

Bedford Priory Middle & Sprint

Triathlon

2015

Please read carefully for your information & safety

Entry: Online closes **midday** on **Friday 22nd May**.

Location: Priory Country Park - **via Stannard Way, Bedford MK44 3JZ**

Registration: Sun 25th 06.00-07.00. Transition area opens: Sun 24th 06.00-07.15.

Briefing: 07.15 adjacent to transition area. **All competitors must attend.**

Start: Middle - 07.30, Sprint - 07.35

Number Belts: Allowed if used properly - ie. Tyvek number must remain unfolded, untorn, face outward, not inverted and the front for the run section. Any variation in this may result in a time penalty or disqualification.

Swim: 750m & 1900m - Deep water wave start in the lake - single lap.

Bike: 20k & 90k - 20k undulating loop for Sprint. 25k loop followed by two longer loops for the Middle. **Highway Code applies at all times.**
No drafting!

Run: 5k & 21k - Mix of grass track and tarmac footpath. Flat!

Finish: Adjacent to transition. Water available.

Time Limit: There is an 8 hour time limit for the Middle. Anyone still on the course after that will be asked to stop.

Timing: Chip timed at Swim-In, Bike-Out, Bike-In, Run-Out and Finish. Pick up chip at registration. Wear securely on **ANKLE**. NO CHIP = NO TIME. Non-returned chips charged at £20.

Camping: Available at Box End Park located to the west of Bedford.

www.boxendpark.com

01234 846222

Bedford Priory Middle & Sprint Triathlon 2015

Competitor Information

Race Date: Sunday 24th May

Sprint Tri - 750m Swim, 21km Bike, 5km Run

Middle Triathlon - 1900m Swim, 90km Bike, 21km Run

Venue: Priory Country Park, Stannard Way, Bedford MK44 3JZ

Parking: As above - turn left opposite Irvine Whitlock

Camping: Box End Park, Kempston

Registration: Sunday 24th 0600-0700

For a guide to the rules and particularly drafting see section 27 of the BTF Rule Book:

http://www.britishtriathlon.org/britain/documents/about/rulebook_2012.pdf

Wave Start Schedule:

1 - 0730 - All Middle Tri

2 - 0735 - All Sprint Tri

Arrival

Please arrive in good time. Parking is free and is located on the left before the bridge at Cardington Lock. **Do not park on the section of road between Stannard Way and the car park as this is part of the cycle route.**

Registration

Give your name to the helper and take your goody-bag, numbers and hoody.

If you are a BTF Member you need to **show your licence or pay the extra £5.**

Numbers

You will have 2 large tyvek numbers - you must have one of these on your back for the cycle section and front for the run section. Pins are provided.

There are 2 sticky numbers - the larger is for your swim hat - please firmly fix this to the side of your hat.

The smaller one is for your bike - this will enable you to retrieve it after the race.

The timing chip is very important - don't lose it or you'll not only have no times but a £20 bill too!

Thread it onto the velcro strap. The strap then goes on your **ankle - NOT YOUR WRIST PLEASE!** Close the velcro firmly. Be sure it's still attached after you've taken off your wetsuit.

