



COMPETITORS RACE PACK

Introduction:

Firstly, thank you for choosing to enter the Beale Beastie triathlon, we hope you have a fantastic race. Everyone at Thames Valley Triathletes (TVT) looks forward to welcoming you to Beale Park on Sunday 20th May for what we are sure will be an amazing day for all. Beale Park was a new triathlon venue for the club in 2017, but we carry on a long tradition of hosting triathlons over several decades. We are all very excited to be running our second year of the Beale Beastie and hope that another successful event in 2018 will lead to many repeat performances in years to come.

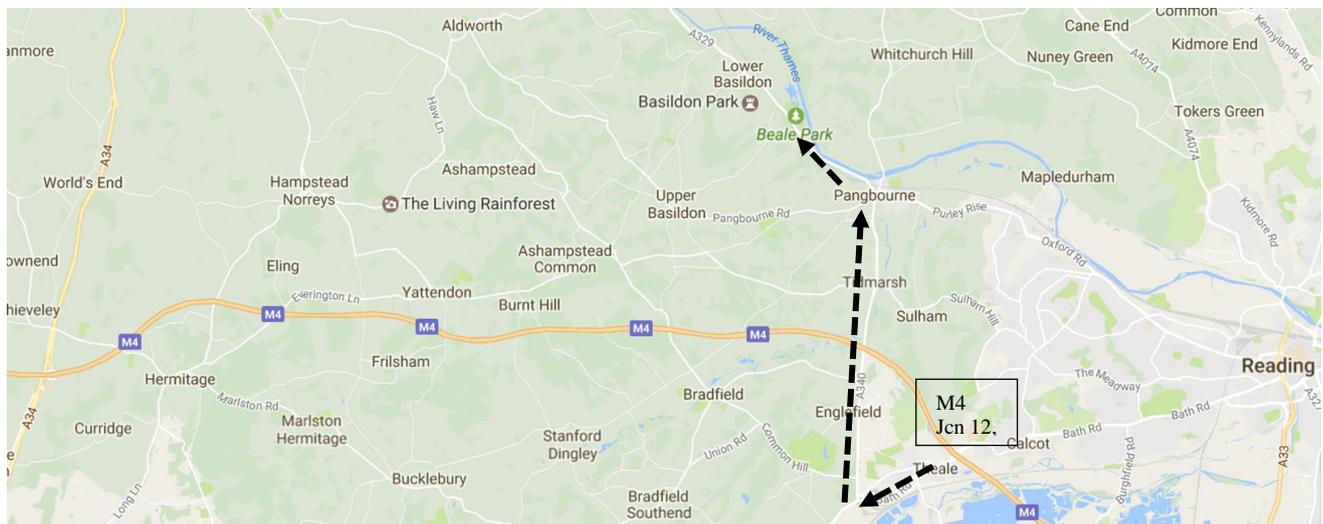
As you may know, the reason we are hosting a triathlon is to generate funds which are retained in the club and are used for ensuring we continue to provide discounted training, low annual membership costs and excellent coaching throughout the year. We are also raising funds for our nominated charity, local homeless prevention charity Launchpad. If you'd like to know more about the charity please visit the website below and note there will be fundraising stall in the race village (see later).

<http://www.launchpadreading.org.uk/>

This race pack contains all the information that you need to have a safe and fun race. Please ensure that you read this prior to the race day, bring it with you on the day, and familiarise yourself with the location and routes maps.

Although the course will be well marshalled and signed, it is your responsibility to know the routes before starting the race and to always follow the rules of the highway code. The event is governed by the rules of British Triathlon Federation (BTF) and competitors should be familiar with BTF rules for racing prior to taking part in the event.

Event Location & Parking:



Beale Park is located to the east of Reading on the A329 between Pangbourne and Streatley:

www.bealepark.org.uk

Lower Basildon
RG8 9NW

At junction 12 of M4 (from where Beale Park is signposted).

- take the A4 exit onto Bath Road/A4
- at the roundabout take the 1st exit onto Bath Road/A4
- at the roundabout take the 2nd exit and stay on Bath Road/A4
- at the roundabout take the 3rd exit onto A340
- at the roundabout continue straight onto Station Road/A329

- Beale Park is on your right-hand side and is signposted
- Drive in to the park and follow signs for main car park
- The event car park is on your left-hand side and will be marshalled and signposted.



