



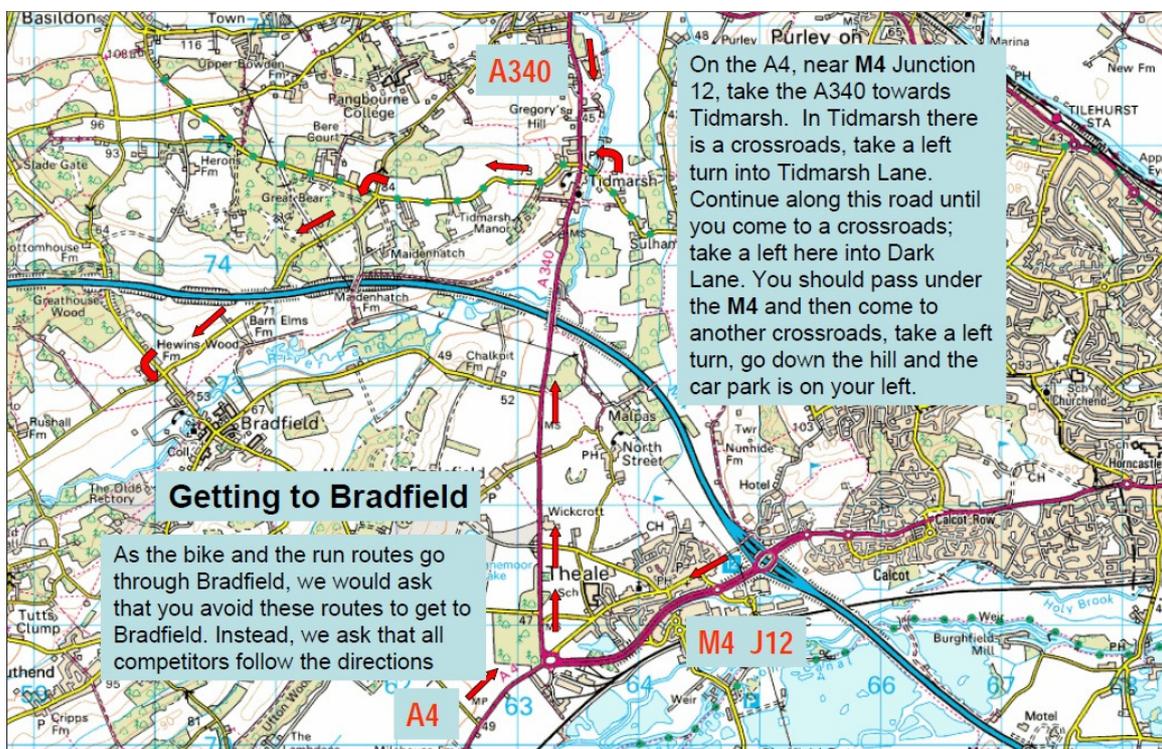
CONCORDE TRIATHLON SUNDAY 19th AUGUST 2012

COMPETITORS RACE INSTRUCTIONS

Firstly, thank you for choosing to enter Concorde and we hope that you have a fantastic race! We're looking forward to welcoming you to Bradfield College on the day and to hopefully seeing you all again next year.

These instructions are to provide you all the relevant information that you need to have a safe and fun race. Please ensure that you read this prior to the race and check the maps of location and routes on our website and take these instructions with you to the race. Although the course will be well marshalled and signed, it is your responsibility to know the routes before starting the race.

Directions & Parking:



On the A4, near M4 Junction 12, take the A340 towards Tidmarsh. In Tidmarsh there is a crossroads, take a left turn into Tidmarsh Lane. Continue along this road until you come to a crossroads; take a left here into Dark Lane. You should pass under the M4 and then come to another crossroads, take a left turn, go down the hill and the car park is on your left.

There is no parking at Bradfield College but we have allocated a car park area just north of the venue. This parking is kindly provided by one of the local farmers and TVT cover the costs through a charitable donation. Many other events charge £5 or even £10 for parking so we are very lucky to be able to provide this facility to our competitors and spectators for free. Note it as a farmers field and care should be taken when parking your vehicle and all rubbish should be taken away when you leave. Please follow the instructions and map above as this will bring you in from the North and will make sure you don't cross the race route.

Please arrive at site at least one hour before your swim time to allow time for parking and to walk up to the registration area.

Registration:

The registration desk will be open from 08:00.

After arriving, turn left out of the car park onto the road; continue up the road. There are two ways to registration, the first is turn left at the stream, which follows the final part of the run route (over the bridge and up the hill and turn right). The second way is up passed transition and vendor's area on the football pitch. This is straight up the hill and turn left at the sign. This will take you to the long building opposite the swimming pool where registration is going to be held.

All BTF members must bring their BTF membership card or you will be required to pay the £4 race licence fee. If you do not have a BTF membership you are required to bring photographic ID to collect your race number and your day licence.

You will receive 1 **race number** which is to be attached to the front of your t-shirt, or race belt; 1 **x race no. sticker** which goes on your bike, and finally your number marked on your body at registration. You will also collect a **timing chip** at registration which you should wear on your left ankle. (Note that you'll have to hand this in to a marshal at the finish line)

Please 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 - don't race! Don't wear new running shoes on race day...

You will also be able to collect your race goodie bag at the registration desk.

Transition Area:

The transition area will be held in the football field just up from registration.

With your bike marked with the sticker provided, your race number on your top or a race belt, and your helmet securely fastened place your bike and kit at your allotted number, which will be marked on the racking system.