Racking

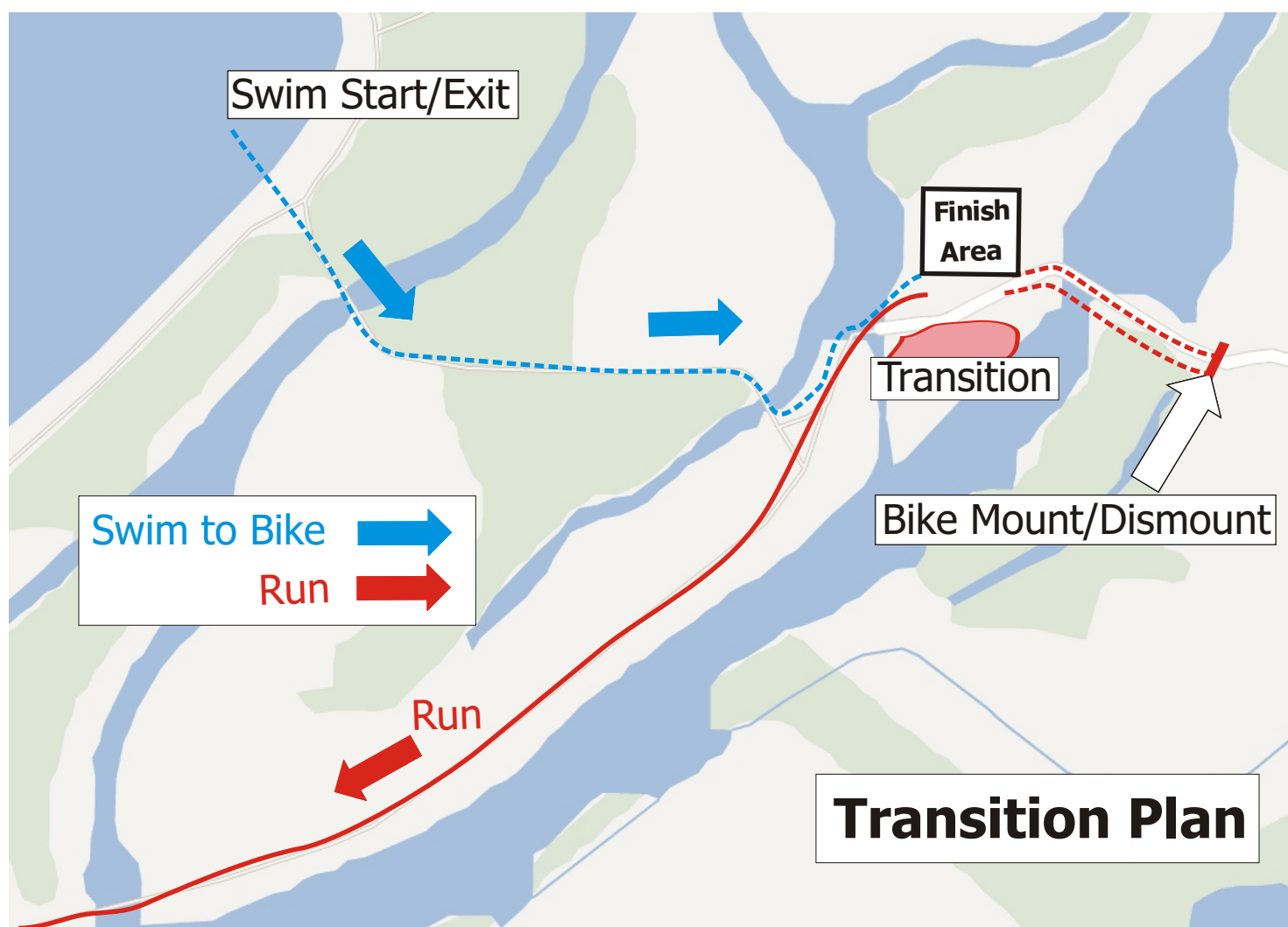
Racking is on Sunday from 0600-0715. Do not use more than your allotted length.

Keep kit bags out of the way. Do not attempt to mark your spot to make it easier to find.

Race Briefing

This will be next to transition at 0715. Please stop what you are doing and pay attention for your info and SAFETY.

Everyone must attend. There will be new info on late changes to the course.



Swim Section

The swim starts in the lake at the beach area. You need to be there well before the start time for your wave.

When instructed you can enter the water. **DO NOT DIVE.** You'll have around 5 minutes to warm up. The hooter will signal the start of each wave. The two swim routes are marked on the maps. If you feel in trouble during the swim please roll onto your back and raise an arm. The kayak support will help you. Exit the water back at the beach. Make your way across the bridges into transition.

