

Dear Triathlete

PLEASE READ THIS RACE BRIEF.

Thank you all for entering the 2021 Bridge Triathlon

Sorry for the delay in sending this out but we have had to make a lot of changes. We have been working closely with British Triathlon to get it right.

Covid19

Please keep 2m apart from other people at all times.

There is a Covite19 health form that you need to fill in and hand in at registration. This can be found on the web site race page.

If after the race any member of your group has covid19 you must tell us strait away so we can let everyone else know

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

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. We are very lucky that we are allowed to use their car park so please stay off the plants and take your rubbish home with you.

Crossing the road

As you get close to the race site you will need to cross the bike track. Please take care if you are arriving after the race has started.

Registration

Will open at 5.30am Sunday and will stay open till 8.45am

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.

Please bring your own swimming cap as ours are somewhere between China and the UK.

Racking your bike

All the bike racking is numbered and you will 2m apart from the next competitor.

Triathlon race Licences

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.

- 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 £25

Children's races distances

Tri-Start age 8 - Swim: 50m – Bike: 1.5k (1 lap) -Run: 500m (1 lap)

Tri-Star 1 - 9/10 - Swim: 150m – Bike: 3k (2 laps)– Run: 1.2K (3 laps)

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

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

Youth 15/16 Swim 400m – Bike 9k (6laps) – Run 2.4k (6 laps)

Estimated start time for each age group.

Tri-Start age 8 9.20am Mix

Tri-Star 1 – 9/10 8.55am Mix

Tri-Star 2 – 11/12 8.30.am Boys

Tri-Star 2 – 11/12 8.05 am Girls

Tri-Star 3 – 13/14 7.35 am Boys

Tri-Star 3 – 13/14 7.05 am Girls

Youth - 15/16 6.30 am Mix

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 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

Drafting

There will be 3 marshals in radio contact on the bike course watching for anyone that may be drafting.

Race start and Brief

Please be at the race start holding area 15 minutes before your start time. This can be found to the right of the race start.

There will be a short race brief before each race.

We will be starting one swimmer every 10 seconds (BTF covid19 race rules) your time will start as you cross the mat. Tri-Start age 8 can start in the water.

Withdrawing during the race if at any point during the race you 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.

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

We are trying to find out if we can hold a presentation. If not, you will be able to pick up your trophy if you finish in the top 3 of your age group at registration.

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

There has been a lot of changes to how the race is being run this year.

If you have any questions, feel free to ask.

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