



Tri Race Information

Sunday 28th April, 2019

How to find us

The event is run behind Southam Leisure Centre and Southam College - Welsh Road West, Southam, Warwickshire. Put **CV47 0JW** in your sat nav or in google maps to find out exactly where we are.

Parking

Please use the car park at the back of **Southam College** (right hand side of map provided). It's almost next door to Southam Leisure Centre, slightly closer to town. We'll have signs up.

The main school car park (large carpark on left of map) will also be available, **but will be closed after the event starts at 7:00am** and will not re open until after the event finishes as the bike start and finish share the access.

The leisure centre car park will also be open.

If at all possible, park off site, but **PLEASE** not on the road near the school entrance.

Registration

- Go to Race Registration (indicated on the map) near to the transition area to be given your race number and security stickers. One sticker on your bike and one on your helmet. This is so we know it's you taking your bike. If you get a **QR Code** in your email, bring it along for speedier reg. (Fingers crossed it works ... can scan from your phone or a printed sheet). Standard box ticking too :)
- * Registration will be open from **1pm until 5:00pm on Saturday** and from **6:15am on Sunday**.
- Please bear in mind that when you register, we'll need to write on your left shoulder and lower right leg – **no tight jeans please !**

Transition Area

- The transition area will be in the Southam College overflow car park (usual venue near to the leisure centre to the back left of the school).
 - Your position is numbered on the racking. If you have an odd number, rack your bike facing the college, if it's even, face the field.
 - When you are setting up your bike, please be aware there may be competitors racing, so try to inconvenience them as little as possible. Ideally we would like all competitors to have set up and left the area before the race starts at 8am sharp.
 - **No.s 1 to 70 (first row) must have their bikes racked no later than 7:40am**
 - **No.s 71 to 134 (second row) must have their bikes racked no later than 8:20am**
 - Only competitors in the transition area after 6:30am.
 - Make sure your helmet is on and buckled before you pick up your bike.
 - The bike exit will take you out onto the road. **Please don't mount before the line and sign.**
 - When you return, please dismount before the line and sign.
 - Rack your bike before you take your helmet off.
 - Exit the transition area - through the run exit to start the run.
- It's worth spending a few minutes investigating where we require you to go before you start your race.

Swim

Please be poolside at least 10 minutes before your start time, to double check your arm and leg are marked, and to receive and put on your timing chip.

When you enter the swimming pool, do not cross the swimmers exit. Walk to the left and proceed around the pool clockwise. The start co-ordinator will put you in start order and tell you when to start. The swim will start and finish at the shallow end. The exit is through the spectator area. There will be four swim lanes. Everyone will start from the same point at intervals to ensure as little crowding as possible.

- Swim four lengths in each lane, then duck under the rope to the next lane.
- Count your own lengths.
- No diving, **no tumble turns**.
- If you get into difficulty, roll onto your back and put your hand up to attract the lifeguard.
- Overtaking. If you do catch someone, touch their foot as you do. At the end of the length, they will stop and allow you to pass. Likewise, if someone touches your foot, let them pass.
- When you've done your 16 lengths, exit the pool and proceed to the transition area through the spectator area.

Bike

- You **MUST** wear a helmet and you **MUST** obey the rules of the road, including give way and stopping as required at junctions and pedestrian crossings.
- As you exit the college grounds, turn left. **Watch for traffic!**
- Each turn on the bike route is signposted, marshalled, or both.
- Your number should be visible on your back during the bike leg if possible.
- As the cycle route comes up through Southam town centre, your supporters might want to wait there and cheer you on before walking up to the leisure centre to cheer you on your run laps.

No known obstructions to the route.

Run

- The run is five laps around the college playing fields - the route has changes.
- We have wristbands to help you count each finished lap - wearing 4 = your on the last lap.
- At the point where the finish line split is, there will be someone handing out the bands. When you finish lap 1, take a band, when you finish lap 2, take another band. If you're coming past the finish and you've already got four bands, don't bother taking another because you'll be allowed to finish. **The colour of the bands is irrelevant.**
- Please run around the outside of the posts and tape.
- Water will be available each lap. There will be a finish medal and a pack for adults with something to eat and drink & jelly babies will be on the table too.