Transition 1

After entering transition find your bike and get set for the next section. You **MUST** have your helmet in place and FASTENED before you un-rack your bike. You must not cycle in the transition-area. Wheel your bike to the exit where the marshal will supervise your exit onto the highway. You can then mount up and continue.

The cycle courses* are indicated on the respective maps. All turnings will be clearly signed (large black arrow on fluorescent yellow background). Marshals will be at key points for your guidance and safety. They will not be responsible for indicating if traffic is coming or not - that lies with each competitor. Cycle safely and sensibly and obey the Highway Code.

All competitors must wear a BTF approved helmet (ANSI or SNELL certified). You cannot ride in the transition area. There will be a mount/dismount line just outside the area.

Cycle Section

Please study the respective course carefully.

NO HELMET - NO RACE!

The road from Priory is still open to road traffic and pedestrians – take care and keep your head up! It is your responsibility as a competitor to acquaint yourself with and navigate the course. Look out for signs and marshals. The bike route is on main roads and you have to cross some major roundabouts right from the off. Take extreme care and always use the Highway Code. The arrow signs will make it easy but you have to be looking at them.....so study the map!

After only 1 mile both routes turn right at Cardington village. You must treat this junction with the utmost of care. At around 6 miles there is a very tight bend at the entrance to Shuttleworth - again - be careful. This is followed by a left turn to Ickwell which is both sharper and narrower than it first appears - slow down and stay safe!

Sprint course turns left in the village of Northill at around 12km (7.5miles) and heads to Cople. There will be arrows and a marshal but if you miss them you'll be on the Middle course! On returning through Cardington village you will have to turn right across the traffic.

YOU MUST APPROACH AND TREAT THIS JUNCTION WITH EXTREME CAUTION. ULTIMATELY, THE DECISION TO PROCEED IS YOURS. IF YOU ARE SEEN TO BE RIDING RECKLESSLY OR DANGEROUSLY YOU WILL BE DQed AND TAKEN OFF THE COURSE. PLEASE DON'T PUT YOURSELF AND OTHERS AT RISK.

After negotiating the big roundabout on the A603 the Sprint returns to transition.

Middle heads straight through Northill at 12km (7.5miles) - pay attention or you'll be on the Sprint course! The A603 can be busy and a bit narrow in places so please take care along this section You'll need to negotiate the big roundabout under the bypass several times - so get in lane and be safe. Traffic will be busier as the race goes on so ride accordingly. You need to do the larger loop along the A600/A658/A603 twice. Don't forget to come back into transition at 91km (57miles)!

Transition 2

On returning you must come to a complete stop before the line and dismount.

Re-rack your bike in it's original position and prepare for the run section. Do not unfasten your helmet until your bike is re-racked.

Run Section

Sprint - 5km - 2 laps of the swim lake

Middle - 21km - out and back

The run routes are on grass and tarmac path and are very flat. The Sprint is a simple 2 laps of the swim lake and the Middle is a little more involved but still fairly simple.

Water stations will be located alongside transition and at 3 points on the Middle route. Keep to the footpaths at all times and please show consideration to others.

Finish

The finish funnel/line will be clearly marked. You must make sure your number is clearly visible to the front. Please hand in your timing chips.

Timing

Split times will be taken as you enter T1, start the bike, finish the bike, start the run and at the finish line. Please make sure your number is visible well in advance.

Refreshments

Refreshments are available on site.

Water/Feed Stations

Water and High5 will be available at Transition and at 3 points on the Middle Run route.

First Aid

Paramedics will be on hand during and after the race.

Massage

Massage will be available before and after the race.

Presentation

The presentation will take place as soon as the overall results have been collated and checked. This will take place at the finish line. Please stay for the presentation and support those who have won medals etc.

Results

Full results will be online the next day or earlier if possible.

