



HEXHAM TRIATHLON

Sunday 17th July 2016 from 07:00

Welcome to Hexham Triathlon, to be held at Wentworth Leisure Centre, Wentworth Place, Hexham, Northumberland, NE46 3PD.

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 Adi Marston at events@oneliferacing.co.uk

Welcome

Thank you for entering our 4th Hexham Triathlon, again very kindly sponsored by Gardiner Richardson. We hope you all have a wonderful time, race well, and go away pleased with your morning's efforts. To help us all achieve a successful day, we hope you will take note of the following, and as always bear with us. If you have queries, either before the event, or on the day, do contact us at events@oneliferacing.co.uk or ask one of the marshals and we will try to help. Please also check your email before setting off for the event just in case there have been any last minute updates thank you.

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 and inexperienced competitors – the level of help shall also be at the discretion of the race referee. No running with or alongside athletes (pacing) is permitted. Please note – some pre-arranged and official assistance will be given to para athletes competing.

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 banned from attending any further One Life organised events. The referee's decision on this matter is final. Likewise, shouting 'instructions' or use of over-zealous encouragement to children is not permitted. Please let your children race, have fun, and learn from their mistakes.

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. Any alterations will be decided by the race organiser. If the weather remains as forecast, we will be in for a warm but potentially wet morning. **It is the responsibility of the competitor and their parents/carers to ensure they are dressed appropriately for the conditions.**

Parking

If you raced last year, you will remember that the nearest car parking was located near the Hospital.

This area is now being redeveloped into a new bus station and so is not available.

There is some parking that will be left open in the Waitrose/Leisure Centre car park **but this should not be used so it can be used by Waitrose customers**. This area is also only available as short term parking.

We are delighted to say that Tesco are also supporting us this year and have agreed to allow us to park around 60 cars in their store car park on a *first come first served basis*.

Therefore, if you choose try and use one of these free spaces in Tesco, on entering their car park you will find space cordoned off for our use. Please park your car carefully to ensure that we can get the maximum number of cars in the spaces. (Tesco have confirmed that they will ensure that none of the cars in this area will be subject to the parking time limit). Please do not park outside of the cordoned off area in the Tesco car park.

If you cannot get parked in Tesco, then there are also **FREE** car parking spaces at Tyne Green Car Park. This too is only a short walk to leisure centre (allow a good 10 mins), although please note that currently, there is only access to this car park from the A69, and, that there is currently only pedestrian access with your bike over the railway bridge linking the car park to the town.

This may have changed by race morning. If Network Rail complete the repairs to the railway bridge, then full vehicular access on the day may be resumed.

PLEASE ALLOW ADDITIONAL TIME TO ACCOMMODATE FOR THE LACK OF EASY ACCESS INTO HEXHAM THIS YEAR.

Registration

On SATURDAY 16th July , between 4.30pm and 5.30pm, we are pre-registering competitors in the main sports hall at Wentworth Leisure Centre.

If you live locally then please do come along to register on Saturday to help us avoid delays on Sunday morning.

Pre-registration will give us more time on the Sunday, and more importantly the competitors on Sunday morning to familiarise themselves with the course, and not have to rush around.

On SUNDAY 17th July, registration will open at 07.00am and close **promptly at 07.45am** and will be situated in the sports hall. This is to be accessed from the gate into the athletics track near to the transition area.

BEFORE walking to the sports hall via the track to register, **PLEASE RACK BIKES IN TRANSITION.**

You can then return to your bike after registration to properly set up your transition area.

There will be allocated racks for your race category (not numbered). PLEASE NOTE THAT THERE IS NO SPACE FOR TRANSITION BAGS OR BOXES NEXT TO YOUR BIKE.

Competitors taking part in the 'diddy race' can leave their bikes in the 'diddy transition' located at the southern end of the running field (near to the athletics cage– a marshall be on hand to assist).

At registration, 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.

At registration, you will receive an envelope with your race numbers. We will give you one numbered sticker, please put this on your helmet. We will also give you a larger race number and two cable ties to fix this number to the front of your handles bars on your bike. You will also be given you a numbered

coloured swim cap. **This must be worn during the swim**, unless you have an allergy to latex. On collecting bikes after the race, a marshall will take your bike number from you.

You will also have your race number written on your arm and leg in marker pen. **Please advise us in advance if you have any known allergies to marker pen.** Goody bag, t-shirt and medals will be given to competitors at the finish of their race.

