



Swim-1st Crawley Sprint Triathlon Race Info 2017

www.swim-1sttriclub.com

Welcome and thank you for entering our triathlon, we hope that your training is going well and we look forward to seeing you. Please read the race info below in full so you are well prepared before race day. Every triathlon course is different so count this reading towards your training.

Location & Parking

Nuffield Health Club, Crabbet Park, Turners Hill Road, Crawley, RH10 4ST. Nearest train station is Three Bridges Station.

Registration

Registration will be at Nuffield Health Club, same address as above. You can register Saturday, the evening before the race from **17:00 - 18:00** or on race morning from **06:00 – 06:30am**. If you can register with us Saturday it will mean less rushing around on race morning for you.

To help registration go smoothly please take a note of your race number before hand.

- If you have registered as a BTF member then you will need to show us a valid BTF licence at registration, if you don't have it then you will have to pay £3 cash for a day licence.
- If you registered as a non BTF member your race license will be emailed to you (the extra £3 entry fee paid for this was paid when you entered online)

You will also receive:

- 2 race numbers. 1 is to be displayed on your back whilst cycling and the other on your front whilst running. If you have a race belt then this can be moved from back to front after the cycle.
- Bike and Helmet number stickers with one other for bag or spare.

Transition

On race day competitors should go to the transition area, with your bike and helmet numbers attached. Your bike will need to be in good safe working order, when entering transition please put on your helmet so we can check it is also in working order. You will then rack your bike and lay out kit etc.

Transition areas can be cosy so please only use a small amount of space, bags can then be either put into your car, bag drop area next to transition if you have your race number sticker on it (this is not undercover) or in changing rooms at Nuffield health club.

Please note the transition area will be **closed off from 6:40am**.

During the race be cautious in transition and keep your kit tidy. See Cycle Safety notice for bike transition rules.

Please look out for body markers by the transition areas, your race number will be written in permanent ink on your left leg and hand.

Please check out the link on our website to the transition page as this is **changed for 2017**. Please note the swim in will be from the top of transition as you look at it in the picture then bike out will be from the bottom, upon returning after the bike you will notice the direction of transition changes so bike in will be from the bottom and run out will be from the top.

Race Briefing

Please ensure that you allow sufficient time for you to attend the **compulsory race briefing at 6:45am** which will be held in the reception area of Nuffield Health Club. All important safety notices and any course amendments will be explained at the briefing.

The Race Director will give the briefing. Please feel free to ask him (Lee) any questions.

General Race Rules

- The use of MP3 players or mobiles whilst racing is prohibited as are tumble turns. You will be penalised for using either.
- Any competitor, (including their family or friends) abusing our marshals or fellow competitors will be immediately disqualified.
- Only competitors and officials are allowed within the fenced transition areas. You must show your race number to gain access to and exit from transition.
- All competitors should comply with the race etiquette. This includes allowing faster swimmers to pass.
- Please remember to be courteous to the marshals. They are all fellow triathletes who are officiating voluntarily.
- Calf guards, compression kit, buoyancy shorts etc are not permitted to be worn in the swim.
- Tri suits must remain zipped up at the front at all times during the race.
- Race numbers should be visible on the back for the bike and the front for the run.

Spectators

We welcome spectators to the triathlon. We ask that children are supervised at all times and please be cautious around the drive where there will be cyclists and runners.

Refreshments are available from the café at Nuffield Health Club.

Toilets are also available at Nuffield.

Swim

There will be changing rooms in the health club to get changed before your swim, please store your bag in either bag drop area, your car or the changing rooms. Please note that the lockers only work on a membership card system so they will not be secure and items are left at your own risk. You will also find toilets in the changing rooms.

Please be ready on poolside at least 10 minutes before your start times.

You will line up in race number order which will also be speed order (slower at the front), once you reach the front of the line you will be directed to a lane where you will give your number & name to the starter. The swim is a zig zag swim consisting of 12 lengths in total, please see swim diagram for details. You will be told by the starter when to enter the water and counted down to your start.

Be courteous to fellow competitors, if you are swimming faster and wish to overtake then please tap the swimmers feet in front twice to signal you wish to pass at the next turn. If you are tapped on the feet then please let the overtaking swimmer go ahead at the next turn.