Camping

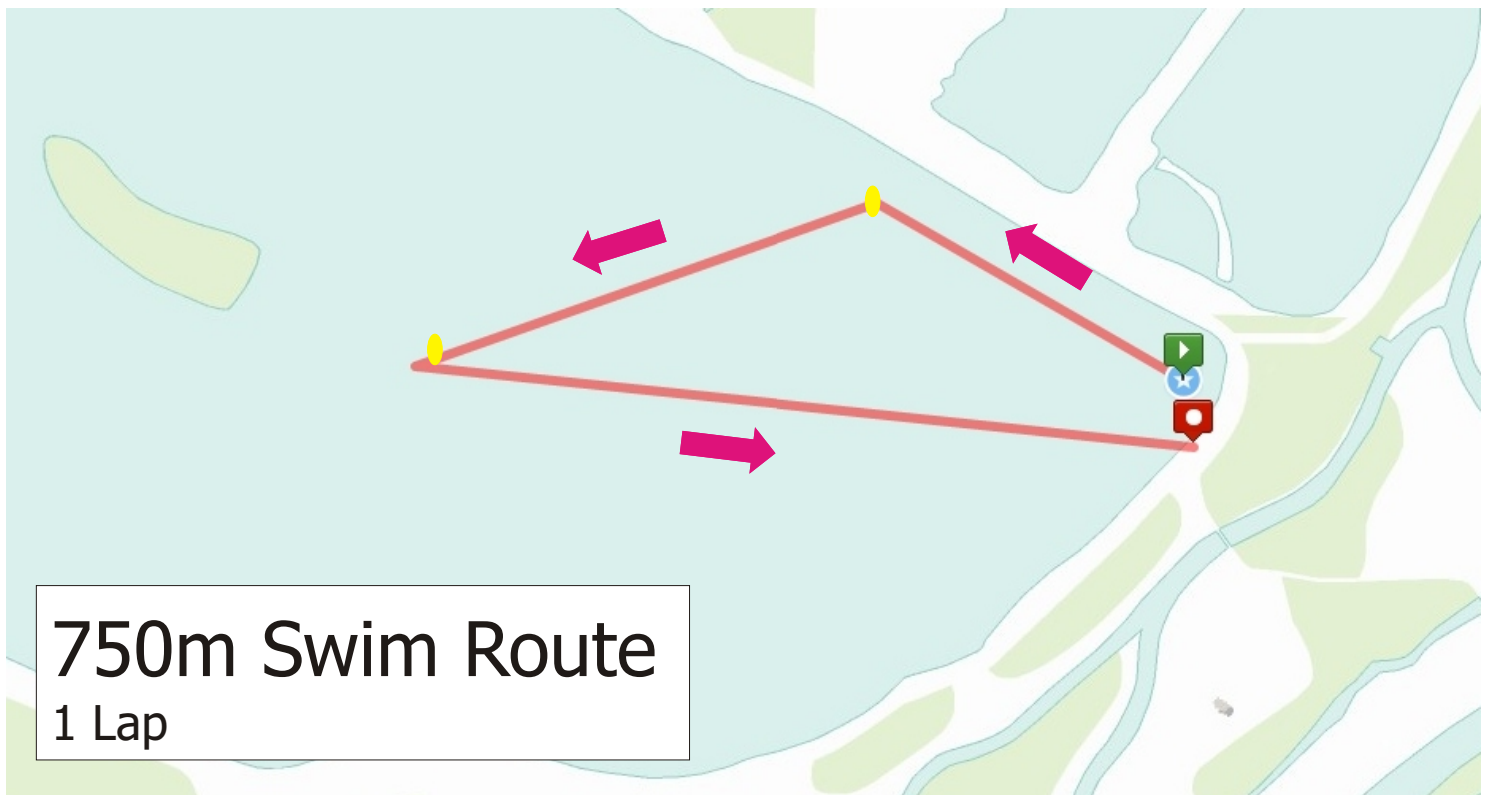
