



HALTWHISTLE CHILDRENS TRIATHLON

Saturday 14th May 2011 from 07:30

Welcome to the Haltwhistle Children's Triathlon, to be held at Haltwhistle Swimming & Leisure Centre, Greencroft, Haltwhistle, Northumberland, NE49 9DP.

If you have already volunteered to marshal the event then thank you!! If not or if you can provide a marshal on the day please contact Tim, Angela or Alan at oneliferacing@gmail.com

Race Rules

The event will be run under Triathlon England rules, the current version of which can be found at www.britishtriathlon.org or by calling 01509 228321.

Please note that when racing commences parents/ supporters may not assist competitors otherwise time penalties may occur, the level of penalty will be at the discretion of the race referee. Encouragement is welcomed. Limited assistance, without penalty may be given by the marshals in case of problems for younger, inexperienced or special needs competitors – the level of help shall also be at the discretion of the race referee.

Etiquette

We expect every competitor and spectator to respect the race officials and members of the public alike. Anyone found to be using foul and abusive language or behaviour towards any other person at the event will be ejected and prevented from attending any further One Life organised events. The referee's decision on this matter is final.

Weather

The event will take place regardless of the weather conditions. In the event of extreme weather the race format may be altered to allow for the conditions. The race organiser will decide any alterations on the day on consultation with the referee. It is the responsibility of the competitor and their parents/ carers to ensure they are dressed appropriately for the conditions.

Parking

Parking is available at the venue. There are also additional public car parks in Haltwhistle if needed.

Registration

Registration will open at 07:30 and close promptly at 08:20 and will be situated in the main Sports Hall. Please ensure that you have your race license if applicable (if you are a BTF member) ready for inspection at registration. Race numbers and start times will be allocated at registration.

A huge thank you to our sponsors. The event couldn't go ahead without you!

**Gardiner
Richardson**

The **co-operative**

Bupa *great run*



Perfect Image/IT Solutions

Photography/ Video recording

If you wish to take photographs or film of the event, please report to Registration where you will be issued with a badge. Only people wearing the official badges will be allowed to take photographs.

Changing

There are full changing room and shower facilities available on site for all competitors. Lockers are also available. Please remember to take all your belongings home with you, the race organisers cannot be held responsible for any lost items.

Race Briefing

A briefing will take place at approximately 08.20 adjacent to the registration area, **the first swim wave will begin at 08:30**. It is strongly recommended that all competitors, parents and supporters attend. There will be an opportunity to ask any questions after the briefing. The first swim wave will commence immediately at the end of the briefing.

Transition Area

The transition area will be situated at the rear of the main leisure centre next to the Sure Start building. Only competitors, parents/ carers and marshals will be allowed to enter the transition area. We recommend that competitors familiarise themselves with the location, entry and exit points from the transition area. If your race has finished and you wish to collect your belongings, please show consideration for other competitors who may still be racing, time penalties will be imposed for interference in the transition area.

Numbers and Race Belts

Race belts are permitted. If you do not have a race belt then your number must be pinned to the FRONT of your cycle/ run kit. You will also be issued with a number sticker for your bike. You must ensure that you stick it on your bike on the top tube or seat post, you will need to show your race number to remove your bike from transition after the event and it must correspond with your bike number sticker.

Electronic Timing

This year we will be offering full electronic timing with split times thanks to Rob Wilkins and the team at Tri Hard Ltd (www.trihard.co.uk). You will need to wear your timing chip on your ankle throughout the WHOLE race, including the swim. Once you have crossed the finish line please make sure you hand your chip back to one of the marshals. If you do not return your chip there will be a £25 charge for a replacement.

A huge thank you to our sponsors. The event couldn't go ahead without you!

