

Thank you all for entering the 2024 Midnight Man Triathlon.

The start list has now been added to the web site.

Parking will be in the Crosswater Lake View House, Rennie Drive, Dartford, Kent, DA1 5FU

Please park in the bays and not on the pavement. Please car share as we have limited parking. Please don't leave any rubbish behind as we are very lucky that they let us use their car park.

There is some parking in some of the side roads around the lake but please don't park in someone's parking space

Registration and Race Brief

This will open at 3.00pm.

If you are not a BTF Member you need to buy a [day license](#) from British Triathlon. You will be asked to show this at registration.

The race brief will now take place at 5pm. I will go over the whole race and you can ask any questions.

Our toilets and showers are in the visitors centre that's about 150m from transition. They are close to the bike and run course. They are also signposted

### Swim

The lake has been hovering around 22 degrees it will be tested at 4.30pm on Saturday afternoon

Sorry but it will be a no wet suit swim for the Sprint if it's over 22 degrees

For the half and full its 24.6 degrees.

The start will be a mass start.

The race will now start at 6.00pm for everyone.

You will need to be ready to get into the Lake at 5.45.

You will be counted into the lake. This will take about 15 minutes so please enter when called forward.

To keep our entry as low we don't supply swim caps so please bring your own.

The swim is 4 x 950m laps for the Full,

2 x 950m laps for the Half

1 x 950m lap for the quarter

1 x 950m for the sprint.

There will be a lead boat and 9 other safety boats in the lake to keep an eye on everyone.

Most of the swim will be close to the edge on the lake. If you get into difficulty move to the edge of the lake or roll on to your back and raise one arm and someone will come to you.

Do not grab hold of the boat as you could endanger the water safety crew

When you exit the water there will be 2 marshals to help you out of the water. There is a good chance that you will be disorientated so please take care getting out of the Lake and going to the transition area as the grass will be wet and muddy.

If you have not looked at the course map there is a large one by registration for you to look at before the race starts.

### Bike

You will need to have lights on your bike for the full and the half distance race.

We have now lost part of the bike course due to the new warehouse now being open 24 hours a day.

The bike course is now 26 laps Full, 13 laps half, 6 laps Quarter distance and 3 for the sprint.

We have added the new bike map to the web site.

Your race number should be on your back for the Bike and front for the run.

Whilst the event is entirely on closed roads, public will still be crossing the course so please be aware of this. Competitors are responsible for riding in a safe and responsible manner to ensure the safety of themselves, other competitors and the public. Any dangerous riding will result in a penalty or even disqualification.

You may only mount your bike once you have crossed the “Mount” line which will be clearly marked and marshalled by technical officials. You must not ride your bike until you reach this point.

Keep to the left hand side at all time’s apart from when you are over taking.

After the first 200m you will come to the hub of the bike course. This were you turn left to go out on to Bob Dunn way. On your return you turn left to go down the fast track bus route. You come past this point again when you are heading back to finish your first lap.

There are 4 dead turns on the course 3 are over 4 lanes but there is one that is a tight turn. Please slow down before you get the turn point.

Please take great care at junction (traffic lights) is very busy. There will be 3 Marshals with Yellow flags to slow you down. The bike course will be busy till about 8.30pm then it will start to ease off.

There is a no overtaking zone. We narrow the road on the far side to allow room for bike to slow down at the feed station and the dismount line. This runs all along the road by Transition and the feed station. You will see a sign on both side when it starts and when it finishes. There will also be Red cones in the middle of the road.

The feed station is just by the swim exit.

Each Lap is now 7k. There is one feed station that you will pass on each lap. There will be High5 energy drinks, water, flat coke, bananas and jells. There will be sufficient for everyone but please don’t throw away half empty bottles as this may cause us to run out.

Please do not throw the empty packets out on the bike course. There will be bins just before the feed station. You can also throw them at a Marshal point. It takes me hours every year to clean up all the rubbish on the Bike and Run course.

Upon completing the bike stage you must dismount your bike before the Dismount” line, which again will be marshalled by technical officials.

If you are taking part in the Aqua bike after you have racked your bike head to the run exit and there will be a small gap on the left for you to go through to get to the finish.

In the event of an emergency vehicle may need to go down Bob Dunn way. You will be stopped until it is safe to go. We will deduct the time you are held up.

Drafting

This is a non-drafting event. Marshals shall be monitoring drafting throughout the race. Penalties shall be issued for any infringements of these rules, you should be aware that officials are not required to notify you if a penalty has been awarded. It is the competitors' responsibility to ensure they know the rules.

All the bike bags will be at the feed station if you need your bag ask and it will be given to you. They will all be taken back to registration after the race for you to pick up.

We will have a pump at the feed station if you should need it and some tools.

## Run

The run is 8 laps for 42.2k. 4 laps 21.1k. 2 laps 10.5 k and 1 lap for the sprint.

The run course will take you past the finish every time. The feed station is at the start of every lap. In the event of it being a hot night we will have a 2nd water station on the run course by the security Building.

Please don't drop your cups or jells out on the run course. There will be bins at the security building and 100m past the main feed station. Or give them to marshals that you see on the course.

## Withdrawing during the race

A race of this distance is very hard so 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!

## First Aid

The first aid tent is by Registration. If you feel unwell at any time during the race stop and seek help.

## Rest area

There will be a marquee for you to rest in after the race. There will be a second area that you will be able to stay in if you want to sleep for a few hours after you have finished.

There will be a rest area that you can go to after the race. There will be soft drinks and some snacks.

There will also be a tea wagon on site but we are not sure how long they will stay for

**Please don't drive home if you feel tired**

### **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.**

### **Race Rules**

**The race is run under British Triathlon Rules.**

**There will be no drafting on the bike.**

**Have a great race and please take care.**

**See you all Saturday**

**John**