Results

- We will be using the chip timing system so we aim to get the results available promptly after finishing at the event, and available directly on Stuweb and via a link on our website.
- Prize-giving will proceed not long after the last competitor has finished and the results have been confirmed. **Please stay and support your fellow competitors if you can spare 10 minutes after the event.** We won't forward a prize to competitors if you don't collect it on the day, however you can make arrangements to collect. Prizes for 1st, 2nd & 3rd in the following categories ... Snr Male, V40 Male, Snr Female, V40 Female & Team ... (V40 are 40+ years).
- We also have the best Under25 and Over 55 Male and Female trophies but for the winners only.
- Please feel free to bring your supporters, there is a spectators area near the finish.

General

The most important time for us to see your number is on the run, so if you pin it to your shirt, pin it to the front. Although it's preferable to use **elastic** or a **number belt** so you can swap it from back (bike) to front (run). Your number will also be written on your left upper arm and right lower leg. This year the Jnr's event will follow the Adults, starting with registration from 11am. Please make sure you have all your equipment out the transition area by 11am for the incoming kids to set up.

Race Briefing

There will be a race briefing on race day in the transition area at 7:40am, and again at 8:20am for the late arrivers. **Please note that attendance at the race briefing is compulsory.** We will tell you about any last minute changes to the course and inform you of any safety / relevant issues which may affect your race. (It might be a little damp again!)

This will also be a chance for you to ask any last-minute questions on the race, and speak to the race official.

*Race briefing will still be held regardless there being any news or not, if only for me to wish you all a safe and enjoyable race.

Team Rules

16.10 Relay Exchange: (these are more for self governance as we aren't an 'official' event, but worth noting for a fair race for all teams...)

- a.) The relay exchange from one team member to another will take place inside the **exchange zone**, which will be indicated on the day (usually near the pool exit);
- b.) **The exchange is completed by the in-coming competitor using their hand to make contact with the body of the out-going competitor within the exchange zone** (kisses, cuddles and hugs are allowed);
- c.) If the exchange occurs outside the exchange zone, the team will be made to wear a bunny suit for a month (theoretically);
- d.) If the exchange is not completed, the team will be vapourised (in the minds of the other teams who have done it correctly);
- e.) Prior to the relay exchange, the competitors will wait in a relay exchange zone and dance the dance of the 7 vails (or wait calmly for your teammate to tag you!);
- f.) Competitors must not put their helmet on until they have been tagged by their teammate; only once the competitor has left the exchange zone can the helmet be picked up and secured before the competitor can touch their bike – yes a complete fuff but rules is rules you know, failure to comply will result in many intimidating words aired in your direction!;
- g.) Competitors must remove their helmet once their bicycle is racked (your adoring fans love to see a bit of 'helmet hair'); only once the helmet is placed in their numbered area in transition can the competitor enter the exchange zone and tag their teammate.

Toilets & Lockers

Toilets will be available in the Southam Leisure Centre - please enter from the front of the building and ask at reception.

Lockers are available in the changing rooms - please be sure to bring some change to operate them.

Any questions?

We will be on site from about 5:30am on the Sunday.

We will also be running an event for kids on Sunday afternoon.

You can phone me, **Simon** on **07887 788948** with questions.

Refreshments at the Kiosk

We also have tea/coffee/squash and biscuits on offer Sunday.

The Lions ladies are making some **bacon rolls** on the Sunday - so it is first come - first served.

And finally ...

A big shout out to Southam Lions and our sponsors - without them, this event would be very difficult to put on each year. So if you ever get a chance you support them, please do. More information can be found on our **sponsors page** on the website at www.southamtriathlon.org.uk

And the last words go to you, the competitors, without whom we would not be able to hold this fantastic event each year - your continued support is very much appreciated - Thank you :).

Good luck on race day, tri-hard and stay safe.