

# Bedford Super Sprint Triathlon Series 2018 Race 3

Please download and read carefully for your safety and information.

## QUICK GUIDE

### REGISTRATION

- opens at 6:30am & closes at 7:30am.
- is located at the front entrance of the pool.
- CHANGING is in the brand new changing village - ENTRY VIA RECEPTION AT FRONT OF POOL
- lockers are limited and require a £1 returnable coin.
- **Briefing is at 7:30am** in the transition area - all competitors **must** attend

### SWIM Competitors should join the queue in number order in good time before the start

- Your start time is based on the estimated swim time you submitted on the entry form
- Slowest go first
- If you are much faster than your submitted time you will be held up by others
- If you are slower you will hold others up
- Overtaking - we understand you may have to overtake. This is best done at the end of the length.
- Touch the toes of the person in front just before they get to the end. They should then wait for you to pass at the turnaround. This system works and saves on pool-rage if everyone conforms.

### NUMBER-BELTS

- are allowed as long as they are used properly. See info below.

### RUN

- is 2 whole and 1 half laps of the park and is clearly marked.

### TIMING

- Chip timing is in operation at this race. Chips given out on poolside. Handed back at finish line. Don't lose them!

Please note: Competitors' individual start times are calculated according to swim speeds submitted. As more entries come in the times are recalculated. Please check back to the web page listings in the final few days for your estimated start time. It should not vary too much from the original time.

# Competitor Information for Sunday 30th September 2018

**Arrival** Please arrive in good time to park, register and set up. Your name will appear on the start-list with

DOB and submitted 400m swim times - please check your details are correct. Start Times will be published in the afternoon of Friday 28th September.

**Parking** Parking is free and is located in the car park on Foster Hill Road adjacent to Bedford Park. On no account must anyone drive inside the park grounds. Please also avoid parking on the section of Foster Hill Road adjacent to the pool as this is part of the bike route. This section will be coned so please don't move them. **You must now display a ticket in the pool car park. It is free for up to 5 hours at weekends.**

**Registration** Registration opens at 6:30am and is located in the Cafe in the main entrance of the pool.

Proceed as follows:

1. Give registrar your name – they will find your name on the list and will either:
  - a. If you are a BTF member ask to see your license. If you cannot produce it you will have to pay the £5 for a day membership.Or
  - b. If you are not a BTF member and have paid the £5 give you your day membership form.
2. Take your number-envelope, goody-bag. Collect your medal when you finish.

## Numbers

You will find three race numbers in the envelope (safety pins are provided in a pile on the table). The large Tyvek (waterproof & tearproof) numbers must be worn on the bike and run sections. The BTF rules state that a number should be visible at the back for the bike section and the front for the run section. It is your responsibility to make the numbers visible at all times. Officials and marshals need to be able to ID you. The small numbered sticker is for your bike. This must be in place before you rack your bike in the transition area. When your race is finished you must show the marshal your Tyvek number to retrieve the corresponding bike. If you cannot you will have a long wait until all the other bikes have been retrieved!

## Setting Up

You can rack your bike in any free space along the racking provided. It is not numbered so first come – first served. Only competitors are allowed in the transition area. Please keep bags and equipment tidy so they don't impede or cause a hazard to other competitors. The pool complex has a large, well-equipped changing village. Lockers are provided for a £1 coin deposit and their use is advised for your security. The organisers cannot accept responsibility for any loss.

## Race Briefing

The race briefing will take place 20 minutes before the start. Everyone must attend. This will inform competitors of important information and of any late changes that may affect the race and **your safety**.

## Swim

**The first competitor will start at around 7.45am.** Please enter the pool hall through the changing village, NOT the car park. Keep an eye on the numbers starting and get in line early. Bear in mind that many competitors do not show up - we won't wait so don't rely on the number before you to be there! Competitors will be set off individually in number order at 20 second intervals. You need to be ready to swim when the starter calls you. You do not need to wear a swim hat. You must start in the water – absolutely NO DIVING. You can swim frontcrawl or breaststroke - NO backstroke please.