Beale Park have kindly offered discounted entry to the Wildlife Park and Gardens for competitors and their family who may wish to visit the attractions after the race. Details will appear on the Beastie website and will be advised at race registration. Please note there is no charge to enter the grounds and car park for the race itself.

Race Day Timings:

The timeline for race day is as follows:

- 06:30 Car park opens to competitors and spectators
- 06:30 Registration and Transition area open
- 07:45 Mandatory race briefing to all competitors beside transition
- 07:55 All competitors to exit transition ready to swim
- 08:00 Swim Wave 1 starts
- 08:06 Estimate first competitor exits water
- 08:07 Estimate first competitor exits transition and heads out on bike course
- 08:10 Swim Wave 2 starts
- 08:20 Swim Wave 3 starts
- 08:45 Estimate last competitor exits water and enters transition
- 08:55 Estimate last competitor exits transition and heads out on bike course
- 09:00 Estimate first competitor finishes bike course and enters transition
- 09:01 Estimate first competitor exits transition and heads out on run course
- 09:20 Estimate first competitor finishes
- 10:25 Estimate last competitor finishes bike course and enters transition
- 10:30 Estimate last competitor exits transition and heads out on run course
- 10:45 Awards ceremony for male/female, 1/2/3 places, open and vet categories
- 11:30 Estimate last competitor finishes
- 11.45 The event is completed

Competitors Registration:

The registration desk will be open on Saturday 19th May from 14:00 – 16:00 and from 06:30 on Sunday 20th. Registration is a very short walk from the race car park. Please arrive in plenty of time to avoid the stress of queuing to register close to the race start. We would recommend you arrive 1 hour prior to race start.

All BTF members must bring their BTF membership card or you will be required to pay the £5 race licence fee. If you do not have a BTF membership you are required to bring photographic ID to collect your race number and BTF day licence.

At Registration you will receive 2 x race numbers; one to be attached to the front of your top for the run and one for the back of your top for the bike, or alternatively 1 number can be attached to a triathlon race belt to be worn at back during the bike leg and switched to the front for the run leg. You will receive 2 x race number stickers – one for your bike, to be applied in a visible location (seat post, top frame etc.) and one for their helmet (to be applied at the front of your helmet). Also, your race number will be marked on your body at registration. You will collect a timing chip at registration which you must wear on your left ankle and a swim cap coloured for the wave you will be swimming in. (Note: you will need to hand in the timing chip to a marshal at the finish line, timing chips are the responsibility of each competitor. Should you lose a chip you may be liable for the cost of its replacement).

You must write any medical details on the back of your race number and put a small indelible red cross on the front of your number to indicate a known medical issue. Whether you have a medical condition or not, if you feel unwell on race day you should not race!

If you have any questions regarding registration or any of the race details prior to the event starting please ask at the registration desk.

Transition Area:

The transition area is in the field next to the lake and a very short walk from the event car park.



Only competitors, race officials and the BTF referee are allowed to enter the transition area.

Before entering the transition area for the first time, event marshals will check that you have;

- applied the races stickers to your bike and helmet
- your arm marked with your race number
- your helmet securely fastened
- handle bar tape secured with a handlebar stop

- a small transition bag as per BTF regulations (larger bags/boxes are not permitted in the transition area and must be left outside of the transition area at competitor's own risk or returned to your vehicle if appropriate)

All racking will be numerically ordered and you must rack your bike in the position marked with your corresponding race number. All bikes must be racked by the saddle facing away from your racking number. This will lead to alternate direction bikes on each rack and the optimum space for each competitor. Please ask the transition team if you would like help with racking on the day.

Once the race has started, competitors must not handle their bike without having their helmet on and secure. Also note there is strictly no cycling in the transition area.

All kit should be orderly placed next to or under your bike taking in to consideration the other competitors around you. On transitioning from swim to bike and bike to run, competitors must leave their kit tidily within their allotted racking area. On return from the bike leg, bikes can only be racked at your allowed number and in the same direction as you originally racked.

If you are likely to have any special needs in transition, please alert us at both registration and on entering transition and we will do our best to accommodate you fully.