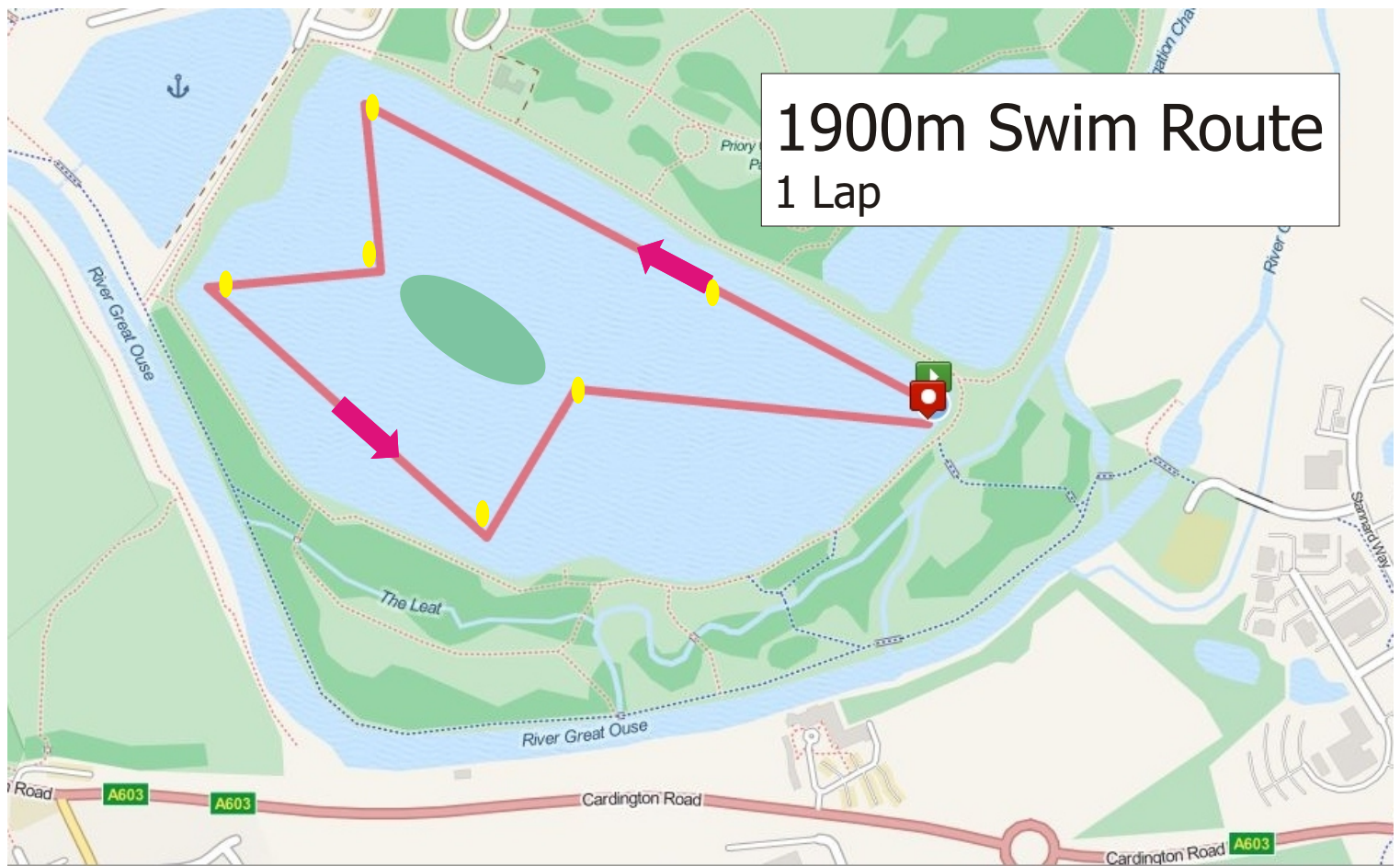
Camping is located offsite at Box End Park.

