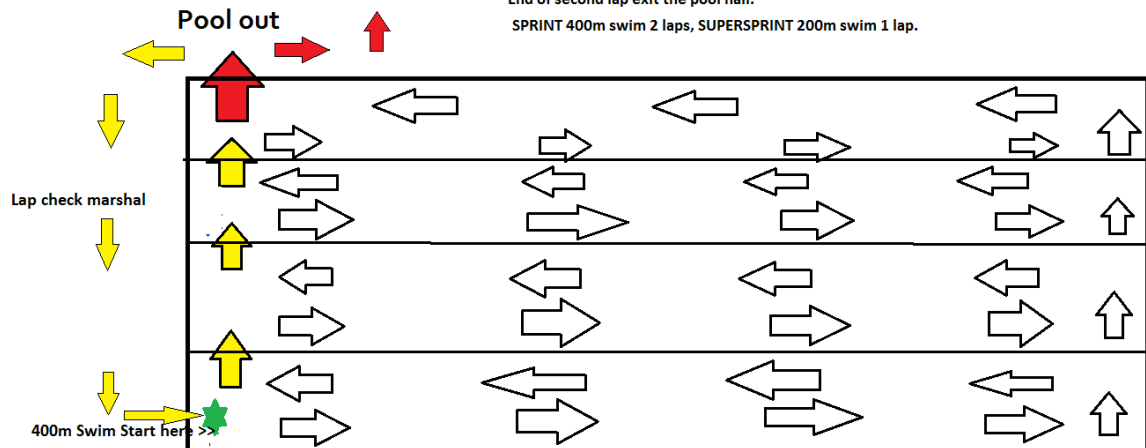
SWIMMING CONDUCT & RULES

- No tumbleturns,
- NO DIVING (DQ able)
- Give way at the end of the length to faster swimmers behind you.
- If your feet are touched, stop at the end of the length, and allow them through.
- Please no dangerous overtaking in the lane- time penalty
- Only breaststroke or front crawl, no backstroke
- No Running on poolside,
- Exit the pool, WALK along poolside, exit through far door and into the cycle transition area.

'SNAKE' STYLE SWIM IN 4-LANE POOL

Individual start, swim 200m, exit, walk back to start, get back in, swim 200m.
End of second lap exit the pool hall.

SPRINT 400m swim 2 laps, SUPERSPRINT 200m swim 1 lap.



= Change lane, go under rope

DUATHLON

Briefing at 07.45hrs start straight after by the finish area.

TRANSITION

Locate your cycle, before touching your bike put on and secure your cycle helmet.

Take your cycle and walk/run to the cycle exit (Do not ride).

Stop and mount in a marked area.

Check the way is clear and start your cycle section.

CYCLE SECTION (Standard= 32km 4 laps, Sprint & Duathlon= 24km -3 laps, Supersprint=8km - 1 lap)

[Cycle Course Map](#)



- When on the highway the rules of the 'highway Code' MUST be followed. Failure to do so will mean disqualification and risk the event in the future.
- There is 'NO Drafting' meaning you keep 10metres from the cyclist in front, unless overtaking. If overtaken YOU must drop back 10metres.
- Marshals around the course turning points,
- Follow the TRIATHLON signage 24"x18" bright fluorescent yellow with black writing/ arrow.
- Please obey the marshals if told to stop.

COURSE – Out > Laps> Back

- Standard 4 laps
- Sprint 3 Laps
- Supersprint /GoTri 1 Lap

- All the route is sign posted, the description and types used will be mention at the race briefing. Any other know races taking place will also be mentioned.
- Please observe all stop signs.
- Follow the highway code at all times
- VERY IMPORTANT – there is two right turns, all near the car park entrance. This area will be marshalled but please take care.

Remember: **You are responsible for your own safety on the highway and follow THE HIGHWAY CODE.**

TRANSITION FROM CYCLE TO RUN

Place your cycle in the correct position before unfastening and taking off your cycle helmet.

When ready run through the 'Run out' exit on to the run.

