

Petersfield Sprint Triathlon

29th September 2019

Supporting FitzRoy



Pre-Race Information Pack

A big thank you to our sponsors, who are all local businesses, without whom the event would be a more modest affair. Please take the time to look at any of their websites that catch your attention for both business and personal interests.

General Sponsors

Sports Locker – Specialist sport and ski store, catering for a large range of sports, knowledgeable, fully-trained and friendly staff, giving expert advice and guidance in choosing the right product.

<https://sportslockerstore.co.uk/>

Eleven Sportswear – Custom apparel for teams, organisations and individuals, from cycling shirts to socks and woolly hats.

<https://www.eleven-sportswear.co.uk/>

Owens Cycles – Quality bikes and accessories, servicing

and repairs in Petersfield and Four Marks.

www.owenscycles.co.uk

Positive Lifestyle – private members' gym and personal training studio between Petersfield & Midhurst:

www.personaltrainer-petersfield.co.uk/

Cheeky Rascals – supplier of baby products including baby toys and baby gifts:

www.cheekyrascals.co.uk/

Welcome to the Petersfield Sprint Triathlon

Final race information

Firstly we would like to wish you all the best of luck with your preparation and training for the race. This document contains important safety information. Please read all the details outlined below.

It is sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day.

The event will be held under the rules of the British Triathlon Federation and competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race; you may be penalised for breaking any rule. If you are unfamiliar with BTF Race Rules, please visit www.britishtriathlon.org.

Finding Us

The Race will be held at:

Churcher's College, Ramshill, Petersfield, Hampshire GU31 4AS

Competitor Conduct

Competitors are reminded that the College is situated in a residential area and that the bike and run sections share the highway with other people who may or may not be fully aware of the event. Please treat members of the public, including other road users, marshals, other competitors, event officials and venue staff with respect. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

Rules Governing Riding on the Highway

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing solid white centre lines, or failing to take due care will result in a disqualification. It is also illegal and may result in a prosecution by the police.

Please recognize that, under British Law, Race Marshals are not permitted to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only and not instruction. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

Right of Way

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections. Check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

Littering

The Bike Route is situated in the South Downs National Park and littering anywhere on the course will not be tolerated. Please comply as we depend on the goodwill of the College and local Council.

If you're spotted littering on the bike or run courses this is an instant disqualification offence under BTF regulations - you've been warned!

Drafting

This race is a non-drafting race, meaning that competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring seven metres long by three metres wide, which surrounds every cycle on the cycle course. The front wheel marks the centre of the leading 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. Once the overtaking cyclist has completed the overtaking manoeuvre the onus is on the overtaken cyclist to drop back out of the draft zone of the cyclist in front. Time penalties and disqualifications will be issued by the referee for infringements.

Helmets

BSI, ANSI or SNELL approved hard shell helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to touching your cycle in the transition area and neither undone nor removed until your bike is racked at the end of the bike section. Marshals will conduct a safety check of your helmet prior to you entering the Transition Area to set up your equipment, so please ensure that you are wearing your helmet, correctly fastened.

Bikes

It is the competitor's own responsibility to ensure that their bicycle is in a roadworthy condition and outside assistance is not permitted on the course. At a minimum take spares and equipment to fix punctures. Marshals will conduct a safety check of your bike prior to racking in transition to ensure roadworthiness. It is advisable to attach a rear light, to ensure you are seen on the country roads. A vehicle will sweep up any competitors that are unable to finish the cycle section. Cyclists need to watch out for potholes, gravel and other hazards that naturally occur on the roads.

Race Numbers

You will be issued with one race number. Your race number must be clearly visible on your back during the cycle. You may use a race belt or safety pins to attach your number(s). If using a race belt please remember to move the number to your front for the run. If using safety pins please bring your own. Please do not cut or fold your race number.

You will also be issued with stick-on numbers: one is to be worn on the front of your helmet and the other should be fixed to the front of your bike.