Once you have completed the 300m zig zag swim please exit the pool. Be cautious of the poolside that may be slippery and leave via the fire exit being careful of the step. You will then follow signs to transition "swim in". See transition diagram on website for map. There is an off road pathway to transition so we recommend you put your trainers by the poolside fire exit to wear for the run to transition for comfort.

Bike

BTF race rules require that a cycle helmet is worn for the duration of the cycling discipline. The helmet must be put on BEFORE you touch your bike and remove from the rack in the swim-cycle T1 transition and it can only be removed once the bike has been racked in the cycle-run T2 transition.

Cycles must not be ridden in the transition areas. Cycles must be mounted AFTER the mount line and dismounted BEFORE the dismount line. Listen to the marshal's advice they are there to help and advise you.

You must be aware that all of the roads will be open to normal traffic flows. You must comply with the Highway Code. Cycle on the LEFT and if you are overtaking a slower rider check it is safe to do so then pull in once you are past.

Remember that you will NOT have priority at junctions and, therefore, comply with all normal traffic signs and especially 'Give Way' and 'Stop' signs. Please be especially aware of horses and riders if you do encounter them please make them aware of your presence by shouting ahead "Rider on the right" slow down and give a wide berth.

Any cyclist who is reported by marshals; officials; police; other road users; competitors or spectators for riding dangerously or without due care will be disqualified without recourse to an appeal. Dangerous riding includes (but is not limited to) riding in the centre or to the right side of a road, cutting across the centre white line at a junction and failing to obey a marshal's instruction.

This event does not allow drafting. There will be a number of marshals monitoring the cycle course. Any infringement of the drafting rules will result in a minimum 3 minute time penalty and may result in disqualification.

The drafting rules state that the gap between the front wheels of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone. It is the responsibility of the overtaken cyclist to drop back and maintain the gap once the faster rider has his or her wheel in front of yours.

The bike course consists of all left turns except two of the roundabouts (1 of 5 and 4 of 5 roundabouts) which are straight over. Marshals and/or Signage will be at the junctions where you need to turn left so if there is no sign or marshal telling you to turn left please go straight on. There are traffic lights on the course and of course they must be obeyed, anyone going through a red light will be disqualified. Yellow signs with black arrows will be posted along the course at the turning or straight on at roundabout points. Please note that some of the roundabouts are a left turn/first exit. To ensure no confusion please study the race route found on our website in the 'Our Race' page.

Run

Last bit your nearly there! Competitors do not have right of way on the run course. The route includes sections on footpaths, drive and grass. Please watch out for pedestrians, dog walkers and horses. Remember to give horse riders a wide berth and when approaching from behind, let them know you are there!

There is a section just before you go underneath the M23 that is quite narrow with a log lying across narrowing a point in the path to stop cars going through, please be careful of oncoming runners at this point.

The run will consist of 3 loops within the course, keep left at all times. There will be a turnaround point where you will collect a band each lap. Once you have three bands you will take a left at the end of that loop which will be signposted then taking you back towards Nuffield health club and the finish line!

Check out the run route on our race section of website. There is a water station on the run that you will pass 3 times.

Finish

Run through the finishing flags, congratulations you have done it! Get some water on board and give yourself a pat on the back. Don't hurry home as the presentation will be soon after and there will be some spot prizes. In order to give yourself a chance of a spot prize you will see a box after the finishing line where you will need to put one of your race numbers in it to act as a raffle ticket, only one race number per person!

Presentation & Spot Prizes!!

Presentation will be held at the finish area at **10am or earlier if race finishes earlier.**

See paragraph above for how to qualify for spot prizes, we may even give you a prize for just being nice!

Awards go to:

Overall 1st, 2nd & 3rd Female, Overall 1st, 2nd & 3rd Male

Age Group Winners Female 40+, Male 40+, Female Under 40, Male Under 40. (Note the overall 1st, 2nd & 3rd's will be taken out of age group category)

If you think someone qualifies for a spot prize for an inspirational reason then see the race director before the presentation.

Home Time

To remove your bike from transition you must show your race number. Please take all your belongings. We hope you had a great time and we look forward to seeing you race with us next year.

Results

A full list will be available on our website after the race as soon as we have them.

Have an amazing day and enjoy it.

Lee Basset
Race Director
Swim-1st Tri Club