- Registration 7am to 7.45am in sports hall
- Transition open 7am to 7.45am
- **YOUTH/ADULTS ONLY** Race Briefing and Referee Briefing **7.50am** in Wentworth Reception
- TSS to TS3 Race Briefing in main sports hall at 8.00am
- Youth/Adult race 08.15am **sharp**
- TSS race 08.45am
- TS1 race 08.55am
- TS2 race 09.35am
- TS3 race 10.15am

(Times are subject to change)

Photography/ Video recording

Please be aware that there will be approved photography and video being taken at this event. If you do not wish to have your child's photo published please mail me at chair@oneliferracing.co.uk. 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 Facilities

There are changing room and shower facilities available on site for all competitors. Lockers are also available - these require a £1 coin. 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 for the YOUTH AND ADULT competitors will take place at 07.50am in the Wentworth reception area.

YOUTH RACERS MUST BRING THEIR COMPLETED PARENTAL CONSENT FORMS WITH THEM AND GIVE THEM IN AT REGISTRATION. WITHOUT THIS SIGNED FORM, YOUTHS WILL NOT BE PERMITTED TO COMPETE.

The race briefing for all other competitors in TSS to TS3 races will take place at 08.00am adjacent to the registration area in the sports hall.

The first swim (YOUTH & ADULT) wave will begin at 08.15am, with TSS and Para triathletes starting at 08.45am.

It is compulsory for all competitors, parents and supporters to attend. There will be an opportunity to ask any questions after the briefing. The first swim wave will commence shortly after the end of the briefing.

Transition Area

The transition areas will be situated outside the South side of the swimming pool. This will be separated from paths and the race circuit with metal barriers. Only competitors, and marshals will be allowed to enter the transition area (with the exception of TSS competitors, who can have a parent/carer enter transition to help set up bike and shoes etc). We recommend that competitors familiarise themselves with the location, entry and exit points from the transition area. Make sure you have put your stickers on your bike and helmet. The transition area will open at 7am. Go and rack your bike as soon as you arrive, before registering. You can go back and put your other kit in transition after registering.

All competitors should rack their bike in the relevant bike rack for their race category, e.g. Youth, Tri Star start, TS1, TS2 or TS3. 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 areas.

DO NOT ENTER TRANSITION AREA WITHOUT CHECKING WITH A TRANSITION MARSHALL BEFOREHAND.

Numbers and Race Belts

2 race numbers will be provided at registration, along with safety pins. These numbers must be worn on the back of your t-shirt for the cycle section and the front of your t-shirt for the run section.

For athletes wearing tri-suits, race belts are permitted - the number on the belt must be turned to the rear for on the bike, and front for the run. You will also be given a coloured, numbered swim hat which must be worn in the swim.

Race Distances and Order of Events

Wave order is listed below. Race distances are also illustrated (approximate). Age group is determined by your age as of 31st December 2014.

Order	Age Group	Swim	Bike	Run
1 st	Youth (15-16 yrs)	8 lap (400m)	Open Road (10.7km)	9 laps (3.6km)
2 nd	TriStar Start (8 yrs)	1 lap (50m)	1 lap (0.65km)	1 lap (400m)
3 rd	TriStar 1 (9-10yrs)	3 laps (150m)	3 laps (1.95km)	3 laps (1.2km)
4 th	TriStar 2 (11-12 yrs)	4 laps (200m)	4 laps (2.6km)	4 laps (1.6km)
5 th	TriStar 3 (13-14 yrs)	6 laps (300m)	6 laps (3.9km)	6 laps (2.4km)

On completion of the last wave above, whilst results are being checked and confirmed, we shall have a one hour break. In this time, we shall be hosting our 'diddy duathlon and diddy triathlon' for younger brothers and sisters aged 4 to 7 (as at 31 December 2014, i.e. not yet Tri Star Start category). This will start at approximately 11.30am.

Please use this time to enjoy the break, support the younger participants, or have a bite to eat/drink. There will be hot food on sale, so do bring your money, and of course our own club cake stall.

Race instructions

The Marshalls instructions must be obeyed at all times for the safety and enjoyment of competitors and spectators alike.

Swim

Numbered coloured swim caps will be provided, it is compulsory to wear these during the swim section. Please ensure you return your cap at the end of your swim. **If anyone has a latex allergy please inform race officials before the event.** The swim will take place in a 25 metre indoor pool.

The swim will be an **Open Water format** style, with competitors being set off in waves of approximately 6-7, starting 15 seconds apart. Competitors will swim clockwise around the pool, starting in the shallow end, swimming around the outside of the buoys in the pool. At the end of the correct number of laps (as defined by racing category), competitors will exit the pool in the shallow end.

From here, swimmers must WALK towards the fire exit door adjacent to the shallow end of the pool, and exit towards transition.

It will be the competitor's responsibility to ensure they complete the correct number of laps for their age group.