**Gardiner
Richardson**

The **co-operative**

Bupa *great run!*



Perfect Image/IT Solutions

Race Distances and Order of Events

Wave order is listed below. Race distances are also illustrated. Age group is determined by your age as of 31st December 2011. **The first event will begin PROMPTLY at 08:30**

Order	Age Group	Distances (approx.)
1st	TriStar Start (8 yrs)	50m swim/800m bike/600m run
2nd	TriStar 1 (9-10yrs)	150m swim/2km bike/1.2km run
3rd	TriStar 2 (11-12 yrs)	200m swim/4km bike/1.8km run
4th	TriStar 3 (13-14 yrs)	300m swim/6km bike/2.4km run
5th	Youths (15-16 yrs)	400m swim/8km bike/3km run

Race instructions

The Marshals instructions must be obeyed at all times for the safety and enjoyment of competitors and spectators alike. Full instructions will be given at the race briefing including the number of laps that you will race. This will also be printed on your race number.

Swim

Swim caps will be provided. It is compulsory to wear these during the swim section (you can wear your own cap if you prefer). Please ensure you return your cap at the end of your swim. If anyone has latex allergy please inform race officials before the event.

The swim will take place in a four lane, 25metre outdoor heated pool.

Competitors will race in waves; there will be up to four competitors to a lane starting at ten second intervals

If a faster swimmer wishes to overtake they must touch the feet of the swimmer in front, that swimmer then must let the faster person pass at the end of the length.

Tumble turns are NOT permitted due to safety reasons. The rail that runs around the edge of the pool means that there is a small risk of injury when tumble turning.

Entry and exit will be at the shallow end of the pool, take care when exiting the pool as the footbath will be wet and possibly slippery.

Lane Marshals will aim to indicate when there are two lengths left to swim, it is, however the competitors responsibility to ensure they complete the correct number of lengths for their age group

Only swimmers and officials may use the exit from the pool via the footbath when racing is in progress

If there are any special requirements please ensure you contact the race organiser prior to race day

Transition 1

Please remember helmets must be on and securely fastened before removing bikes from the racks

Competitors must be wearing appropriate kit when leaving transition, public nudity at any age is not permitted, tops must be worn on the cycle and run legs

A huge thank you to our sponsors. The event couldn't go ahead without you!

Cycle

Please ensure that you stick to the correct course, there will be Marshals throughout the course, please listen to them and abide by their instructions

Take care when crossing the road leading up to the main school building. There will be no traffic on the day but there are barriers at the crossing that will be clearly marked and Marshals will direct competitors to the safest route past

The course is a multi lap course, as with the swim it is the competitor's responsibility to ensure they complete the correct number of laps, time penalties will be imposed if laps are missed.

Transition 2

Please ensure that your bike is securely racked before removing your helmet

Take care in transition as there may be other competitors close by, interference will result in time penalties

Run

The course is a multi lap course, as with the swim and cycle it is the competitor's responsibility to ensure they complete the correct number of laps, time penalties will be imposed if laps are missed

Walking is permitted

Post Race

Provisional results will be available as soon as possible after competition has finished, these will include split times where possible

For competitors from the North East region results will automatically be entered into the NE regional series statistics

Presentation

Will take place in the sports hall shortly after the last competitor has finished their race.

Risk Assessment

A copy of the event risk assessment can be viewed at registration

Race Organisation and Marshals

May we take this opportunity to say a big **THANK YOU to all the various volunteers** who have already come forward in order to make this event possible. However, we can never have too much help or too many Marshals, if you are willing and able to help please contact **Tim, Angela or Alan at oneliferacing@gmail.com**

A huge thank you to our sponsors. The event couldn't go ahead without you!

**Gardiner
Richardson**

The **co-operative**

Bupa *great run*



Perfect Image/IT Solutions

How to find the event

The leisure centre is situated in Haltwhistle in an estate to the rear of Main Street. It is clearly signposted from the Town centre. **Haltwhistle Swimming & Leisure Centre, Greencroft, Haltwhistle, Northumberland, NE49 9DP.**



This product includes mapping data licensed from Ordnance Survey

We hope to have signposts to the event from the A69 both East and West but please familiarise yourself with the location beforehand. The leisure centre is situated adjacent to the Middle School and is accessed through a small housing estate.

A huge thank you to our sponsors. The event couldn't go ahead without you!



