

# Absolute Tri Triathlon 2018

Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham, NG8 4PB

Saturday 22nd September 2018 – 10.30 until 5.00pm



**RACE  
DAY** 

**22 . 09 . 18**

**ADULT . YOUTH . TRISTAR**

**#absolutetriathlonclub**

**\*Races start at 11.00am**

<https://www.stuweb.co.uk/events/2018/09/22/3277>

**Harvey Hadden, Wigman Rd, Nottingham, NG84PB**

The poster features a cyclist in a black and orange triathlon kit riding a white road bike on a green field. The text is overlaid on a dark blue background at the top and bottom of the image.

## Welcome

Welcome to the 2018 Absolute Triathlon at the Harvey Hadden Sports Village. The event is BTF licensed and part of the East Midlands Triathlon Series. The Harvey Hadden Sports

Village has a 50m (which divides into two 25m pools), 8 lane pool and a purpose built 1.5k cycle course. We will be using all 8 lanes of the South Pool and the full cycle track. The run will take place around the inside of the cycle course. The Absolute Triathlon is well suited to both novice and experienced triathletes to race in a first class competition pool and purpose built racing cycle track. We will start up to 16 competitors at the same time to race against each other. Waves will be organised on the basis of the swim times provided in the Stuweb entry process.

## 1. DIRECTIONS TO THE RACE

### Directions to Harvey Hadden Sports Village

Harvey Hadden Sports Village is located on Wigman Road, Bilborough, Nottingham, NG8 4PB. The Sports Village is close to the Nottingham Ring Road and easily accessible from M1 Junction 24 (A453) from the South, Junction 25 (A52) from Derby and Junction 26 (A610) from the North. People travelling from Lincoln and Newark should follow the A46 to the junction with the A52 at Bingham. People travelling from Grantham and Peterborough should follow the A52. Please follow the A52 across the South of Nottingham and follow the road across the River Trent at Clifton Bridge and onto the Nottingham Ring Road (A6514). Wigman Road is off Beechdale Road which is between the Aspley Lane junction and Crown Island on the Ring Road (A6514).



## Car Parking

Please remember that the Sports Village is also open to the public and there will be other activities taking place during the afternoon. The car park is therefore likely to be very busy. Marshals will be available to direct vehicles to available overflow parking as marked on the map. Please follow directions given and the correct direction of traffic flow within the car park. Please DO NOT drop competitors in the turning area reserved for Disabled Parking unless you or someone in your vehicle is disabled and you are using the parking spaces. Should all car parks be full, there is also car parking available on Wigman Road. If you do need to park on the road please make sure you do this safely and considerately.

# 2.REGISTRATION & TIMING

## CONFIRMATION OF ENTRY

Please check the entry list to confirm that your details are correct and that you have been entered in the correct category.

## REGISTRATION

Registration for the event will open at 11.00am in the Sports Hall. We recommend that competitors arrive in plenty of time to register, rack bikes, place their towel and shoes at the swim exit and look at the course.

## EVENT RACE NUMBERS

Event race numbers will be provided and must be worn to the rear on the bike course and to the front on the run course. It is recommended that competitors use a run belt. Competitors will also need to attach a numbered sticker to their bike and bike helmet. Competitors will also have their event number written on their arm, leg or hand

## CHANGING AND BAGS

The Speedo Swimming Centre has a large changing area that will still be used by members of the public whilst the event is taking place. Competitors are encouraged to use the group changing facilities. Competitors must not leave any belongings in the group changing area, the public changing village or on poolside. Lockers are available in the changing area.

## ELECTRONIC TIMING

Timing will be provided by Stuweb. Competitors will be able to obtain a print out of their results on the day by entering their race number. Timing points will be placed at the swim exit, exit transition/entry onto the cycle track, exit from the cycle track/entry to transition, exit transition/entry

onto the run and at the finish.

### **TIMING CHIPS**

Timing chips will be used in the event and should be attached to the left ankle. Wearing the chip should ensure that the timing for the event is accurate for all competitors and allow results to be compiled quickly. The chips should be taken off after crossing the finish line. Please DO NOT leave the event without removing your timing chip as replacing chips is expensive.

### **RESULTS**

The race results will be available as soon as possible after the last competitor has completed the event. They will also be published on [Stuweb.co.uk](http://Stuweb.co.uk) and the Absolute Tri website at [absolutetriathlonclub.co.uk](http://absolutetriathlonclub.co.uk) a few days following the event.

