Dear Triathlete

PLEASE READ THIS RACE BRIEF WE HAVE MADE A FEW SMALL CHANGES.

Thank you all for entering the 16th Bridge Triathlon. The start list has now been added to the web site.

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. Follow the signs to the Triathlon.

If you go on to Bob Dunn way you will be sent on a 10-minute diversion around Dartford.

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.

Can you please try and car share that would help us a lot? We struggle with parking every year.

Go on to the Bridge Development site and follow the parking signs to the car park area. When the car park is full you will need to park on the grass area.

There will be a marshal there to look after you.

The car park (Crosswater) We will be parking you from the back of the car park. Please listen to the marshals that will be parking you. Lake View House, Rennie Dr, Dartford DA1 5FU

Registration

Will open at 5am Sunday and will close at 7.30am.

You will be given 2 race numbers.

One to wear.

One numbers to go on your bike

Toliets

Toilets are 150m away by the security office. There will be signs directing you.

Please bring your own swim cap.

Start Times

Wave 1 -6.30am Standard distance

Wave 2 6.45am Standard distance

Wave 3 -7.45am Sprint

Wave 4- 8.00am Sprint

Wave 5 GO Tri 8.25am

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

Racking your bike

All the racking is numbered.

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 now 12 metres with a 25 second time allowance for passing**

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 though 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.

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 6 laps of the bike course then two laps on the run.

Aqua Bike 1500m swim (2 laps) then 6 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 3 laps on the bike then one 5k laps on the run.

Sprint Aqua Bike 750m swim (1 laps) then 3 laps of the bike course. Your time stops when you cross the Mat at the end of the bike course.

The GOTri is one swim 300m lap then 2 laps on the bike then 1 lap of the run 5k 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.

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

Please be ready to start 15 minutes before your start time

Please bring your own swim cap.

There will be a short race brief before the swim start to go over water safety.

As it stands there is a good chance it will be a no wet suit swim. Please still bring your wet suit. This will be confirmed at 5.00am Sunday morning.

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. Al 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.

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

Prize giving will be as soon as the last runner has finished. It will be to the left of the finish area.

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