(Note that you will not be able to exit the transition with your bike at the end without your race number on you and the bike. This is to ensure increase security for your kit. If you lose your number then you will have to wait until the end to collect your kit.)

We cannot take responsibility for any loss or damage to any of your equipment. Note: only competitors are allowed in the Transition Area. Also note there is strictly no cycling allowed in the Transition Area.

Transition will close 30 minutes after the last competitor has finished. Please ensure you have collected your bike and all your belongings before then.

The Swim (16 lengths):

The first swim start times will commence at 09:00. Swim start times are allocated based on your estimated time for 400m provided as part of your race entry details. Competitors with similar swim times race together to ensure a safe and controlled race and to give every competitor the best opportunity to maximise your swim performance. Slower swimmers will start first with faster swimmers starting towards the end of the swim start times.

Please ensure you are ready about 15 minutes before your swim start time. You will be given a swim hat and allocated a lane to complete your 16 lengths (400m). Once you are finished remember to give your hat back to the swim Marshall.

You then move quickly and safely up to the transition area for the bike section.

The Bike (1 Lap):

The bike course is a one loop out and back course totalling 20K. The bike course map is available on our website www.thamesvalleytriathletes.co.uk and should be studied before the race day.

It is compulsory to wear a bike helmet and your bike should not be removed until you are wearing the helmet and it's fastened. Helmets will be checked prior to entering transition and must be securely fastened and ANSI/SNELL/BIS approved. Bikes must be safe and road worthy. Handlebars will also be checked to ensure the ends are properly covered, if not, you will not be permitted to race.

The use of ipods or other musical devices is strictly prohibited throughout the bike stage.

Bikes must not be mounted until you have safely exited transition and passed the bike mount line. Marshalls will be on hand to advise competitors of the point at which bikes can be mounted.

When you exit the Bradfield College site, you will be turning right onto the road; you ***must stop at this point, dismount and push your bike to the far side of the road before remounting in the marked 'BOX'***. Failure to comply fully will result in a two-minute penalty.

At the far end of the 10km route out, there is a descent to a roundabout that you circumnavigate to return on the same road for the returning 10km. The descent is quite steep and there is gravel on some parts. Please TAKE CARE on this section. Your number will be recorded as you go around the roundabout.

Remember: you are not exempt from the laws governing cycling on the public highway and you have no special rights during the race. Marshals are only there to indicate the routes, not to control traffic.

Extra care must also be taken when approaching traffic calming measures such as road narrowing or speed humps. This is especially important when returning back in to Bradfield village towards the end of the bike leg. All competitors must obey the highway code and give way to oncoming traffic where signs dictate priorities. *Failure to comply with the highway code will result in race disqualification.*

This 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 you should drop back the required distance. For full rules on drafting please refer to the British Triathlon website.

Finally when approaching Transition at the end of the bike leg competitors must dismount bikes outside the Transition area before the bike dismount line. Again, marshals will advise competitors where bikes are to be dismounted.

Helmets must not be removed until you have safely re-racked your bike in Transition. Re-rack your bike in its original position before heading out on the run course.

The Run (1 lap):

Your number must be visible from the front. The route is shown on the map on the website. The marshals are there to guide you round the route and not traffic control, so be aware of your surroundings and traffic.

The run is a mix of paths, roads and some grass areas. Please take care when running on uneven surfaces or paths

Please ensure you return your timing chip to the race marshals at the finish line. Failure to do so will result in a charge to replace the timing chip.

Water Stations:

Water will be available as you start the run, at the halfway point and at the Finish. Our sponsors Moti have kindly provide SIS sports drink which will be available at the drinks stations along with water.

Marshals:

The Marshals are all volunteers; they respond well to being acknowledged and do their best to assist you if required. Their primary responsibility is to ensure your safety and that of the public. Please obey their instructions – verbal abuse of the marshals will result in immediate disqualification, no warning will be given.

Toilets and Changing:

These are available on the lower level of the pool building adjacent to the pool. Do not leave articles in the changing rooms as they are small, not secure and will be used by others. Additional facilities are available in a separate building 50 meters away.

Other Facilities and Services:

Our Sponsors **Moti** will have a retail stand on site for any last minute purchases or advice.

There will be massage service available pre and post race to loosen up muscles or help with soothe any aches and pains post race.

Refreshments including hot and cold drinks, bacon rolls and burgers will be available for purchase from the catering van on site near the transition area.

Medical team/first aiders will be available in case of accidents. If you see an incident, please report it to the nearest marshal who will alert the medical team

If for any reason you do not complete the whole race, please tell one of the marshals. Failure to do so makes it very difficult for us to produce the results quickly and accurately.

Results and Prize Giving:

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

Prizes will be awarded to the first and second place male and female finishers.

Trophies will be awarded as follows:

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

Male Vet aged 40 to 49 - 1st & 2nd place

Male Supervet aged 50+ - 1st place

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

Female Vet aged 35 to 49 – 1st & 2nd place

Female Supervet aged 50+ - 1st place

Relay Team – 1st & 2nd place

These categories are based on the competitor splits of the entries as at 12th August. Trophy presentations will be completed approximately 30 minutes after the final competitors finish.

Other Matters

Please be kind to the environment and ensure that you take all your rubbish with you as you leave. This includes any wrappers from gels etc. consumed on the bike and run course. Bradfield college have been kind enough to let us use their facilities and we would very much like to be invited back next year.

Finally from all of us at Thames Valley Triathletes enjoy a fun and safe race day.