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** touching or removing bikes from the racks

Competitors must be wearing appropriate kit when leaving transition. Public nudity at any age is not permitted and therefore, unless a competitor is wearing a tri-suit, tops must be worn on the cycle.

Equipment and discarded clothing/kit must be left neatly in the Transition area. Any untidily discarded items could create trip hazards for other competitors, and if this happens, time penalties may be applied.

Competitors should rack their bike in the relevant bike rack for their race category, e.g. Youth, Tri Star start, TS1, TS2 or TS3.

Cycle

Do not mount your bike until both bike wheels have crossed the mount line, which will be marked on the ground. Please note it will be the competitors, or their parents/carers who are responsible for checking the competitor's bike are roadworthy. Any open ends to handles bars should be plugged/taped. Check your bike is working, especially both brakes.

Please ensure that you stick to the course. There will be Marshalls throughout the course, please listen to them and abide by their instructions.

Please take care whilst on the bike courses. The TSS -TS3 route is technical, and has a number of bends throughout. The Youth race is on Open Roads.

Competitors should exercise caution as necessary on all parts of the course, especially at and approaching corners.

Caution should also be taken when exiting transition, as there may be other cyclists passing the transition exit on your left. Therefore, please ensure that you use the filter lane and check over your left shoulder before joining the race.

Likewise, as you complete each lap, and pass by transition, please be mindful that other athletes may be still exiting transition. Please be careful next to the filter lane, and check on your right.

The course is a multi-lap course, and 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.

A plan showing the car park TSS – TS3 bike route is attached. Please study it. The circuit does have several bends, areas of white lining (which can be slippery when wet), some gradients, speed bumps/rumble strips, and so care must be taken. We strongly recommend you walk the course beforehand to make yourself aware of potential hazards. All hazards will be taped off, or visibly identified. It is the responsibility of the athletes to take care on the course, and ride safely.

Drafting

The bike races (including Youth/Adult road race) does **not** permit drafting. Drafting is when a cyclist rides close to a rider in front/side so as to take shelter from the wind. Cyclists must stay 10m clear of the cyclist in front of them, and not ride alongside within 3m. If you find yourself within these distances you must either drop back, or, pass (if safe to do so). Please see the drafting poster at the rear of this document. Marshals on the course, and the referee, will shout to athletes if they are considered to be cycling too close to each other. Athletes must listen to marshals and the referee, otherwise penalties may be issued.

We will have static marshalls on the Youth road race who will be looking for people drafting, as will the Race Official who will be following in a vehicle.

Transition 2

Approach T2 carefully and get off your bike **BEFORE** the dismount line (which will be marked on the ground). Allow plenty of time to slow down and dismount safely.

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.

Again, equipment and discarded clothing/kit must be left neatly in the Transition area. Any untidily discarded items could create trip hazards for other competitors, and if this happens, time penalties may be applied.

Run

The course is the athletics track. Only Tri Start Start's will be completing one single lap of the track. Other competitors in Youth, T1, T2 and T3 will be completing multiple laps of the track. 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. Runners will enter from T2 alongside the leisure centre, and will follow a coned and taped filter lane onto the track. On completion of last lap, each athlete should filter to the right of the track, and pass under the Finish Gantry.

Note – there will be a water station on the run track. Please use it especially if the weather is warm.

Post Race

Provisional results will be available as soon as possible after competition has finished. Subsequent to the race, time splits will be emailed to competitors.

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

Presentation

Will follow the completion of racing and publication of the provisional results, and of course, completion of the 'diddy' races.

Risk Assessment

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

Youth Road Race - Video

All Youth/Adult racers will leave transition and do one lap of the car park route so as to pass over the timing mat and thus record the bike start time. After exiting the car park, you will then complete the road route to Corbridge and back.

A video of the road cycle route has been made and is available for Youth competitors to watch beforehand. Please watch this and familiarise yourselves with the route, and the hazards identified.

Refer to your email that these race instructions were attached to for a link to the video.

Youth / Adult Road Race – Highway Code

The youth/adult cycle stage will be an out and back route of approximately 10.7km on **OPEN ROADS**. This will mean that competitors will be sharing the roads with vehicle users and others, such as potentially other cyclists and pedestrians.

IT IS THEREFORE IMPERATIVE THAT ALL COMPETITORS COMPLY WITH THE HIGHWAY CODE.

Here is a link to the section of the Highway Code that relates to cyclists - please ensure your son / daughter has read this section.

<https://www.gov.uk/rules-for-cyclists-59-to-82/overview-59-to-71>

Youth Road Race – Written Consent

All Youth competitors and PARENTS must read and **sign** the written Competitor and Parental Consent form. Failure to do so will mean your son/daughter cannot take part in the Youth race.