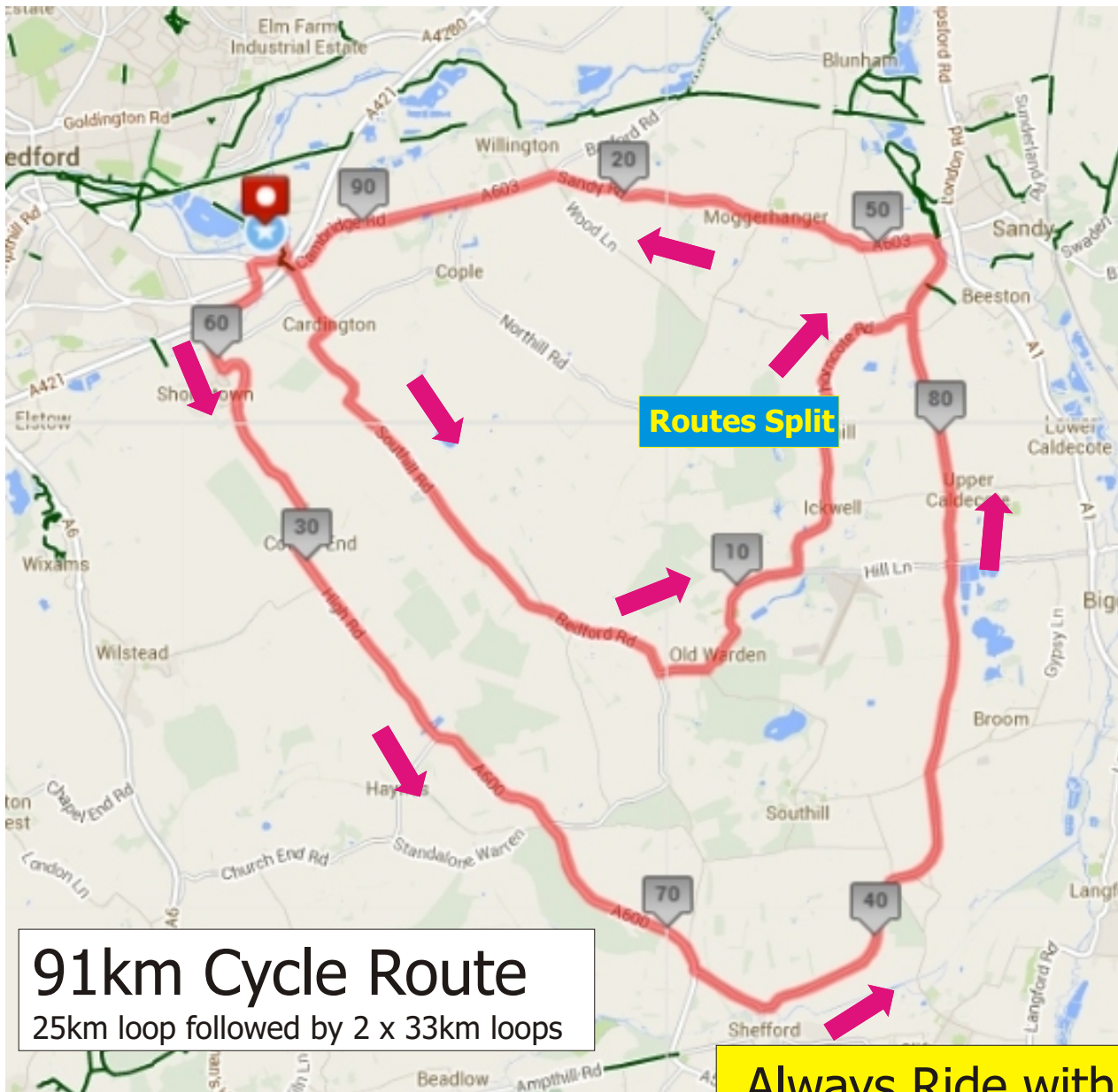
This site has great facilities and is located only 4.8 miles to the west.