### **INCLUSION**

Absolute Triathlon seeks to encourage the inclusion of disabled athletes in triathlon and we will do everything necessary to enable the participation of disabled athletes in our event.

## **3. THE RACE VENUE**

### **PRACTICE ON THE COURSE**

Competitors will be allowed to practice on the bike course between 12.00am and 12.30pm. The course will close at 12.30pm ready for racing to begin.

### **LITTER**

Please do not drop any litter in or around the Sports Village. We are very keen to leave the Harvey Hadden Sports Village in a clean and tidy state after the event and you can help us by disposing of your own rubbish in the bins provided.

### **CATERING**

The event has full catering facilities where hot and cold drinks and food can be purchased.

### **LOST PROPERTY**

It is the competitor's responsibility to retrieve all of their belongings such as goggles, towels and helmets after the event from transition and swim exit. We will collect all left over belongings and post details on our website. Belongings can be retrieved by arrangement at one of the club training sessions or by providing a suitable self-addressed and pre-paid packaging.

## WHAT WILL YOU NEED FOR YOUR RACE -

- Tri Suit/Swimming costume, goggles and swim hat if required. Please note – that we WILL NOT be providing swim hats and competitors with long hair or who normally wear a cap should bring their own swim cap.
- Number belt or T shirt onto which your race number should be pinned.
- Cycle and/or running shoes. - A road worthy bike (with properly inflated tyres, working brakes and plugs in handlebars).
- Bike helmet.
- Your BTF Race Licence – If you have stated that you are a BTF member. If competitors cannot produce their race licence, a £1 fee will need to be paid to purchase a race day licence.

## BIKES IN THE LEISURE CENTRE AND BIKE SECURITY

Bikes will not be allowed inside the Leisure Centre for health and safety reasons. In addition, the bike parking immediately outside the Leisure Centre reception area will be reserved for members of the public using the Leisure Centre.

We strongly advise competitors to register for the race and collect their race bag containing race numbers before removing your bike from your car as there will be no secure storage outside of transition. Please also note that bikes cannot be racked without the competitor's race number being attached to both bike and helmet.

If you have to remove your bike from your car before registering for the event, you will need someone to look after your bike outside of the Leisure Centre reception area.

Please Note: Harvey Hadden Sports Centre is open to the public throughout the event. A public right of way also passes through the Sport Village car park. Absolute Tri cannot guarantee the security of competitor's bikes and other possessions outside of the designated transition areas. We recommend that competitors DO NOT leave their bikes and other possessions unattended at any time until they have been racked in transition.

## 4.THE RACE

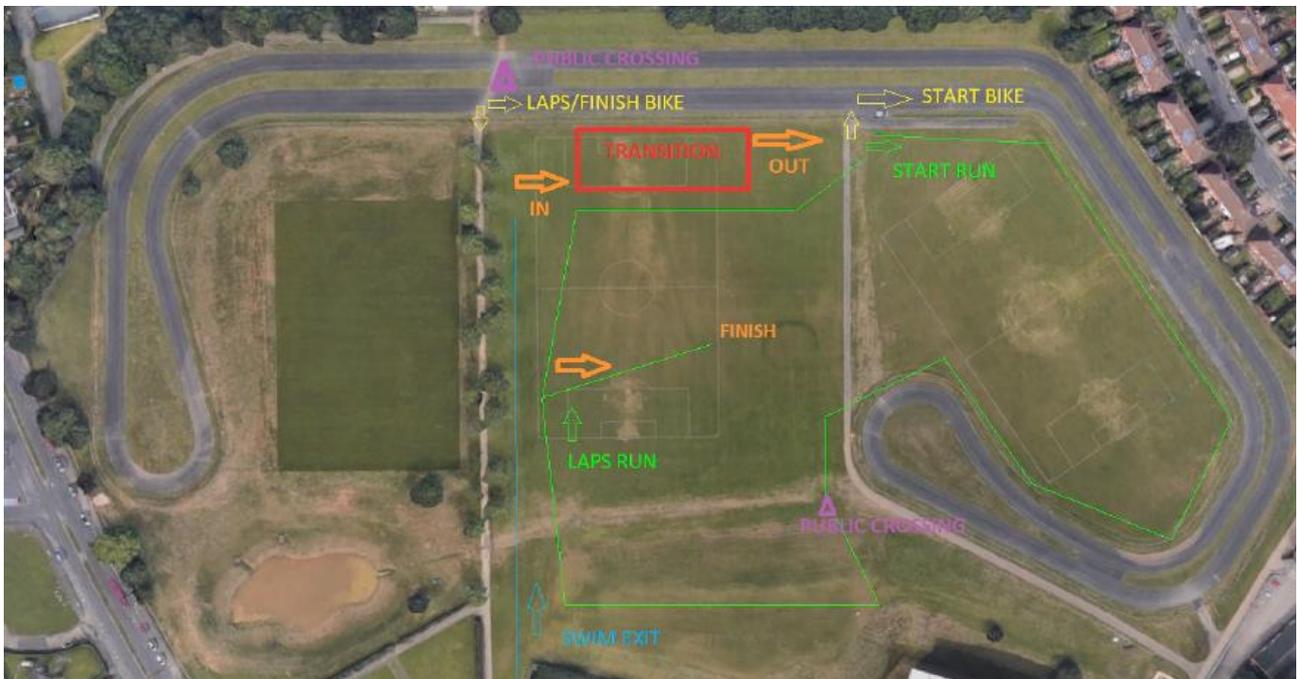
Race briefings will take place in the Squash Court area.