We must ask that parents/carer's/friends of youth race competitors refrain from following their children on the open road race in their own vehicles. We need to have as little traffic as possible on the road for your child's safety. We will have marshals along the route, first aiders on route and back up bike mechanical cover, so we must ask you to wait for your child returning to transition. **Anybody who disregards this will unfortunately incur a DQ for their child.**

Equipment/Clothing Required

If you have taken part in a triathlon before, you may already have certain pieces of clothing or equipment to help to help you be a little quicker on the day. These often include the following:

- 'Elastic' laces – these are special laces for running shoes, so that you don't need to spend time trying to tie your laces after your swim, often tricky after you have just swum and are tired.
- 'Race belt' - this is an elasticated waist band that you attach your race number to, that you slip on over your tri-suit or clothing, to avoid the need for having to wear a t-shirt with your numbers pinned to the front and back.
- 'Tri-suit' - this is an all in one lycra swimsuit that can also be used to cycle and run in. This allows athletes to move quickly from the swim, onto the bike, then run, without having to put on additional clothing layers. Putting t-shirts etc on over wet swimwear can be tricky.

If you do not have any of these items, do not worry.

Normal shoes laces are fine, just take your time when tying them, stay calm don't rush too much. Your shoes need to be on your feet and secure before you head out for your run so you don't trip/sprain anything. It is better to spend a little more time in transition putting your shoes on properly, than have to stop in the middle of your run to retrieve a shoe that has fallen off!

Swimwear - normal swimming trunks or costumes are fine if you don't have a tri-suit. However, if not wearing a tri suit, then you must put on additional clothing over your swimwear in the 'transition' area. You should therefore attach your race number using safety pins to the front and rear of your t-shirt / top that you choose to wear over your swimwear, before you leave your clothing in the transition area.

The 'transition' area is the area where you leave your bike, helmet, towel, shoes, and other clothing whilst you swim.

What do I do?

Go straight to the Transition Area. Put your bike in the bike racking for your race category. These will be marked Youth, TSS, TS1, TS2 and TS3 to match your race categories.

Register. Fix your race numbers to your clothing, or race belt, whichever you intend to use. (Safety pins will be provided)

Return to your bike in the transition area. Leave your helmet with your bike. Leave a small towel next to your bike. Leave your running shoes/socks, and other clothing (race belt, t-shirt / top etc)

Walk the course (no riding permitted) – check the route maps, check the transition entry points, exit points, find out where mount lines and dismount lines are. Warm up, do some dynamic stretches.

Attend the race briefing.

Go and get changed into your swimwear. Take your swimming goggles and coloured hat (provided at registration) with you. If you have a while to wait for your race, have some spare clothes/footwear that you can quickly change out of when it is your time to race.

Keep an eye on the time. Be ready for your race time at least 10 or 15 mins beforehand. Wait in the changing area ready for your race to be called.

Swim relevant number of laps. Exit to Transition area. Put clothing/shoes on. Do not touch bike until helmet is on and secured. Take bike to 'mount line', at Bike Out point. Marshalls will guide you. Cycle relevant number of laps.

Return to Transition area, stop and dismount bike before 'dismount line'. Take bike back to same racking, remove helmet. Exit Transition via Run Out point, and head to track. Run relevant number of laps.

Smile for the camera when crossing the finish line!

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 Marshalls, if you are willing and able to help please contact Adi Marston at chair@oneliferacing.co.uk

Race Sponsors

We would also like to take this opportunity to yet again thank our race sponsor, Gardiner Richardson, specialists in brand communications (www.gardiner-richardson.com) for supporting our event. This is the 4th year running that Gardiner Richardson have made this event possible, so I would urge all of you to please have a look at their website, and see what they do.

Also, we would like to thank Waitrose for providing goody bags, and to Chromazone for providing signage (yet again!).

Also, thanks to Tesco for letting us use their car park this year for competitor parking. Tesco have asked us to offer all competitors and their supporters a chance to win £1000 by taking part in their normal process of asking shoppers to give feedback. Cards will be available as registration if you would like to take part which gives you all the info you need.

Race Partners

Of course, the following have also made our first event happen, and to these parties we also would to express our thanks:

- Northumberland County Council, in particular Parking Services, for letting us use their car park.
- NCL Leisure for the use of the Wentworth Leisure Centre, in particularly Geoff Cant for all his help.
- Waitrose for putting up with reduced car parking during trading hours.
- Wentworth Cafe for again being positive and supportive about the closure of the car park in front of their premises.
- All the residents of Hallstile Bank, for helping with alternate personal parking arrangements to let us secure the car park and make it a completely traffic free zone.

How to find the event

The event will be situated at Wentworth Leisure Centre, Wentworth Place, Hexham, Northumberland, NE46 3PD.