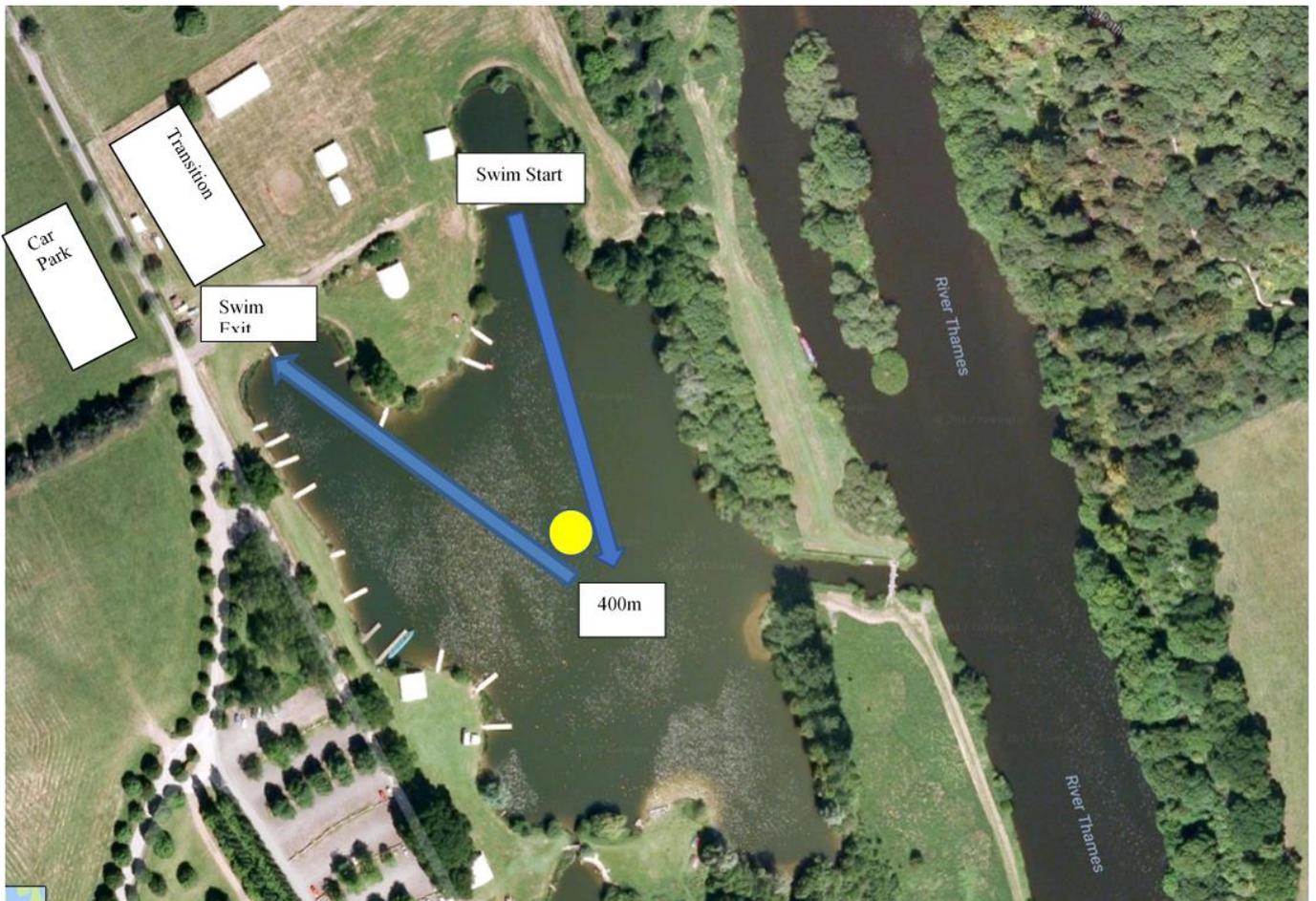
All competitors must attend the compulsory race briefing at 07:45 and exit transition by 07:55, keeping the transition area clear for the Wave 1 competitors to enter via Swim In.

When you finish the race, you can collect your bike and belongings from transition and must show your race number marked on your arm matching the number shown on the sticker on your bike. This will be checked by the marshals when you exit transition. Any discrepancies will be dealt with by the Transition section leader. Please note you cannot remove your bike from transition until all competitors have started their run leg.

TVT cannot take responsibility for any loss or damage to any equipment in transition or on any part of the Beale Beastie course.

Transition will close 15 minutes after the last competitor has finished. Competitors must have collected their bike and all of their belongings before then.