Insurance

For insurance purposes your registration fee includes a BTF Day License, unless you chose the BTF discount. If you requested a BTF discount when you paid then you must bring a current BTF race

license to the registration. Unfortunately if you forget this you will need to pay an extra £5 for a Day License.

Parking

Parking at the Churcher's site is limited, so please follow the directions of the parking team. Additional parking spaces are available at the Love Lane Football club car park or at the Festival Hall Car Park (free on a Sunday). Please allow time to get to the event if you park away from the school site.

Registration

Opens: Sunday 07:15.

Closes: 20 minutes prior to your briefing time.

Please make sure you know your briefing time.

Registration will take place in the registration marquee as shown on the site plan, attached to this document.

Please follow signs from the Car Park. Do not leave it until five minutes before registration closes to attend. If there is a queue you may find yourself unable to complete registration in time to race. We recommend that you register 30 minutes prior to your briefing start time to allow sufficient time to prepare and warm up.

Briefing times will be emailed to you 2 days before the event and are posted on the Petersfield Triathlon Club website.

Registration Procedure:

Phase one – Number identification:

On arrival at registration, locate the registration desk

Phase two – If you have a BTF license please be prepared to show it at Registration.

Phase three – Race documentation:

Collect your race envelope, this will contain 1 x race numbers, 1 x frame sticker and 1 x helmet sticker; please keep these safe as they are required to allow you entry into the transition area. You will be issued with your timing chip **outside the pool**, just before you swim. You must attach this to your ankle on the opposite side to your bike chain (normally your left ankle), this will prevent the strap getting caught in your chain if it works loose. You must return your timing chip at the end of the race otherwise you will receive a £5 charge for its replacement. You will also have your race number written on your left hand – this aids the marshals for lane counting and also to confirm you and your number for your chip collection.

Transition Area

Opens Sunday 07:15

Competitors are only able to rack their bikes on Sunday morning there will be NO RACKING on Saturday.

For security reasons, please ensure that you fix the bike number sticker provided in your race envelope onto the front of your bike. Competitors only will be allowed into the transition area. To gain access to the transition area you will be asked to show your race number.

Your approved cycle helmet must be attached to your bike when you rack it. Please rack only in your designated line; any bikes found incorrectly racked will be removed.

You will only have a limited amount of space in which to store your kit. Please do not leave large kit bags in the transition area as they can create a trip hazard for other competitors. There will be a bag drop for small bags in the briefing area. Valuables are left in transition or at the bag drop at the owner's risk.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike number on your frame. Please be prepared to show race numbers at all times.

Transition will not be marshalled after 12:30 or just after last competitor comes in, whichever is the latest. PLEASE pick up your bike and belongings before 12:30.

Pre Race Briefing

Swimmers have been split into batches of about 60 people. At the time you have been advised in the briefing time sheet there will be a short race briefing in the Gym, which is just round the corner from the registration tent. Please attend this race briefing as any last minute changes, as well as any questions will be answered here. Your briefing time is shown on the spreadsheet on the Petersfield Triathlon Club website.

Note that you may be waiting a maximum of 30 minutes before your swim. There are toilet facilities at the gym for men and at the pool for ladies. There are some limited changing facilities for men in the Gym and ladies at the pool. A bag drop will be available near the pool for one small bag per competitor. This will allow you to stay warm during the briefing and wait for your wave start. **You may stay in the gym until it is time for you to move to the pool.**

The stated start times may vary by 10 minutes either way so please ensure you are at the pool side with plenty of time. But due to limited place in the pool, please do not arrive more than 20 minutes before your stated swim time.

Start Times

Briefing and Start times are based on the predicted swim times submitted by competitors on the race website.

Cut-Off Times

In the interest of safety and in order to meet with the requirements as agreed with the relevant authorities involved, any competitors still on the course at 13:30 will be swept up by the safety car.

Timing

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Please ensure that you do not cross the mats which register your times except while you are competing. Please do not climb over barriers as they are put in place to prevent access from areas prior to the event. If you cross a timing mat you will trigger your timing chip and will invalidate your result. When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. Every competitor will be timed each time they enter or leave transition as well as at the finish. Please ensure your race number is clearly visible.

