

Brecon Sprint Triathlon

Race Brief 2015



brecontriathlonclub.co.uk

@brecontri

Dear Triathlete,

Firstly thank you for entering Brecon Triathlon, this will be the fifth year our club has organised the Triathlon. Entries are now closed and we are looking forward to welcoming you to Brecon Leisure Centre on the 30th May. In the meantime please read the information below which should help you in your preparations for the day.

The event is sanctioned and will run under the British Triathlon rules, a copy of which can be found here:

http://www.brecontriathlonclub.co.uk/pdfs/rulebook_2012.pdf

We do appreciate that this is an event which attracts many inexperienced triathletes. As such, whilst we will have marshals looking out to ensure rules are adhered to, we want to educate, not penalise so advice and guidance will be given wherever possible. We will though take certain things more seriously, such as putting at risk other athletes or road users or abusing marshals/race officials and in serious cases disqualification may be the end result.

Some rules we wish to highlight:

- All competitors must wear any official swim cap, bib or number provided by the race organiser. These must be worn unaltered and be both visible and readable at all times. Swim caps for the pool will be provided by us and you can keep them if you wish.
- In order to avoid accidents, safeguard equipment and protect personal possessions, athletes must not bring helpers, friends or family members into any transition area.
- Every competitor must ensure that his or her cycle is in a safe and roadworthy condition and conforms to the specifications laid down in the technical rules.
- Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race. Failure to do so may result in a time penalty.
- Competitors must mount their cycles and start riding only when the parts of both wheels that touch the ground are outside the transition area (ie at or beyond the officially designated cycle start). When returning to transition, competitors must dismount their cycle before any part of the cycle leaves the dismount zone, which should be clearly marked before the end of the cycle course. They may then walk or run with their bike to its allotted position.
- Competitors are not permitted to draft, (ie take shelter behind or beside another competitor or motor vehicle) during the cycling segment of races. Penalties will be issued when, in the opinion of the official, competitors, through their action or the action of others, attempt to gain, or receive, an

advantage precluded by the rules. The draft zone is a rectangle measuring 7m long by 3m wide that surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading 3m 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 out of this zone.

- All competitors must follow the normal rules of the road, obey all traffic signals and follow any instructions given by the police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.
- Competitors are ultimately responsible for their own safety and for the safety of others.
- During the cycling phase, a number must be displayed to the rear.
- During the running phase, a number must be displayed to the front.

Pre - Race

Car Parking

As in previous years, car parking for competitors and supporters will be in a large field adjacent to the Leisure Centre. Please avoid using the main Leisure Centre car park, which we need to keep free for emergency access, staff and other Leisure Centre users.

Registration

Access to registration is along the pavement and into the Brecon High School entrance. Registration will open at 1130 and will be located in a gazebo between the pool and transition. You can register up to 15 mins prior to your anticipated start time. If you are going to be late please inform the Race Director on 07879 463265 and she will endeavour to give you a later time slot if possible.

Here you will collect your t-shirt, race numbers, and have your race number written on your upper arm (for identification for the swim leg).

Juniors must have a parent present during the race.

If you are a BTF member you will need to present your licence, non BTF members who have paid the full entry fee will be provided with their day licence. Please note if you have entered as a BTF member but are unable to present your licence you will be required to purchase a day licence at a cost of £3.

Please ensure your bike has the relevant sticker attached, as you will not be able to enter transition without it and the corresponding race number.

Every year there are a few punctures before the race starts, so don't forget to bring along a spare inner tube and pump, just in case!

Risk Assessment

As with all activities there is a risk to anyone taking part. A full risk assessment has been carried out and will be displayed near the registration area. Please make yourselves aware of those risks specific to this event.

Race Briefing

THIS IS YOUR RACE BRIEFING – Please read this fully and check you understand. You may ask questions at registration (or by the website contact form in advance) but there is no formal race briefing as there is no mass or wave start. There will be maps detailing the bike and run routes on the boards at registration and Club members will be in the area to answer any questions you may have. With the later start time you may wish to recce the route by car before arriving to register. The Race Director and other Club members will be around if you have any further questions. In transition you will find 2 experienced racers who know the course and the event well so will hopefully clear up any outstanding questions.

Marshals

There will be numerous marshals on duty throughout the day. Whilst those in key areas are all experienced triathletes, a number, especially out on the run and bike routes may be less so, although all teams will have an experienced co-ordinating marshal. They are all volunteers so please do not give them a hard time over anything – they will be doing their best. If you have any problems please speak with either the Transition Marshals or the Race Director.

Transition

Transition this year is once more in the car park in front of the Brecon High School which is adjacent to the Leisure Centre.

Entry into transition will be controlled; only competitors can enter transition for safety and security. The way into transition is along the front of the registration area keeping bike in/out to your left and the finish area/route to T1 on your right. Please keep your eyes open for competitors when going to/from transition.

You must rack your bike where your race number is displayed. There will be marshals in transition to provide assistance to any competitor who requires it, especially those new to the sport.

Please set out your kit and rack your bike quickly and avoid returning to the transition area if possible and be aware of other athletes who may be mid-race. Bikes can only be racked after registration when showing the correct sticker.

