

## **IMPORTANT RACE DAY INFORMATION**

**\*Please ensure all of your team members have read this briefing\***

### **ESSENTIAL ITEMS TO REMEMBER**

1. Arrive 1 hour before your start time so that you have time to set up your bike in the transition area, register and attend a race briefing
2. Your bike
3. Your cycle helmet (you cannot legally race without one)
4. A pound coin as a deposit for your locker key card. You will be given a key card at competitor registration, however space is limited so if you have friends or family that can hold onto your valuables this is recommended.
5. A towel
6. Appropriate clothing for all weather (it could be cold and wet on the day!). For your own safety we recommend that you wear bright, luminous clothing for the bike and run
7. Please arrive knowing the total amount of sponsorship you have raised. **You will be asked for this when you register.** This is so we can award the Top Fundraisers with their trophies and announce the total raised by the event!

Please Note: Nuffield Gym does not sell any bike accessories so please ensure that you have everything you need with you.

### **PARKING:**

Parking will be allocated based on your race number. All parking facilities are only 300m from Nuffield Health, Fitness & Wellbeing Centre. We will circulate a map and directions to your allocated parking facilities by email during the week commencing 20<sup>th</sup> September.

Please note: **you cannot park at Nuffield or drive in to drop off or collect your bike.** The parking facilities are only a short walk from Nuffield so please wheel or ride your bike to Nuffield.

### **BIKE RACKING:**

The transition area is in Nuffield car park and this is where you rack your bike. The transition will be marshalled from 6.00am until the end of the race at 11.15am.

After you have completed the race please remember to take your bike with you, as the transition area will **not** be marshalled after 11.15am.

### **TIMING CHIPS:**

We will be using timing chips to record competitors' start and finish times for each discipline. You will be given a timing chip when you register on the day.

The timing chips should be worn around your left ankle from the start of the event until crossing the finish line (including the swim). Your times are recorded by crossing over the large 'timing mats' which will be placed at the start and finish of each discipline (there will not be one at the start of the swim).

How to wear and use your timing chip will be fully explained at your race briefing as will the exact position of each mat you must cross over.

## **REGISTRATION:**

Registration will be open from 6.00am. We will let you know your exact swim start time by email during the week commencing 20<sup>th</sup> September, but as a guide the slowest swimmers set off at 6.50am and the fastest swimmers at around 9am.

Please make sure that you arrive to register **one hour** before you are due to start the race so that you have time to set up your bike in the transition area, register and attend a race briefing.

At registration you will be asked for the total amount of money/pledges you have raised so we can work out the top fundraisers for the event. You will also be given the following items:

- **Timing chips - VERY IMPORTANT**

This chip correlates to your race number and will record your start and finish times for all three parts of the race – once you have it don't part from it until the end of the race! Your timing chips must be returned to a marshall at the end of the race or you will incur a £10 replacement charge.

- **Race numbers and safety pins**

Your race number must be shown on your back during the cycle and on your front during the run. You will be given two race numbers and eight safety pins at registration.

- **Bike number**

This must be stuck to your bike to ensure that you collect the correct bike from transition.

- **BTA day license**

You will be given a British Triathlon Association (BTA) day licence if you do not already possess a full yearly membership to the BTA. If you do have full membership be sure to bring it with you to registration.

- **Disclaimer**

You will be asked to sign a standard disclaimer, which clearly states that you are wholly responsible for your own safety throughout the event.

## **RACE BRIEFING:**

There will be a race referee from the BTA overseeing the event and they will give six race briefings, **you must attend one of these to take part in the event.** The briefing covers all the details of the course, safety aspects, BTA rules and very importantly how to use your timing chip. The briefings last no more than 10 minutes and take place in Nuffield Gym.

The first race briefing will take place at the poolside for competitors in wave one. The other five briefings will take place above competitor registration, this will be sign posted and marshaled.

It is your responsibility to attend a race briefing. To help we have suggested which briefing you should attend below based on your swim wave.

Race Briefing One at **6.40am - poolside - wave 1**

Race Briefing Two at **6.50am – above registration - wave 2 & 3**

Race Briefing Three at **7.10am – above registration – wave 3 & 4**

Race Briefing Four at **7.35am – above registration - wave 5 & 6**

Race Briefing Five at **8.00am – above registration - wave 7 & 8**

Race Briefing Six at **8.25am - above registration - wave 9 & 10**

### SWIM (400m):

Please be poolside a few minutes before your wave is due to start. The swim is 16 lengths of a 25m pool, there are six lanes and a maximum of five swimmers per lane.