Time Briefing	Age group
12 20	Adult

12 35	Youth
12 35	Tristar 3
13 50	Tristar 2
13 50	Tristar 1
15 20	Tristart

Please ensure that you arrive in plenty of times for the race briefings.

The run from Swim Exit, Bike Course, Run course and Transition are shown below.



### Transition and Opening Times

The transition will be open from 11.30am for all competitors once they have registered for the event and race numbers have been attached to the competitor's bike and helmet. Competitors are encouraged to rack their bikes early to ensure all routes through the Sports Village remain clear and reduce the risk of bikes being stolen.

Please ensure that **towels, shoes and your race belt with your number(or tee with pinned on number)** are placed at the swim exit and **bikes, helmets, cycle shoes and or running shoes are placed in transition** in good time before the start of the race for the appropriate age group.

The racking WILL NOT be numbered and there should be sufficient racking to allow competitors in all age groups to rack their bikes following registration. We would like competitors to rack their bikes at least half an hour before the start of their race. We also acknowledge that competitors need secure storage for their bike.

The swim exit is located just outside the Fire Exit door from the swimming pool. Competitors have to run 300m to transition, mostly on grass. Running shoes must be worn between the swim and the transition- this is MANDATORY. Place a towel, race belt (or your number attached to a top) and running shoes at the swim exit. Goggles and swim hats should be carried by competitors to the bike transition. Objects left behind will be bagged up on the side of the swim exit to keep the area safe and tidy. Don't forget to collect items you left in this area after the race.

On exiting the pool during the race the competitors must run with running shoes to the bike/run transition with their swim kit (goggles and swim hat). In the main bike/run transition they leave their swim kit and prepare themselves for the bike leg of the race.

Competitors will be supported to make sure that there is sufficient space between bikes so as not to impede other competitors, but they will be responsible for remembering where they have left their bike. As always, competitors MUST have put on and fastened their helmets before unranking their bikes.

Competitors will leave their bikes in transition before commencing the run leg.

We ask that Adult and youth competitors remove their bikes from transition before 14 :10 to provide more racking for the younger competitors.

T3, T2, T1- There will be sufficient racking for competitors to leave their bikes following the bike leg and to collect them later in the afternoon.

Competitors will need to show proof of their race number before collecting their bike. If there are any doubts about the ownership of a bike, the competitor may be asked to confirm certain features of the bike and helmet before being allowed into the transition.

Parents/guardians ARE NOT ALLOWED in transition at any time during or after the event except to support a competitor with a disability. Marshals will also be available to support any competitor requiring assistance. The swim in, bike out, bike in and run out areas will all be clearly marked. It is your responsibility to familiarise yourself with the location of these areas.

The Transition Area will not close during the event, so please understand that if you are not racing

that you will be asked to avoid obstructing racing competitors.

Please remember where you have left your bike as the racking will not be numbered.

### Start times

Competitors should be poolside and ready to race at least 15 minutes before their designated wave start time. Wave starts will be based on the swim times given with the fastest swimmers starting in the first wave.

