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Wombourne Sprint Triathlon 17th April 2011

COMPETITORS INFORMATION PACK

Please read carefully

In the event of queries please contact events@blackcountrytriathletes.co.uk

***** PLEASE ALLOW AT LEAST 30 MINUTES FOR REGISTRATION *****

DIRECTIONS TO THE RACE:

Wombourne Leisure Centre is just outside the village centre on Ounsdale Rd and is on the Ounsdale School campus. A to Z ref: A4 page 40.

From Worcester / M5 – follow A449 to the roundabout at the junction with the A463. Turn left, (Billy Bunns Lane) and at crossroads – turn left again into School Rd. Follow the road through one set of traffic lights to the centre on the left.

From Wolverhampton/ M6 follow the A449 to the roundabout at the A463 junction. Turn right, (Billy Bunns lane) and at crossroads, turn left into School Road. Follow the road through one set of traffic lights to the centre on the left.

FOLLOW DIRECTIONS FOR PARKING at the Mount Pleasant Pub and also the Royal Oak Pub as well as park at the centre. THERE WILL BE SIGNS AND MARHALS. There is NO parking in the roads adjacent to the centre.

REGISTRATION STAGE 1

- **Registration will be in the hall of the Centre from 7 am and will close at 10 am**
- When you register, please confirm your personal details and age group and check your start time
- Attach the Race number to the front of your top
- You will receive a sticky label with your racing number on, which must be stuck to your bike

REGISTRATION STAGE 2 / POOLSIDE

- You will be issued with your timing chip to be placed around your left ankle. Once the timing chip is on do not exit the pool before your swim start as this will activate your timing
- Your event number will also be written on your upper arm and calf

BTA DAY MEMBERSHIP

Everyone who competes at a BTA sanctioned event must be either a full member or a day member of the Association. . The day membership signs all competitors up to the rules and regulations of the BTA and provides them with civil liability insurance cover to the limit of £5 million.

If you are a BTA member, please bring your race licence with you and present it at registration. All of the entrants have paid online have stated whether or not you have a race licence, if you do not produce a licence but have it listed on the entry we will ask you to pay the difference.

REMEMBER YOUR RACE LICENCE

After Registration: take your cycle and kit into the transition area

Refund Policy: there will be no refunds for drop outs after April 1st please let us know ASAP if you decide not to race as we have a reserve list.

TRANSITION AREA

The transition area will open at 7am and only competitors will be allowed entry on production of the race number.

- Make sure you rack your bike and layout your gear in transition in plenty of time to be changed and ready at poolside 5 minutes before your swim start time.
- You may place your shoes here or outside the swim exit, as you have about 50 metres to run to transition.
- You will not be allowed to leave race boxes and bags next to your bike in transition as this is a safety hazard.
- To remove your bike from transition after racing. You will need your race number (or show them your leg!).

SWIM

Be ready at poolside 15 minutes before your start time.

- The pool will be divided into 6 lanes. Swimmers will be set off at varying intervals Listen out for your race number to be called and follow the instructions given.
- Diving starts are not allowed. All competitors start in the pool.
- 400metres is 16 lengths of the pool The swim Marshals will be counting your lengths and you will be told when you have 2 LENGTHS TO GO
- When you have completed your swim you will climb out of the pool, exit the pool via the rear door (and pick up your shoes). Remember to shout your number to the timekeeper on your way out. LEAVE YOUR SWIM CAP BEHIND.
- Once through the door, turn left up to transition on the car park.

NO SHOES OR CLOTHING ARE ALLOWED POOLSIDE.

BIKE

- DO NOT remove your bike from the wracking until you have securely fastened your helmet.
- Please make sure your number is clearly displayed on the BACK of your shirt
- The bike course will be marshalled at all road junctions. The marshals **will not stop traffic** or give instruction if it is safe to proceed.
- **TIME ALLOWANCES WILL BE GIVEN FOR THE TRAFFIC LIGHTS ON THE BIKE COURSE**
- See the map of the bike course
- **DRAFTING IS NOT ALLOWED – DRAFTBUSTERS & MARSHALS WILL BE MONITORING CYCLISTS**
- Once you have finished cycling, you must dismount your cycle at the dismount line and then walk or run with your bike into the transition area and put it back where you first placed it. Do not remove your helmet until you've put your bike down. Please don't throw your bike or helmet down.
- **WHEN RETURNING TRANSITION YOU MUST NOT CROSS THE WHITE LINE UNTIL YOU TURN INTO TRANSITION TO AVOID ONCOMING TRAFFIC. CROSSING THE WHITE LINE CAN RESULT IN DISQUALIFICATION.**

RUN

- Run out of the exit marked 'Run out'. Your race number should be visible now on the front of your shirt.
- The run section is around the outside of the football pitches – through the gate in the right hand corner – down 2 steps - TAKE CARE – and then LEFT along the old railway track - turning at a marker cone and marshal and then retracing your steps to the gate – the finish is then straight ahead of you along the edge of the playing fields.
- There may be football matches in progress so please take care in case of 'low flying footballs'.

FINISH

- Finish Quickly, it looks more impressive 😊
- Collect some water and remove your timing chip, a lost timing chip will be charged for, if it falls off then you will be recorded via back up time, but if you finish with the chip and it is not handed in then you will sent a request for payment. This may prevent you entering other events.

BIKE COLLECTION

You will be able to collect your bike from 9.30 onwards. Bikes must be collected by 12.45.

PRESENTATION

Presentations will be made in the hall following the race.

RESULTS

Results will be emailed ASAP and will be posted on our web site www.blackcountrytriathletes.co.uk

GENERAL RULES

- Listen to the race officials and always do as they tell you.
- Only race officials are allowed to help you during the race. We ask that friends or relatives do not accompany you around the course.
- Your race number must be clearly visible at all times to officials. Only if we can see your number can we ensure you get a correct finishing time. Preferably the number should be secured to the front of your top by safety pins at all 4 corners. You may wear a race belt, as long as your number is clearly visible
- This event is run under the British Triathlon Association rules.
- The event will go ahead come rain or shine.
- Lockers can be found in both male & female changing rooms.

Last of all

We wish you well – and hope you have an enjoyable race and hope to see you again in September 2011 for the next sprint race.