Go to <http://www.boxendpark.com> or phone 01234 846222.

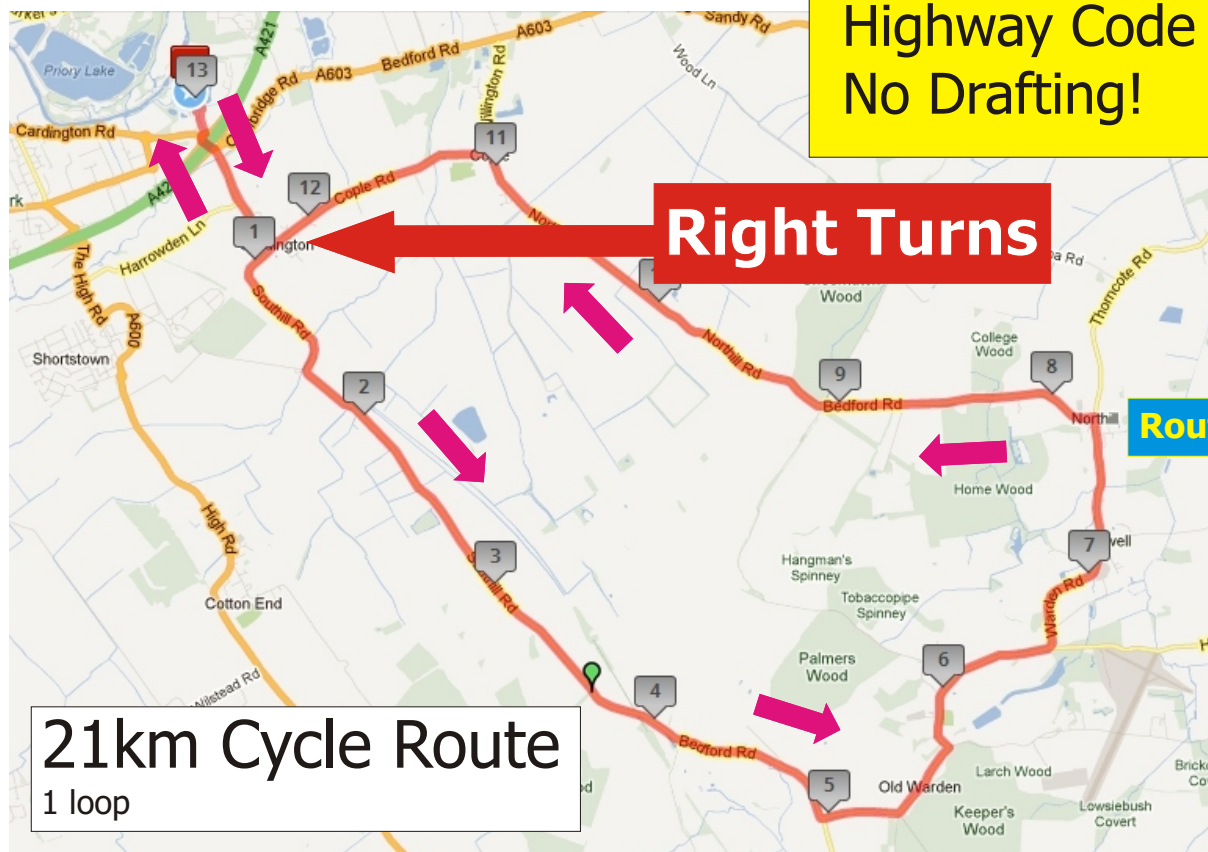
Have a good race!