We intend that the races for each age group will start at the following times:

Time start first wave	Age Group
13 00	Adult
13 20	Youth
13 50	TS3
14 35	TS2
15 25	TS1
16 05	Tristart

### Distances

Age group	swim	Bike	Run
Adults	400m (16 lengths)	9000m (6 laps)	3500m (5 laps)
Youth	400m (16 lengths)	9000m (6 laps)	3500m (5 laps)
TS3	300m (12 lengths)	6000m(4 laps)	2800m(4 laps)
TS2	200m ( 8 lengths)	4500m (3 laps)	2100m (3 laps)
TS1	150m ( 6 lengths)	3000m (2 laps)	1400m (2 laps)
Tristart	50m ( 2 lengths)	1500m ( 1 lap)	600m (1 lap)

### The Swim

For the swim you will need a swim suit, a pair of goggles and swim hat if they normally wear one (not compulsory).

Parents should note that once they have left their child at poolside that this marks the beginning of the race. Parents should not assist their child in any way from that point unless agreed with the Race Referee to support a competitor with a disability.

Competitors will be instructed which end they are to start at and which lane they have been allocated. A maximum of 2 competitors per lane will be allowed to start at the same time and swim adjacent to each other. In this way, we can start up to 16 swimmers in each wave. Each wave will have exited the pool before the next wave starts.

Counting Lengths – Competitors will be responsible for counting the correct number of lengths.

**Competitors will start in the water, no diving allowed.**

Spot checks will be undertaken to ensure that competitors are completing the correct number of lengths.

Swim Exit – Competitors will be shown the way to the 'swim exit' upon finishing the swim section. The swim exit is located at the bottom left hand side of the South Pool.

Competitors are reminded that they are NOT to run on poolside or until they are at the bottom of the steps at the exit doors for their own safety.

Upon exiting the pool please follow the marshals' directions and the signposts to transition.

Parents/guardians WILL NOT be allowed on poolside during the event (Except as agreed above). There is a viewing gallery to watch the swim section of the race which can be accessed from the main reception area of the Sports Village. The gallery also has a lift and wheelchair viewing points for full disabled access.

## **The Bike**

For the bike course you will need an approved cycling helmet and roadworthy bicycle. For the bike and run phases it will be your choice of clothing, but competitors should consider wearing something on top of their Tri suit if the weather is cold and wet. The bike section will take place on the asphalt track which is located behind the Sports Village. The track is 1500m in length.

You must securely fasten your helmet before unranking your bike. All competitors will be required to display a race number on their back during the bike section. Number belts are permitted, and a number must be visible on the back of the competitor during the bike

phase and on the front during the run phase.

Marshals will be in transition and will give you appropriate instructions which you must follow and obey. Please remember the marshals are there to ensure the safety of all competitors.

Exiting transition and mounting your bike – Exit Transition by the ‘Bike Out’ sign and only mount after the ‘Mount Line’.

Counting laps – All age groups except for Tristar will need to count the number of bike laps, so please remember how many laps your age group is supposed to do. Spot checks will be made to ensure that all competitors have completed the correct number of laps. Competitors considered not to have completed the correct number of laps will be disqualified on the decision of the race referee.

The track is completely closed to traffic. Please note that there are a number of relatively sharp bends on the cycle track and you should heed the weather conditions and take extra care on the bends as they can be slippery at this time of the year, especially if it is wet.

Drafting – All competitors are to note that this is a non-drafting race. Anyone considered to be drafting will be penalised by the race referee.

On completion of the cycle, dismount before the ‘dismount line’ and take your bike to your original racking position- this is important to prevent impeding other athletes. Remember to keep your helmet on until your bike is completely racked. Make your way to the ‘Run out’ exit, which marks the start of the run course.

## **The Run**

The Run Route is largely on grass on the playing fields inside the bike course. Competitors will collect a band for each lap that is completed.

Uneven surfaces – The run routes have uneven surfaces in places. Competitors should still take care.

Bands – Tristar 1, 2, 3 and Youth will need to complete multiple run laps. Competitors should be aware of the number of laps they need to complete and collect ONE band for each completed full lap. This means that competitors will collect the following number of

bands:

Age group	Bands	Laps to be completed
Tristart	1	Completing 1 lap
Tristar 1	2	Completing 2 lap
Tristar 2	3	Completing 3 lap
Tristar 3	4	Completing 4 lap
Youth	5	Completing 5 lap
Adult	5	Completing 5 lap

The finish chute will be marked out by flags with the finish under the Absolute Tri Marquee. Parents/guardians are reminded that competitors will cool down very quickly when they stop exercising, and should encourage their children to put warm layers on immediately after their event has finished.