Swim Route:



The swim leg of the event will be held in full accordance with British Triathlon Federation rules and regulations for open water swimming. All competitors must wear a wetsuit for the lake swim given the likely water temperature in May. Swim gloves and hats are not allowed under BTF event rules, unless you have specific medical reasons for wearing them in which case please contact the Race Director. Please note however you will be excluded from official race results if you chose to wear them without the advance agreement of the Race Director.

The swim takes place Lakeside in Beale Park. It is a 400m single lap route with a deep water start and with a concrete ramp exit. The swim route will consist of an inverse "V" shaped and back 400m route. Competitors will be released in 3 swim waves at 10 minute intervals with a maximum of 100 competitors per wave.

The first wave will start at 08:00 with second and third waves at 08:10 and 08:20 respectively. Details of which wave you are entered in will be published on the Beale Beastie event page the day before the race. Details will also be available at registration on the day of the race.

Each wave will be marshalled down to the swim start point after leaving Transition and you will enter the lake via a marshalled entry point. Once in the water competitors are under the control of the water safety team. Each wave will start in the water and will be released by instruction from the Swim Team leader via countdown on tannoy from 5 to GO.

After approximately 200 metres, swimmers will reach a buoy at which you will turn right and head towards the swim exit. The swim exit is clearly marked with race flags and is via a concrete slipway which will be marshalled. Marshals will assist competitors as you exit the water if required. Once out of the water, competitors will head to Transition and the Swim In entrance point which is marshalled.

All swimmers will receive the compulsory race briefing and then wave 1 swimmers will enter the lake with support of the swim marshals at swim start.

The water safety team includes 6 kayaks who will support swimmers throughout the swim leg. If you are in difficulty at any stage during the swim please notify a marshal / kayak by lying on your back and waving your arms in the air.

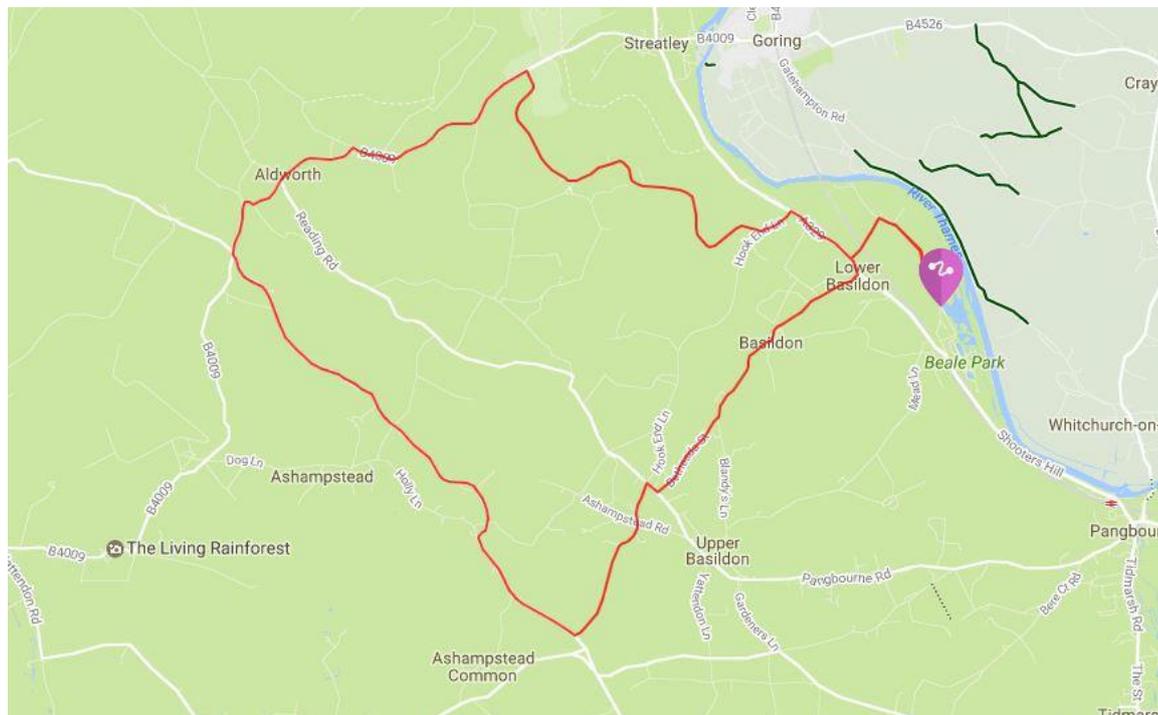
Swim numbers are monitored by swim marshals at swim entry and swim exit. All swimmers exiting through the swim exit point are checked by a head counter and electronic timing chip against registrations/swim counts.