You must swim 66.6m in each of the six lanes. This means ducking under the lane rope after every 2 lengths and swimming up and down the next lane. After 12 lengths you will be at the other side of the pool and can climb out. This is a very simple and effective system, which requires very little counting. Keep to the right at all times. If you need to overtake please make sure the way is clear before pulling out. Touch the toes of the person in front and they should let you pass at the end of the length. Please bear this in mind if your toes are touched!

## Transition 1

After exiting the pool hall 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.

## Cycle Section\* **see additional new info regarding roundabout on A6**

You must wear a helmet. The cycle section is now a 24km out and back on open roads. The first and last parts are on main roads in built up areas. The middle part is mostly on the A6. You will have to negotiate many turnings and traffic islands – most on main roads. You are subject to all the normal laws of the road. You must ride with caution and adhere to the Highway Code at all times.

At one point (approx. 2km from the start) there are traffic lights. They operate for Sainsbury's supermarket, which will be closed until 10am. However, they will still be in operation. If they are not green when you get there **YOU MUST STOP!** Anyone seen violating this or any other law will be disqualified immediately and take no further part in this or any subsequent race organised by Galeforce Events. Please don't put yourself and the future of triathlon in jeopardy for the sake of a few seconds. All turnings will be clearly signed (large black arrow on fluorescent yellow background). Marshals will be at key points for your guidance and safety. Please obey their instructions. The cycle section ends at the entrance to the Bedford Park. You must dismount before the line and then wheel your bike back to the transition-area. Please study the route maps provided. It is your responsibility as a competitor to acquaint yourself with and navigate the course.

## Transition 2

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

The run is 5km and comprises two full and one short lap of Bedford Park all on smooth tarmac.

### **Safety Points:**

Please be careful when exiting the transition area onto the run - other competitors may be coming the other way. Please treat other park-users with respect - they have an equal right to be on the path.

## Finish

The finish line is in the park adjacent to the transition area. Please hand in your timing chip to receive your finishers medal. Results will be available in the timing tent - bear in mind that positions change as people who started later finish.

## Timing

We will be running a chip timing system at this race. You will be given a timing-chip on poolside. It goes around your **ankle** with a velcro strap. Make sure it is secure by pinning it after threading around your ankle. Do not lose it as there is a £10 charge.

## Refreshments

The pool Cafe will be open for hot and cold food and drink.

## First Aid

Paramedics will be on hand during the race as well as lifeguards in the pool-hall.

## Presentation

The presentation will take place as soon as the overall results have been collated and checked. The location will depend on the weather. Trophies are given to: 1st, 2nd & 3rd Male and Female Overall + 1st Male and Female in each BTF age-group (every 5 year split). Many trophy winners miss out at each race because they go home before the presentation - don't miss your moment of glory this time!

## Results

Full results will be available on the website the same day.

## **Marshalling**

If you know anyone who could possibly help with marshalling on the day we would be very glad to hear from them.

Please contact us at [steve@galeforce-events.com](mailto:steve@galeforce-events.com) or on 07748 911742. Have a good race!

## IMPORTANT SAFETY POINT ON THE BIKE ROUTE

Please take note of the correct and safe way to negotiate the large roundabout after Sainsburys on the A6 at 1.6km into the bike course.



**Approach in righthand lane of 2**

**Head into middle lane of 3**

**Continue in that lane to take the 4th exit to Clapham**

**DO NOT CUT INTO INSIDE LANE ON ROUNDABOUT**

BIKE ROUTE - detailed map here:

<http://www.mapmyrun.com/routes/view/1785068588>



Bike Route - 24km

Please ride sensibly and safely.

Highway Code applies!

Drafting is illegal and is cheating.

READ THE RULES HERE Section 27