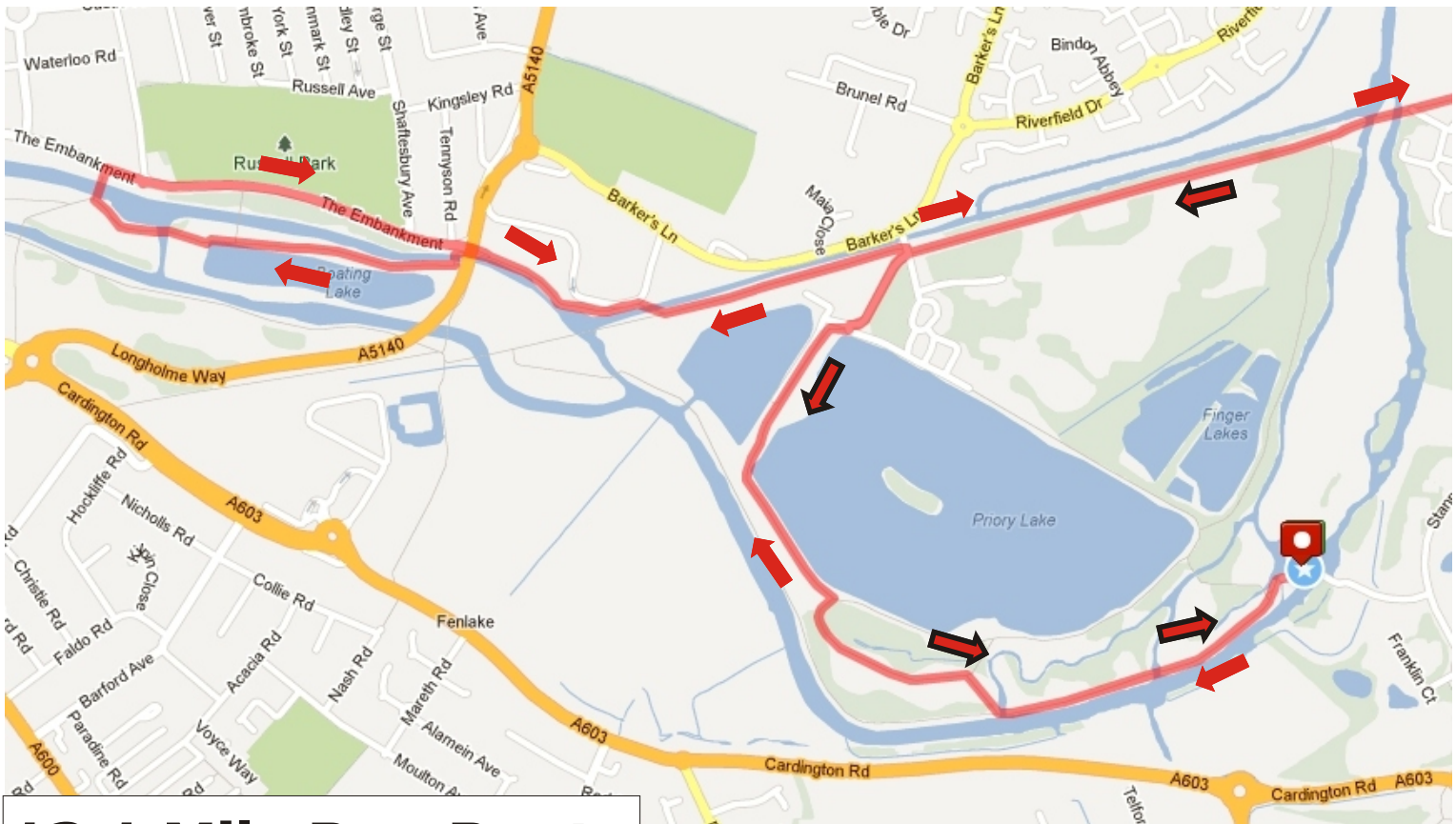






Always Ride with Care
Highway Code Applies!
No Drafting!





13.1 Mile Run Route

- ➔ To Turnaround at 7.5 miles
- ➔➔ After Turnaround





Links to Maps

Middle Cycle Course:

<http://www.plotaroute.com/route/70933>

Sprint Cycle Course:

<http://www.plotaroute.com/route/70934>

Middle Run Course:

<http://www.plotaroute.com/route/70930>

Sprint Run Course:

<http://www.plotaroute.com/route/70937>