The lake at Beale Park has a direct feed from the River Thames and water quality is expected to be very good. TVT have arranged for water quality checks to be carried out in advance of the event. Water sample checks were taken and tested in line with BTF regulations for open water swimming events and EU Bathing Directive & BTF Regulations (E-Coli, Enterococci & pH). A further test was conducted for Blue Green Algae. Also, TVT members have swum in Beale lake in early April and confirmed the water was weed free.

Public Health England have provided some additional guidance for open water swimmers, you can find more information at <https://www.gov.uk/government/news/new-guidance-on-reducing-the-risk-of-illness-when-open-water-swimming>.

Bike Route:

The bike route is a single lap course totalling 20km. The route is hilly and will be well marshalled along with plenty of signage to direct competitors and warn other roads users and members of the public that an event is taking place. The bike leg is only part of the race that takes place outside of the grounds of Beale Park or along the Thames Path. Competitors across all 3 waves are likely to be out on the bike course between 08:10 – 10:30am.



Competitors must ensure their race number is worn on the back of your top (attached or via their tri belt) and that it is clearly visible. Bikes must be roadworthy (this will be checked at Transition) and a securely fitted helmet must be worn at all times. Headphones, earphones and other music devices must not be used on the bike leg or during any part of the race. Any competitors caught using such a device will be disqualified from the race.

Competitors must wheel their bike out of transition via Bike Out (there is strictly no cycling allowed in the Transition Area) and must not mount their bike until they have safely crossed the Bike Mount / Dismount line. You are then clear of transition and are on the bike course.

On the bike route there are some key junctions where competitors will be crossing traffic to turn right. Please take note of any instructions from the marshals and abide by the Highway Code at all times.

Although road traffic is expected to be quiet given the event is on a Sunday morning there are a number of junctions and roads where competitors should take extra care. In particular, please note the following:

Distance on Bike route	Hazard	Instruction to Competitors
1.5km	Right turn across junction on to A329	Cyclist must stop at the junction, put one foot on the road and follow instructions from the marshal to ensure safe right turn on to the main road. Failure to comply will result in race disqualification.
2.5km	Right turn at cottages on to narrow lane	Be aware of oncoming traffic as this is a narrow lane.
18km	Steep descent	Take care during descent, stay on left side of road. If overtaking stay to left side of central road markings.
19km	End of hill, junction to turn left on to main road	Test brakes on descent, allow plenty of time to safely brake before the junction and follow marshal instructions and warning signs.
19.1km	Right turn off A329 towards Beale Park	Follow instructions from marshals. Be aware of oncoming traffic before turning right
19.5km	Small road in to Beale Park shared with Beale runners and potential for traffic exiting Beale Park	Bikes to stay on left hand side of the lane, be aware of runners on the road and wary of any traffic which may use the lane to exit the park.

As with many roads around the UK there are pot holes to be aware of whilst out on the bike course. Please take care especially when on any descents. Any particularly large pot holes will be marked with orange spray paint.

In general marshals on the bike course are there to direct you and to warn other road users and pedestrians of there being cyclists on the route. Marshals will not attempt to direct or stop traffic unless there is an incident which requires such intervention. Failure by competitors to comply with the highway code or to follow instructions from marshals will result in race disqualification.

The bike leg is a non-drafting race, time penalties will be awarded to anyone caught drafting on the bike. A distance of 10m must be maintained behind the front wheel of the rider in front except when overtaking. When overtaking the manoeuvre must be completed within 30 seconds. If overtaken competitors should drop back the required distance. For full rules on drafting please refer to the British Triathlon website.