RUN SECTION (Standard- 4 laps, Sprint/Duathlon -3 laps, Novice- 2 lap, Duathlon 1st Run=3 laps, 2nd Run =2 Lap)

[Click HERE to view run route](#)



- Upon exiting T2 follow the run out exit of sign
- All turns are route marked throughout the course. NB - it is your responsibility to follow these, with help from the marshals
- All the run route is on grass/public footpath and is on the school grounds.

Novice:

- 2 laps, collect a red band at each pass of the 'band and water' station
- Follow the run instruction, finally peeling off and go towards the finish line at the side of the car park.

Sprint:

- 3 laps, collect a red band at each pass of the 'band and water' station.
- You should have 1 red band from the first run and 1 red band from the second run, 3 for the last lap before peeling off and heading towards the finish line

Standard:

- 4 laps, collect a red band at each pass of the 'band and water' station.
- You should have 1 red band from the first run and 1 red band from the second run, 3 for the third lap, then again collect the 4th band before peeling off and heading towards the finish line

Duathlon:

- For the first run 3 laps, collect a red band at each pass of the 'band and water' station.
- You should have 1 red band from the first run and 1 red band from the second run, 3 for the last lap before peeling off and heading towards the transition area to collect the cycle.
- For the 2nd run collect 2 bands, completing 2 run laps then into the finish.

GENERAL 'RUN COURSE' DETAILS

- The water and band station (this is where you collect your lap counting bands) will be located in this area
- You will be running on public footpaths and fields
- Take care and listen to the marshal at the road crossing.

Finish:

Congratulations, you made it! Stretch, cool down and relax.

TIMING

Times are taken manually at: Start, End of Swim(or end of 1st Run), Start or Run, Finish. So both cycle transitions will be in the Cycle time.

Just a few basic race rules:

- Use of MP3 players/ Go Pro or like video and mobile telephones anywhere around the course is prohibited.
- Cycle helmet must be worn and fastened when cycle is in use.
- No riding or running together, triathlon is an individual event.
- Race numbers must be visible at all times, on your back for the cycle, on your front for the run. If we can't see the number we can't give you a time.
- Only competitors allowed in the cycle transition area.
- Cycling- keep 10metres away from the cyclist in front unless overtaking. If overtaken you must drop back 10metres.

- Littering is not allowed, there are bins marked on exit from transition for any Gel packs, bottles etc. If you throw down litter you will be penalised as per new rules.
- Please go to: <https://www.britishtriathlon.org/competitionrules> website for all the race rules.

RESULTS

- There will be interim results available after the last competitor has crossed the line, these will be to determine the prize winners.
- The full interim results will be posted on the web on the same evening. Any issues are to be raised with the race organiser ASAP.
- On the following Wednesday the results will be declared final and winners trophies posted out.

PRIZES

OVERALL	M/F	1st
Youth(15-17yrs)	M/F	1st
Sprint > 40yrs	M/F	1st
Sprint < 41yrs-49yrs>	M/F	1st
Sprint < 50yrs+	M/F	1st
Standard >40yrs	M/F	1st
Standard <41yrs-49yrs>	M/F	1st
Standard < 50yrs +	M/F	1st
Duathlon	M/F	1st
Supersprint	M/F	1st
Relay(sprint)	Team	1st
Relay(Standard)	Team	1 st

TOILETS/ CHANGING

These will be in the leisure centre building. Building opens at 06.30hrs.

FIRST AID

Supplied by East Sussex Medical and will be positioned next to transition.

British Triathlon Technical Official –tbc

Any issues regarding the event please see the official.

PUBLIC ADDRESS

Commentary through the event will start at 8.30am, please listen out for announcements that may affect the race, we will try and give your name check around the course.

Questions? then please email us info@hedgehogtri.uk

volunteering

If you have a family member or training partner that can help marshal at the event we would love to hear from you. Volunteer briefing is to be next to registration (in the café) at 6.15am, collect your food /coffee voucher, hi-vis vest and instructions. In return we can offer a free entry into a future event and help towards expenses. Email phil@hedgehogtri.uk

PLEASE CHECK BACK NEARER TO RACE TIME TO SEE IF FURTHER UPDATES HAVE BEEN MADE.

DRAFT