### **Presentations**

We will endeavour to do a podium presentation within 45mins of the last person in the wave finishing.

## **5.SAFETY AND SAFEGUARDING**

### **First Aid**

Absolute Triathlon have contracted 1st Aid 999 to provide medical cover for the event who will supply Emergency Medical Technicians for the event.

If before, during, or after the race you feel that you need any type of medical care, then please proceed to the first aid point close to the finish line or contact an event marshal.

Medical Conditions – We request that all competitors write their parent's name & contact details on the back of their race numbers using a waterproof pen.

If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number. This will only be used in the event of you requiring any

medical attention during the event.

### **Safety and Child Protection**

Absolute Triathlon and the Harvey Hadden Sports Village regard the safety and wellbeing of competitors as being of paramount importance. The race marshals are there to ensure the safety of the children at all times throughout the race. Certain key officials for the triathlon have been vetted by the Criminal Records Bureau and British Triathlon to work with Children.

Competitors should be aware that the Harvey Hadden Sports Village will be open to members of the public throughout the event and that there is a public right of access to the park and a public footpath adjacent to the athletics stadium.

There will be marshals available at key points around the Sports Village, transition and the bike and run routes. If you have any concerns, please address these to one of our marshals or report to the Registration area.

There are safety risks at various locations and it is important that competitors and spectators obey instructions given by race marshals.

### **The main risks identified are**

The pool:

1. Members of the public – The North Pool will still be open to the public and competitors will need to be aware of other pool users.
2. Running in the pool area – Competitors must not run in the pool area due to potentially slippery surfaces.

Hazardous surfaces – Surfaces between transitions and on the run route may be uneven and have stones in places despite our best efforts to sweep the course and transition area.

The transition route will also cross raised kerbs.

It is mandatory for competitors to wear shoes when running between the swim exit and transition.

There are two busy crossing points where members of the public and spectators will cross the flow of the race. These are:

1. On bike course as indicated on the map
2. Between the transition and entry to the bike course. This is the point where spectators

will cross to reach parts of the bike and run courses and the finish point. Please be patient whilst competitors run past with their bikes to start the bike course.

**Bike Course** – The bike has long fast straights with gradual corners. There are also two much sharper turns on which competitors must slow down and show appropriate care when negotiating, particularly if the course is wet on the day

**Bike in and out** – Competitors must show extra caution on the section of the course where the bike entry and exit points are located. At these points, the course will be divided with the right hand side for competitors slowing to enter Transition T3 (bike/run) and for competitors entering the bike course from Transition T2. At these points, competitors continuing on for further laps must keep to the left.

**Overtaking** – Competitors **MUST NOT** overtake at the bike in and bike out points. At all other places, overtaking should be done safely and competitors should warn the rider they are overtaking that they are doing so.

**Instructions issued by marshals** – Competitors must adhere to an instruction from a marshal to slow down or not overtake on a particular section of the course.

If a marshal witnesses what they consider to be a serious incident of careless or dangerous riding that puts the safety of the competitor and other competitors at risk, the competitor will be reported to the Race Referee.

**Run course** – The run course has an uneven surface in places. We will ensure that the route avoids the most uneven surfaces, but runners will still need to be aware and watch the placing of their feet to avoid injury.

**Penalties** – Penalties may be issued by the Race Referee, and these will be displayed on a Penalty Board at the finish timing tent. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified. It is your responsibility to check this Penalty Board.

### **Standards of behaviour**

**Competitors** – Competitors should conduct themselves to a high standard at all times and be aware of the needs of other competitors and spectators. Please follow the instructions and guidance provided by marshals and listen carefully to the instructions given in the race

briefing.

Parents and spectators – We want parents and spectators to support competitors when racing, but please do so in a responsible way that encourages and promotes sportsmanship and fair competition and helps to ensure that competitors enjoy taking part in our triathlon event.

Unacceptable behaviour by parents will not be tolerated whether that is towards children that are racing, or to race marshals who give up their time to enable this and other races to take place. This sort of behaviour will result in disqualification of your child from the event.

Thank you and we look forward to seeing you all on Saturday race ready!