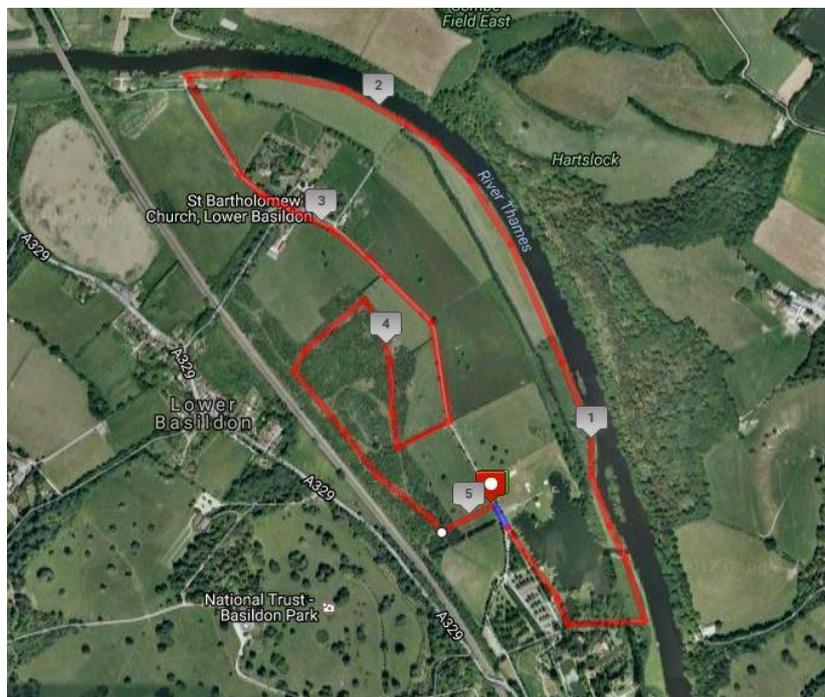
When competitors return from the bike leg you must dismount your bike before the Bike Mount / Dismount line then wheel your bike in to transition via Bike In. Competitors must place your bike safely on the racking in your numbered position before removing your helmet. Competitors then exit transition via Run Out and you are then on the run route.

Run Route:

The run is a 5km single lap route and is mostly off road with a mix of paths, roads and some grass areas. There are some uneven surfaces so all competitors should take care when out on the run course.

Before exiting transition to head out on the run course all competitors must ensure your race number is attached to the front of your running top or be positioned at the front if using a tri belt.

Marshals and signage are there to direct you and to advise members of the public that runners are using the paths and roadways, although please note competitors do not have right of way on roads or public footpaths.



At the 2.5km point of the run you will join the lane which leads you back towards the race village. At this point the lane is shared by the bike route and all runners must ensure they stay to the right-hand side of the lane and be aware of any bikes coming up behind you on the left-hand side. Marshals will be on this part of the route to maintain safety for both cyclists and runners. Also, be aware there may be some traffic exiting Beale Park along this lane.

At the finish line marshals will collect timing chips from competitors and these are returned to the timing company at the end of the event.

First Aid and Safety:

All competitors are responsible for recording their details (name, address, date of birth & next of kin contact information) on the reverse of your race number and to indicate if you suffer from any form of illness or disability in order to assist the medical staff should an incident occur.

TVT have contracted Cloud 9 Pursuits to provide all the event medical services. This includes:

- 2 First aiders
- 2 Advanced first aiders
- Rapid Response Vehicle and
- First aid Tent on site in/around the race village and on the course.

During the event if you have, or witness, an accident please notify the nearest marshal or first aider who will deal with the incident and liaise with the emergency services as appropriate.

Water Stations:

2 water stations will be available, the first just after the half way stage on the run and a second one at the finish line at the end.

Toilets:

There will be plenty of portaloos available for competitors, spectators and marshals. These are located in the car park near to the race village and transition area.

Other Facilities and Services:

The race village will include the following:

- Refreshments including hot and cold drinks, bacon rolls and burgers from the catering van
- Susan Martin massage
- Adam White bike fitting
- Launchpad charity cake stall
- Charles Whittington sports photography
- Small stock of last minute emergency kit

Results:

Race timing is being provided by DBMax timing systems. Provisional results will be displayed at the INFORMATION DESK shortly after the finish. Full results will appear on our website www.thamesvalleytriathletes.co.uk the day after the race.

Trophies will be awarded as follows:

Male Open aged up to 39 - 1st to 3rd place

Male Vet aged 40+ 1st to 3rd place

Female Open aged up to 34 – 1st to 3rd place

Female Vet aged 35+ 1st to 3rd place

Trophy presentations will be completed approximately 10 minutes after the final competitors finish.

And finally....

Please be kind to the environment and ensure that you take all your rubbish with you as you leave. Beale Park have been kind enough to let us use their facilities and we would very much like to be invited back next year.

From all of us at Thames Valley Triathletes we hope you enjoy a fun and safe race day. If you have any feedback whatsoever before, during or after the race (good or bad) please do let us know so we can pass on comments and improve things for future events. If you enjoyed the Beastie please tell your friends, family, club mates and come back to join us next year.