



# The Newmarket triathlon



**SWIM 300M • BIKE 22KM • RUN 4.5KM**

Thank you for entering the Newmarket Triathlon. The following information details everything we think you'll need to know about participating in and safely enjoying our event.

## EVENT SCHEDULE

06:30am	Registration opens
07:00am	Marshalls briefing under entrance canopy at front of leisure centre (or in the cafe if wet)
07:30am	Registration closes
07:35am	Race Briefing for ALL competitors under entrance canopy at front of leisure centre
07:50am	First competitors gather poolside
	Transition area closes
08:00am	First competitor starts
09:20am	Last competitor starts
10:30am	All competitors finished
11:15am	Prize Presentation

## EVENT VENUE

Newmarket Leisure Centre, Exning Road, Newmarket, Suffolk CB8 0EA

## CAR PARKING

Please follow Car Park signs and the marshalls' directions once at the venue. Competitor parking is at the rear of the leisure centre in the school playground and staff car park areas.

Please note that the leisure centre is not closed for our event. Competitors must not park in the front car park, as this must be kept clear for other users of the centre. We strongly recommend the use of car sharing due to the potentially restricted parking available. **All vehicles are parked at the owner's risk.**

## PRIZE CATEGORIES

Prizes will be awarded to the top three male and female competitors overall and first place in each of the BTF age groups. There will also be a prize for the top competitor from the local (CB8 postcode) area.

## RACE REGISTRATION

Located in the main foyer of the leisure centre.

If you applied for a BTF Day Licence when entering, this will be issued to you at registration. If you did not apply for a BTF Day Licence, then you will be required to show your 2013 British Triathlon Federation Race Licence. You will receive your goody bag which will include:

- 2 x race numbers - one to be worn on the back for the bike leg and one to be worn on the front for the run leg. Remember, if the timekeepers cannot see your race number, your split times will not be recorded. Number belts may be worn.
- 1 x sticker - to be put on your bike.

Competitors will also have their race number marked on right arm and leg at registration.

*Registration will close at 07:30am. Except in exceptional circumstances, you will not be able to register after this time. If on the day you think you may arrive late for registration, please contact the event organiser, Mick Lowther, on 07786 024281 so that we know you are definitely attending and can arrange registration and entry to the transition area.*



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## **RACE BRIEFING**

**Attendance of the race briefing is Mandatory.**

The race briefing starts at 07:35am and will take place near the entrance canopy at the front of the leisure centre. The race briefing will detail the race rules, any safety issues and any final changes which the organisers may have been forced to make. It will also be the opportunity for athletes to direct questions to the Event Organisers.

If you fail to attend the race briefing, or do not query anything you do not understand, you may be at risk of incurring a time penalty or disqualification from the event should you subsequently be found to have not obeyed the race rules.

## **CHANGING FACILITIES**

Please only use the leisure centre's downstairs changing facilities. Lockers are available and utilise the £1 coin return system. Post race please use the 'dry side' changing area.

## **Post-race massage**

There will be 2 tables set up for post race massage. Cost is £5 per 15 minute session and all proceeds will go to the East Anglian Air Ambulance.

## **TRANSITION AREA**

The transition area is secure and will be attended at all times by NC&TC Marshalls. Only competitors and race officials will be allowed into the transition area.

Bike racking is not allocated so find yourself a space and when set up leave the transition area. Please ensure that you only bring and leave equipment which is absolutely necessary into the transition area. All bikes must be racked by 07:50am. No competitors will be allowed to rack their bike once the race has started.

The transition area is accessed directly from the pool and cycle exit/entry and run exit will be clearly marked, please familiarise yourself with entry and exit points before the event to avoid any confusion and use only the dedicated entry and exit points.

You must not ride your bike within the transition area –clearly signed and marshalled lines show where you may mount and dismount your bike.

You must ensure that your helmet is securely fastened before you remove your bike from the racking and that it is not unfastened until your bike is returned to the rack.

When you have finished your race you may, with the permission of the marshalls, collect your bike from the transition area, however you must give way to those still racing.

No cycle equipment can be removed from the transition area unless it is matched to your race number.



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### **START TIMES**

A start list will be displayed by race registration showing your race number and start time. Please be poolside FIVE minutes prior to your allocated start time.

### **SWIM - 300M (12 lengths)**

The small learner pool adjacent to main pool will be available to competitors for a warm up. Please be poolside FIVE minutes prior to your allocated start time.

Competitors will start at 30second intervals with slowest swimmers starting first.

