

Dear Triathlete

PLEASE READ THIS RACE BRIEF.

Thank you all for entering the 2019 Bridge Triathlon

Race Location & Parking Area.

The race is focused in and around the Bridge Development by the Dartford Bridge just off the M25. When coming of the M25 **DO NOT GO ON TO** Bob Dunn Way.

Keep to the right hand side of the slipway. When coming from the south. When coming from the north keep right at the second roundabout.

Go on to the Bridge Development site and follow the parking signs to the car park area.

There will be a marshal there to look after you

The post code is DA1 5FD. The Sainsbury's distribution car park will hold 100 cars and its only for the adult race.

When this is full you will need to go to the second car park. This is the SEM centre their post code is DA1 5TH. There will be signs directing you there. It's around the other side of the estate. When you get there its only about 400m from the race site. Please note that this car park will close at 12pm so you must take your car out by then.

Will open at 5am Sunday and will close at 7.30am for the Adult race.

Children's Race Parking

All parking for the children only will be in the Crosswater car park Lake View House, Rennie Dr, Dartford DA1 5FU. We have room for 130 cars so please try and car share. Do not park in the SEM car park as this will close at 12pm and you will get locked in. If this car park is full you will need to head back to the Premier Inn car park.

We are limited with parking so please can try and car share.

If the water goes over 23 degrees, it will then become a not wet suit swim. It was 16 degrees on the 28th May. We will post the water temp on the Friday evening before the race.

Registration

Will open at 5am Sunday and will close at 7.30am for the Adult race.

Registration will then re-open at 9.30am for the Children's race. You will be parking in the crosswater car park. Please do not walk across the flower beds. Keep to the path at all times.

Please be at the start area 15 minutes before your start time.

Wave start Times

Wave 1 6.30am Standard

Wave 2 6.45am Standard

Wave 3 7.30am Sprint

Wave 4 7.45am Sprint

Wave 5 8.00am GO Tri

Please be at the start area 15 minutes before your start time.

Adult start point. 150m from transition.

Wave 6 8.15am Youth / Juniors Boys

Wave 7 8.30am Youth / Juniors Girls

Race holding pen and start point is in the corner of transition by the lake.

Wave 8 10.30am Tri-Star 3 Girls

Wave 9 10.55am Tri-Star 3 Boys

Wave 10 11.20am Tri-Star 2 Girls

Wave 11 11.45am Tri-Star 2 Boys

Wave 12 12.10pm Tri-Star 1 Girls

Wave 13 12.30pm Tri-Star 1 Boys

Wave 14 12 45pm Tri-Start age 8

Go to your table to register.

You will be given 3 race numbers.

One to wear.

One numbers to go on your bike

One number to go on your kit bag.

You will also be given a swim cap.

Racking your bike

All the racking is numbered.

We only have limited bike racking so you can rack your bike one hour before you are due to race.

There will be a holding area to the right of registration on the grass under the trees.

Triathlon race Licences

All BTF athletes must produce their Triathlon race licences at registration. If you forget your licence, you will have to pay the £5 levy. Some rules we wish to highlight

- 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.
- Juniors must have a parent present during the race.

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.

Electronic Race Timing

This event uses electronic chip timing. Once issued with your chip at registration ensure you do not lose it or get it mixed up with someone else's. Please ensure you only cross timing mats whilst you are racing, or when instructed to by a marshal at the swim start. If you cross timing mats when you shouldn't your results could be affected. Return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged as per the terms and conditions of entry

The Standard 1500m swim (2 laps) then 7 laps of the bike course then 3 laps on the run.

Aqua Bike 1500m swim (2 laps) then 7 laps of the bike course. Your time stops when you cross the Mat at the end of the bike course.

Sprint is one 750m swim (1 lap) then 4 laps on the bike then 3 small laps on the run. There is a turn point that is marked on the main map in registration.

The GOTri is one swim 400m lap then 2 laps on the bike then 1 lap of the run 3.3k run

Relay race

You will be given 1 numbers for the Cyclist that you must give to the runner. Each team member must also hand over the timing chip to their fellow team member. The Cyclist will stand by their bike. The runner must also stand by the bike for the chip and race number hand over.

Children's races distances

Tri-Start age 8 - Start Swim: 100m – Bike: 1.5k (1 lap) -Run: 500m (1 lap)

Tri-Star 1 - 9/10 - Start Swim: 150m – Bike: 3k (2 laps)– Run: 900m (2 laps)

Tri-Star 2 - 11/12 - Start Swim: 200m – Bike: 6k (4laps) – Run: 1.6k (4laps)

Tri-Star 3 - 13/14 - Start Swim: 300m – Bike: 7.5k (5 laps)– Run: 2k (5laps)

Youth 15/16 8.00am Swim: 400m – Bike: 13k – Run: 3.3k and will be the GOTri course.

Junior 17/18 8.00am Swim: 400m – Bike: 13k – Run: 3.3k and will be the GOTri course.

Please not that you do not turn at the Sprint race turn on the run. You do one 3.3k lap

This will be on the full road course so care must be taken at all times.

We will have a holding area for the children to go to before they are called forward. This is to the right off the swim finish area

The adult swim start is 150m away. There will be signs directing you there.

The race is run under BTF Rules you are recommended to familiarise yourself with the BTF rules and regulations. They can be found on the BTF web site www.britishtriathlon.org or contact the BTF on 01509 226161

Race start and Brief

Please be at the race start 15 minutes before your start time

There will be a short race brief before each race by the swim start.

Withdrawing during the race if at any point during the race yours feel the need to stop and pull out of the race please do not hesitate to do so. Find the nearest marshal who will help you get back to the event village. Marshals can also call for medical support should it be needed. It is important that if you withdraw you tell us you have done so, we want to know you're safe!

Spectator Information The course for all races is designed to be as spectator friendly as possible using a multi-lap format. There are plenty of areas from which to watch the action. All we ask is can you please keep the noise down if you are near any housing. There will be an area to the right of Registration near the lake that you can go to. This is also very near the Toilets and Catering. If you have any questions feel free to ask. 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. Presentation

Presentation for the Adult race will be at about 9.30am.

The children will be at 1pm after the last child has finished.

We hope you all enjoy the events and have a safe race.

This is your race so if you have any comments on how we can improve the race please let us know. Good luck to everyone and have a great day.

John