ONE LIFE CHILDREN'S TRIATHLON

school

car park

- route from pool
- bike route
- run route
- marshalls

upper field
bank
lower field

football pitch

road

2nd lap

FINISH

bank

BIKE MOUNT

transition

RUN

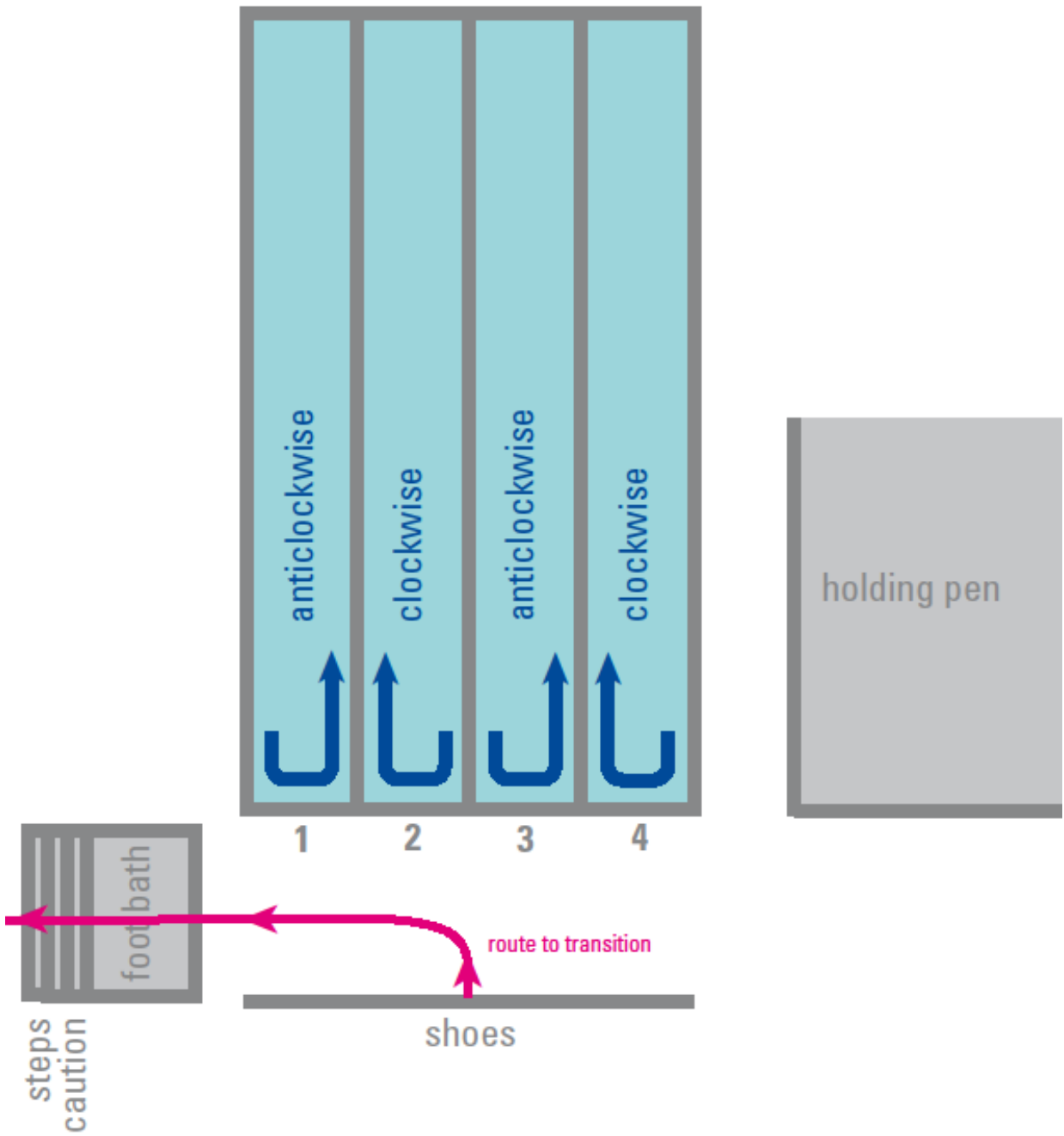
2nd lap

DISMOUNT

path

gate from pool





ONE LIFE CHILDREN'S TRIATHLON Pool Layout

A huge thank you to our sponsors. The event couldn't go ahead without you!

