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HATCH END – HARROW TRIATHLON: 2012 - COMPETITOR INFORMATION **ADULT RACE**

Venue:

**Hatch End Playing Fields / Pool,
Uxbridge Road, Hatch End , Harrow, HA5 4EA**

The race will be run under British Triathlon Federation rules, copies of which are available in the BT handbook and on their website

(<http://www.britishtriathlon.org/events/page.php?article=&category=/events/&folder=rules/>)

Before the Race

Please arrive in plenty of time to park, register and set up. **Please refer to the start list on the Race Info page to find out your allocated time to report to the swimming pool for the start. This list also shows the race briefing you should attend.**

PARKING / ARRIVAL

You will not be permitted to park in the Morrison's or Arts Centre car parks. Please come prepared to allow time to park in local roads and to walk back to the race venue. There is a free car park in Hatch End (shown on the map below). A link to a map of the local area is provided here:

<http://www.multimap.com/maps/?qs=HA5+4EA&countryCode=GB>

If you are arriving by bike, please be aware that the race starts at 7am and so competitors will already be racing.

REGISTRATION & RACE BRIEFINGS

Registration will open at 6.10am and close at 8:00am. You should register early enough to allow time to prepare your belongings in transition.

Race briefings will take place at 6:40am, 7:00, 7:30 and 8:00am. They will inform competitors of important information and of any late changes that may affect the race.

In registration, give the registrar your name so they can identify you on the registration list. If you are not a British Triathlon Federation member you will be given your day membership licence (having already paid the £3 cost in your entry fee). If you are a British Triathlon Federation member you will need to show your license. If you cannot produce it you will have to pay £3 for a day membership.

2. You will be given your race numbers.
3. You will also have your race number written on your right shoulder with marker pen (this is waterproof but will come off with a bit of soap and a scrub after the race).

NUMBERS

You will be given three race numbers. The two large numbers (waterproof & tear proof) must be worn on the bike and run sections, attached to your T-shirt/vest or to a number belt.

British Triathlon rules state that a number should be visible on your back for the bike section and on your front for the run section - you may use a number belt, but remember, it is your responsibility to make the numbers visible at all times. **PLEASE MAKE SURE YOUR NUMBERS ARE VISIBLE AT ALL TIMES.**

The small numbered sticker is for your bike. This must be in place before you rack your bike in the transition area. When your race is finished you must show the marshal your large number to retrieve the corresponding bike. If you cannot you will have a long wait until all the other bikes have been retrieved!

TRANSITION AREA (Setting up)

The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different events.

For security reasons **no one is allowed into Transition unless they are competitors in the race with race number and bike tag.** Please arrive with enough time to familiarise yourself with the transition area, which will be open between 6:15 and 8:15 only.

You should rack your bike in the designated area of racking, setting out your kit in a tidy way so as not to impede other competitors. You are responsible for keeping your kit within your space throughout the race. The organisers cannot accept responsibility for any loss.

The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run.

Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Un-sportsmanlike conduct will lead to disqualification.

THE SWIM (400m ~ 17 lengths)

Please come to the pool wearing only your swimming costume / tri suit, at the time shown on the start list (which you will find on the Race Info page). This is an important instruction, vital to ensure the race runs on time. Your swim start time has been allocated to keep you with swimmers of similar speeds.

You should enter the pool building through the entrance for the male changing room and find your place in the queue. You will be given your timing chip, which should be securely attached to your ankle using the velcro strap. The timing chip will automatically record your times as you go around the course.

Swimmers start in race number order, so find your place in the queue accordingly. If you miss your slot, it may not be possible to let you swim later than planned as we cannot put fast swimmers with slower ones.

At poolside, you will be given a coloured swim cap, which must be worn for the swim. You will start in the water and go when the start marshal tells you.

An indicator will be placed in the water in front of you when you have 2 lengths to go (15 done). Please get out of the pool quickly as others will be finishing behind you. Take your swimming cap off, leaving it poolside.

Exit through the double doors at the end of the pool (be careful of the step here) and then run to Transition, following the signs along the side and around the corner of the pool building, which will be marshalled to indicate the route.

CYCLE SECTION (17km ~ 3 laps)

Find your bike, then put on any clothing which you want to wear for the cycle section of the race.

You **MUST** have your helmet in place and **FASTENED BEFORE you un-rack your bike.**

You must not cycle in the transition area. Push your bike out of transition and up to the Uxbridge Road before you mount.

You must follow the Highway Code, including observing traffic lights, pedestrian crossings etc. There are no road closures and you do not have right of way. Non-compliance will lead to disqualification. Take care at the roundabout by Morrison's supermarket – beware Sunday shoppers! Be prepared to stop at the pedestrian crossing in the row of shops in Hatch End, this will be marshalled and failure to comply will result in disqualification!

BEWARE!!!: Sections of the road surface on the course are poor and there are some deep potholes. Please be careful.

This is a non-drafting race so you must pass another rider swiftly and not draft behind them (i.e. do not ride directly behind them) otherwise this will also result in disqualification. If asked by marshals please call out your race number.

Follow the course **three times** and when you are about to finish, dismount on the Uxbridge Road at the finish line and wheel your bike back to Transition.

Re-rack your bike in its original position but **do not unfasten your helmet until your bike is re-racked.** Then prepare for the run section and follow directions to the run course.

RUN SECTION (3 km ~ 3 laps)

All competitors follow the same course, from transition to the finish, which will be marked out on the grass. Please make sure you are familiar with the course before the start of the race. There will be marshals and a water station on the course.

As you run round each lap, you will be handed a rubber band to put on your wrist - on your third lap you should run down the finish straight, into the finishing funnel (please stay in the order you finish), hand in your three rubber bands and your timing chip and pat yourself on the back. **Well Done!!**

After the Race



We are proud to be partnering with a local charity, St Luke's Hospice, who are celebrating their 25th anniversary.

As the local Hospice for Harrow and Brent, St Luke's provide free end of life care for patients as well as supporting their families and carers. Please take the time to visit their stand.

RETRIEVING YOUR BIKE FROM TRANSITION

When your race is finished you must show the marshal your large number to retrieve the correct bike. You will only be able to collect your bike and transition belongings when the marshals decide it is safe to do so. This may mean you have to wait. Please be patient!!

REFRESHMENTS

There will be hot drinks and food on sale.

FIRST AID

Paramedics will be on hand during the race as well as lifeguards in the pool.

PRESENTATION

The presentation will take place on the day, as soon as the overall results have been collated and checked. We expect this to be around 10:30am.

RESULTS

Full results will be posted on the Jetstream website (www.jetstreamtri.com)