Nuffield requires everyone to wear a swim hat. We will provide coloured hats to ensure the lap counters can easily recognise you.

A sign will tell you if you are to swim clockwise or anticlockwise in your lane. Tumble turns are allowed for those fortunate enough to be able to carry them out.

**Touching toes** – it is triathlon etiquette that if you are a faster swimmer than the person in front and you touch their toes you are allowed to overtake when you reach the end of the pool but not before. If your feet are touched you must make way at the end of the pool to be overtaken.

There will be lap counters and you will receive a 'last length' sign, which will be submerged into the water just before your final length. It is, however, your responsibility to count your laps and look out for the board – in previous years a few people have accidentally done extra lengths.

Once you have finished your 16 lengths you need to walk to the 'swim finish' timing mat, which is poolside, to record your time.

You now have **20 minutes** to dry off, change, get to transition and ride to the start of the cycle which takes about 6 minutes (all well signposted and marshalled). Remember you will be penalised with any time in excess of the 20 minute break. Please note it is your responsibility to ensure you do not go over the 20 minutes dead-zone – so remember to check your watch.

### TRANSITION:

The transition area is clearly marked and there is one entrance and one exit. For security reasons a marshal will check your race number against your bike sticker when you enter and exit the area.

You will find water, sports drinks and cereal bars in the transition area to help revive you between each section of the race. Please note that these refreshments are only provided in the transition area.

**You must fasten your helmet securely before removing your bike from the scaffolding.** This is a very strict BTA rule and heavy time penalties are imposed for anyone breaking this rule.

### CYCLE (17.5km):

The start of the cycle is about 6 minutes from the gym and there are two sets of traffic lights to navigate so give yourself as much time as possible to get there. This is well signposted and marshalled.

**To start the cycle you must ride over the timing mat at the beginning of the cycle route.** This will be clearly marked and marshalled.

The whole cycle route will be well signed and marshalled and there are distances markers showing the amount of the cycle you have completed so far: 5km, 10km and 15km.

Please note, the cycle route is on roads open to cars so at all times you must fully comply with and follow the rules of the Highway Code.

There will be three areas on the cycle where you will be required to put your foot down for safety reasons - once on the way out at a busy roundabout and again at the same roundabout on the way back. The other point is the turnaround area. If you do not put your foot down you will suffer a two-minute time penalty.

**Please note, walkmans and ipods are not permitted during the cycle.**

**To finish the cycle you must ride over the timing mat at the end of the cycle route.** This will be clearly marked and marshalled.

You will have a **15 minute** dead-zone to get back to the gym, rack your bike, get some water and start the run. Please note it is your responsibility to ensure you do not go over the 15 minutes dead-zone – so remember to check your watch.

### **RUN (5.5km):**

The start of the run is at the exit of transition. **To start the run you must step on the timing mat at the beginning of the run route.** This will be clearly marked and marshalled.

The whole run route will be well signed and marshalled and there are distance markers showing the amount of the run you have completed so far: 1km, 2km, 3km, 4km, 5km. There is also a sign to indicate when you are 400m from the finish of the run.

**Please note, walkmans and ipods are not permitted during the run.**

The finish line of the run and whole course is clearly marked. **To finish the run you must step on the timing mat at the finish line.**

**DON'T FORGET** to hand in your timing chip at the end of the race.

### **FOOD AND PRESENTATION:**

Complimentary food and drink will be available at Sir Francis Bacon School from 9.15am. There will also be a short presentation at **11.45am** in the school where prizes will be awarded and you will have the chance to hear about the impact the money raised will make.

**Please do not drive to the presentation as there will be no parking spaces available and this will cause congestion.** The school is only a short walk from Nuffield. This walking route will be clearly signposted.

Prizes will be awarded for:

- Top, 2<sup>nd</sup> and 3<sup>rd</sup> Fundraiser
- Fastest Team 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- Fastest Male 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- Fastest Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- Fastest male and female in each age category (20 or under, 21-30, 31-40, 41-50, 51-60, 61+)

### **THANK YOU**

Thank you for taking the time to read this briefing. We are really looking forward to seeing you on Sunday 3<sup>rd</sup> October for a great day.

Just remember more than anything it is the taking part and fundraising that really counts and makes a difference, so don't worry if this is your first event of this kind – you will be great!