Removal of bikes will only be allowed by the registered competitor on production of their race number. Remove your bike as soon as possible after finishing. Care should be taken when removing your kit not to impede any racers.

Swim



Please be ready pool side 10 minutes prior to your estimated swim start. You will get your anticipated swim start time sent in advance. If you are ready and there is no one waiting to start, with the authority of the Pool Co-ordinator you may be able to start before your allocated time if you so desire.

There will be 4 swimmers in each lane. When one swimmer has finished their 400m, the next person will be asked to make their way to that lane put on the appropriate colour hat, get in the pool, keeping out of the way of others in the lane. A marshal will then tell them when to go. As such there should always be 4 people in each lane. This system should allow us to deal with no shows and swim times varying from those expected and use the time effectively. This system will also allow us to deal with people out of order if necessary. If you get delayed on the way to Brecon or actually are ready slightly ahead of the allocated time please see the Pool co-ordinator who will do his best to help you out.

Please be aware of the other swimmers in your lane. Normal etiquette applies – a swimmer wishing to overtake will tap the toes of the swimmer in front; that swimmer should pull to the side at the end of that length to let the faster swimmer by.

We have seeded people according to their declared swim time but it is fairly common for people to be in amongst swimmers of a very different pace – apologies for that but there is not much we can do about it!

There will be lane marshals counting lengths and a float will be placed in the water when you have two lengths to go. The marshal's word on completing the correct number of lengths is **final**.

The route to transition is about 60m and is slightly rough underfoot so you may wish to have some footwear placed at the exit of the pool.

Bike

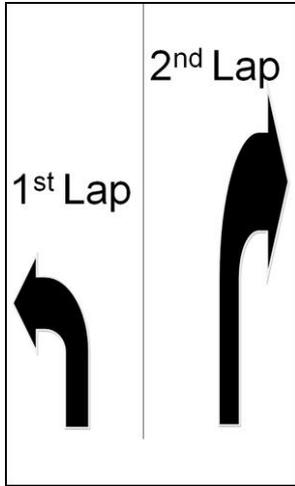


Leaving transition you will follow the road around and back to the junction. Be aware as you approach the junction you will be near the registration area and there may be people moving about. It will be marshalled but care needs to be taken.

The bike route will be clearly marked and the major road junctions will be marshalled. However you will be sharing the road with normal traffic, the Highway Code still applies, and you must not rely on marshals to control traffic. Road safety is your responsibility. Your safety and the safety of other road users is our first concern, reckless riding will result in disqualification.

Due to the overlap of the bike route, we will be using colour coded signs to ensure that you follow the route correctly at the point where the loops cross. Throughout the

majority of the bike route you will see yellow signs. The second time you approach the same stretch of road, after having completed the first loop you must follow red signs which will direct you to the dual carriageway after which the signs revert to yellow until the finish of the bike route. A special sign is in place this year to help on the loop:



It is your responsibility to familiarise yourself with the bike route in advance.

A map of the bike route can be found here:

<http://bit.ly/1n2hzO9>

A video of the bike route with some text description can be found here:

<http://www.brecontriathlonclub.co.uk/pages/breconsprint.html>

Run



The run route will be marked with signs, tape and ground paint. The route will take you around the playing fields, through the shaded groves, up the Steps of Doom and back to the Leisure Centre via the outskirts of the town. The run route finish line is now in front of the Leisure Centre (in the car park), not on the athletics track.

Marshals will be present in the woods to ensure signs are not tampered with and that the route is clear. We will also have marshals at road crossings but please be aware of traffic. The finish is up the ramp between the Leisure Centre and the pool across in front of the pool parallel to where you ran a little earlier upon exiting the swim to the line close to the Registration area.

A map of the run route can be found here: note the finish is now in front of the Leisure Centre (in the car park), not on the athletics track.

<http://www.brecontriathlonclub.co.uk/pdfs/Sprint2015/runroute.pdf>

After you have finished can you please clear the line as soon as possible. If you are using the changing rooms please make your way to the Leisure Centre down the pavement and then across the car park.

If you are collecting your bike/kit first again please keep away as much as possible from the race route and use the pavement to return to the car park, not cut straight back past the pool.

Post - Race

Please ensure you have removed your bike from transition before attending the race presentation.

Massage

This year we will be offering a free massage after the race with physio Scott Cornish.

Results

All finishers will get a medal to commemorate the event and there will be some small category and spot prizes. The Race presentation will be held in the Leisure Centre cafe area as soon after the event as possible, approx. 1730.

Individual print out of race times will (hopefully) be available within 30 mins of your finish. The print out can be obtained from the Results Desk, which will be located in the Café of the Leisure centre.

Full results will be posted on the [website](#) and Facebook.

Refreshments

The Leisure Centre will be providing a variety of light meals, drinks and snacks in the Bar.

Final Points

I hope your final preparations and training go to plan, in the meantime if you have any questions or concerns please feel free to contact me via the website contact form.

On the day I will be around trying to ensure everything is running as it should. If you need to speak to me ask any of the marshals to point me out. If you are delayed you can always ring me on 07879 463265 and we can decide on the best plan of action.

I do hope you enjoy the day. Please remember we are a bunch of enthusiasts trying to give you the best race we can. If it is good it is nice to hear from you but equally important if there are things we could do better please let me know.

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