The pool will have six lanes and competitors must swim two lengths in each lane moving across the pool from lane to lane at the shallow end, progressing towards the exit point and on to the transition area outside the pool.

Competitors are to keep to the left hand side of each lane at all times.

No overtaking will be allowed during the length to avoid the possibility of head on collisions unless the swimmer in front has stopped.

Should you catch a slower competitor/s you are to make them aware of your progress by tapping their feet and they are to give way to you at the end of that length. If competitors have given reasonably accurate swim times this should not cause too much delay.

Please give way if required in order not to hinder others progress. Persistent failure to give way to a faster swimmer when instructed by a swim monitor will result in a TWO MINUTE PENALTY.

Competitors can swim using any recognised stroke and may stand and rest on the bottom of the pool should they need to do so, they must not however make any progress using bottom of the pool.

Please take care when exiting pool as surface may be slippery.



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## **BIKE – 22KM**

It is the competitors responsibility to know the course.

There will be marshalls at all junctions where a change of direction is required. The marshalls are there to point you in the right direction. They are not allowed nor do they have any powers to stop traffic. On the cycle course, all normal Highway Code rules apply.

On the bike course there are two right hand turns:

- The first right turn is at a T-junction from Hamilton Road onto the Cambridge Road (Barbara Stradbroke Avenue), where there is a foot down and stop. **This does not mean just drag your foot along the ground and slow down, you must come to a complete stop.** You may move off only when it is safe to do so. The marshalls at this point are fully briefed and anyone not obeying their instructions will be DISQUALIFIED - NO EXCEPTIONS, NO EXCUSES.
- The second right turn is on the way back, from Hamilton Road into Rowley Drive, caution is required as it is on a downhill slope just over the 'horse walk' (a raised area of paving across the road). Here you must give way to oncoming traffic.

The first and last 2km of the cycle route are within the residential area of Newmarket and extra care should be taken when in this area, the remainder of the course is on local B roads. The cycle course is basically flat with a few small climbs/undulations.

Cycle helmets approved by ANSI, BSI, Snell or an equivalent standards authority must be worn by all competitors. They must be fastened before removing your bike from racking and not unfastened or removed until the bike is returned to racking. Failure to comply with this will result in a TWO MINUTE PENALTY.

Race numbers must be worn so that they are clearly visible at the rear at all times during the cycle section.

Competitors are NOT ALLOWED TO DRAFT.

### *DRAFTING REGULATIONS AS PER BRITISH TRIATHLON RULES:*

#### *19 Pacing/Drafting*

*19.1 Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor or motor vehicle during the cycling segment of races.*

#### *19.2 Bicycle Draft Zone*

##### *a) For all Age Group Events (except Long Distance)*

*The draft zone is a rectangle measuring seven (7) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back.*

A cycle route map is available on the NC&TC website.



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## **RUN – 4KM**

The run course consists of two laps of two kilometres and is a combination of tarmac/pavement surface and grass sports field.

When leaving transition the run course takes you through the leisure centre complex car park and school playground area behind and onto the school sports field. Proceed around the perimeter of the sports field, which will be marshalled, to reach a pedestrian access gate where you exit the field onto a footpath. Marshalls will be located at every turn point on the run course to direct you.

On entering the leisure centre at the end of first lap you will receive a coloured band to indicate completion of the lap. When entering the leisure centre for the second time keep to the right and proceed to the finish area adjacent to transition. Please remember to hand your coloured band in at the finish line otherwise your time may not be recorded.

When running outside of school grounds please ensure that you keep to pavements.

Race numbers must be worn so that they are clearly visible from the front at all times during the run section.

A run route map is available on the NC&TC website.

## **MP3 PLAYERS AND IPODS**

MP3 players or iPods must NOT be worn at any time during the race.

## **WITHDRAWAL POLICY**

If you are unable to race for whatever reason, please contact the Race Organiser by email and express your intent to withdraw. We will then arrange a refund based on the entry fee paid, minus the following:

- Up to 4 weeks prior to race day – refund minus £10 admin charge
- 2 - 4 weeks prior to race day – refund minus £15 admin charge
- Within 2 weeks of race day – no refund given

*Please note, the refund will be in the same format as the original payment, i.e. card or cheque.*

## **EVENT PARTNER**

Anglia Community Leisure is a charitable company established to provide leisure and cultural services for public benefit. It currently manages the public leisure centres, swimming pools and a number of community facilities in the Forest Heath area for the local authority.

For more information, visit [www.angcomleisure.com](http://www.angcomleisure.com)