Please hand in your timing chip at the finish **to avoid a £5** replacement charge.

The marshalls handing out the timing chips have a wealth of triathlon knowledge, please feel free to ask them any questions about the event, never mind how simple.

Results

Provisional results will be available on the screen in the timing tent on the day. Final results will be posted at www.petersfieldtriathlonclub.co.uk and on Stuwweb (www.stuwweb.co.uk/).

Prize Giving

This will take place at the transition/finish area, at approximately 13:00. Please listen out for public announcements.

Prizes will be awarded as follows:

Overall – 1st, 2nd and 3rd Male and Female

1st Male & Female in age categories from <25 to 60+

2nd Male & Female in age categories from <25 to 60+ (if more than 20 entrants in the category)

1st Team

Course

Swim – 400m

Churcher's College Swimming Pool is 25 metres in length and has six lanes. See site map for location of the pool.

Please report to briefing **in the gym** at your appointed briefing time. The first wave briefing is at 8:00 am. The first swimmers will start at 8.15. Swimmers will go into the water as a space frees up in each lane. Their start time will be taken from a handheld device.

Swimmers will be shown a "2 laps to go" float when they have 2 lengths to go, but please count your own lengths also. To aid the lap counters in identifying swimmers, competitors will be supplied with different coloured swim caps to wear. Please ensure you remove your hat before leaving the pool hall as these will be needed for later swimmers.

Bike – 20km

The bike course, is followed in an ANTI-CLOCKWISE direction to South Harting first and will be using a number of main roads and a number of smaller roads through some of the adjacent villages. All major junctions will be both signposted and marshalled but cyclists should try to familiarize themselves with the route prior to competing.

You must take the utmost care at junctions and should note that you do not have right of way at a number of sections, as traffic will be crossing you. Marshals are not permitted to stop traffic.

Check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds. Please ride on the left and overtake briefly on the right before returning to ride on the left.

The bike course is shown on the map on the Petersfield Triathlon Club website (www.petersfieldtriathlonclub.co.uk/raceinfo.html).

For your safety, the cross roads in Rogate is a mandatory foot down stop, failure to stop will incur a time penalty. This will be managed and enforced by 3 marshalls. If you cross the cross roads without stopping the marshall on the otherside of the road WILL stop you and enforce a foot down and a 10 second penalty.

Run - 5km

The run course involves a circular route around Petersfield. The route will be marked with signs. Unlike the bike course, which uses the roads, the run course uses gravel paths, tarmac and grass sections. There are points where you will need to cross public roads; in general these will be marshalled, but marshals are not permitted to stop traffic.

The run course is shown at:

cdn-26.create.net/sitefiles/26/3/5/263565/Run_Route_PT2014.pdf

Retiring from the Race

Despite meticulous training and preparation, things don't always go to plan on the day! If, for whatever reason, you need to retire from the race, please return to Churcher's College and notify the race official at the finish of your withdrawal and hand in your timing chip. It is very important that you inform a race official if you have withdrawn so that all competitors are accounted for and marshals are not put at risk searching the course for missing athletes.

There will be a safety car on the bike course to carry you and your bike back to the college in the event of mechanical failure or minor injury.

In Case of Emergency

Please ensure that the contact details of your Next Of Kin are written on the back of your race number so we can contact them in the event of an accident. We will provide biros at registration so you can do this.

Refreshments On Site

We would like to make this a fun, all inclusive event so please encourage your supporters to come along and enjoy the occasion.

We are delighted to welcome once again the Hometown Festival food stall who will be selling a variety of bacon rolls, sausage in a bun and crepes and drinks.

And for the competitors in the event village:

Postive Lifestyle will be on-site for pre- and post-event massages and will have mats and rollers available for post event stretching.

Owen's cycles will be on-site with sample bikes and available to assist with bike issues

Eleven Sportswear will be in the Event Village selling lovely warm woolly hats, socks and other sporting apparel

PTC club kit - there will be a stall selling PTC logo'd t-shirts and hoodies.