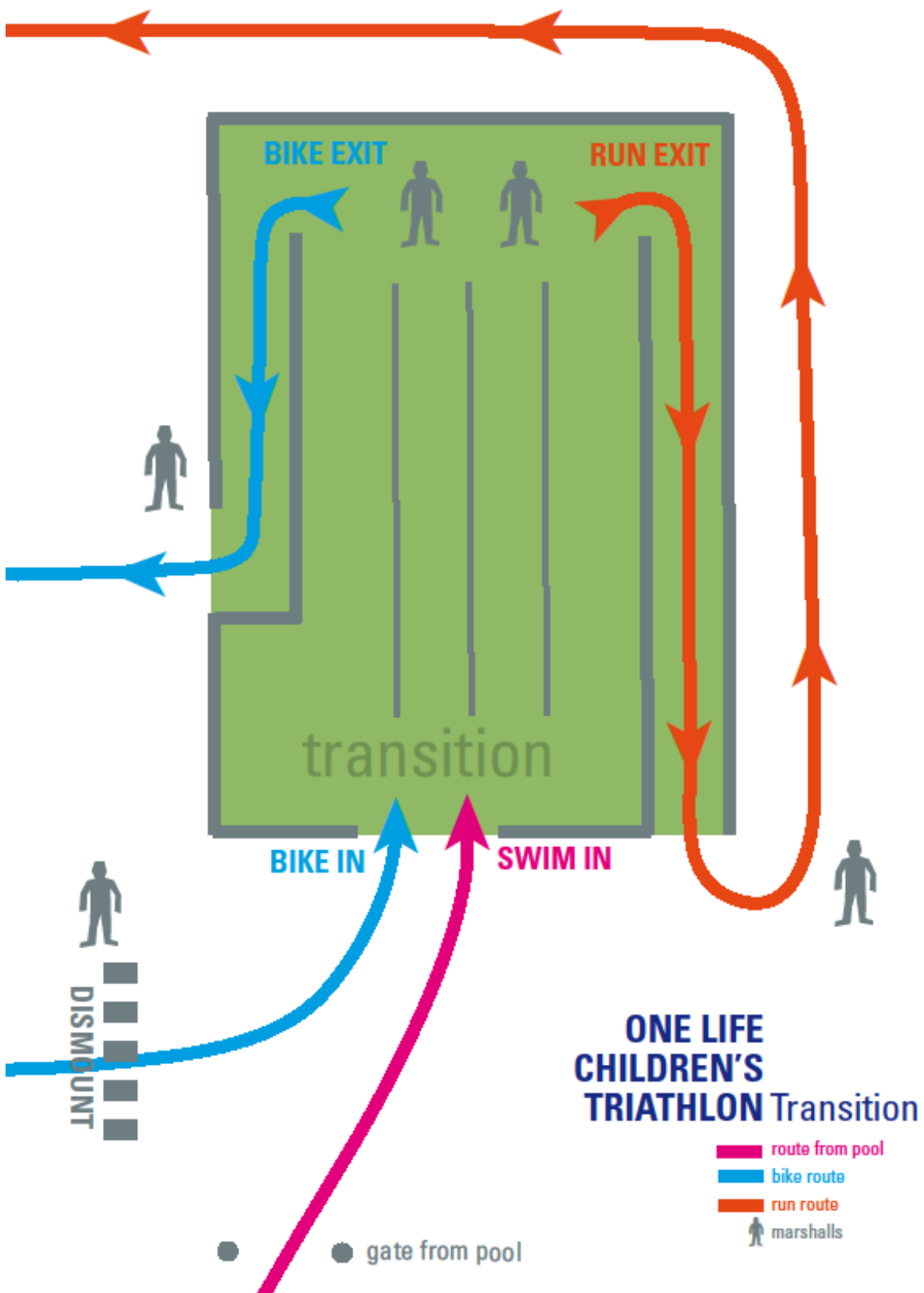
**Gardiner
Richardson**

The **co-operative**

Bupa *great run*



Perfect Image/IT Solutions



A huge thank you to our sponsors. The event couldn't go ahead without you!

Gardiner Richardson

The **co-operative**

Bupa *great run*



Perfect Image/IT Solutions