



## *Super Sprint Triathlon Information Pack 2024*



Thames Turbo Triathlon Club are proud to work with local partners and would like to thank our Race Sponsors who help to make our events a huge success. We are thankful for their generosity and support

# Thames Turbo Triathlon Club

## Super Sprint Triathlon Race Pack



The following notes contain some important information about the race, which will help the day run smoothly and ensure that everyone enjoys the event. Please take some time to read through it.

### ARRIVAL & PARKING

Approaching Hampton pool from the A316 (M3) you need to take the APEX corner turn. This will be signposted for A312 Feltham/Twickenham. Take the 4th exit from roundabout if coming from M3 or 2nd exit if arriving from Richmond. Follow this road past a large Sainsbury's, straight over 2 mini roundabouts to the T-Junction. Turn right and you will find Hampton pool about 200m on the left-hand side. There will be no parking available in Hampton pool itself as this area is part of the race flow lines. Please use the adjacent residential streets. When unloading bikes etc. please be quiet and mindful of the neighbour's wishes not to rise at such an early hour on a bank holiday as there have been specific requests!

### STARTING LISTS

The race start list will be posted on the race series website a few days before the event. This will show the competitor's race number and racking row (shown by a letter; eg RAUL, RBUL etc). Please make a note of your race number as this will speed up registration. The start list is created based on the swim and race time estimates you have given us, and all efforts will be made to place you in a position with similarly paced swimmers. There are different waves of different abilities so please don't be alarmed if you think you are out of position. This is why it is important to give us accurate swim times if possible. You can correct your entry online up until the Wednesday before the race, after which no changes can be made.

### REGISTRATION (05:45-06:15AM)

Everyone MUST register before the race starts. Registration is located as marked on the 'Transition Area' map. Please quote your race entry number, which is shown in the entry list. On registering, you will be given your ENVELOPE which contains your race number which must be worn during the race as soon as you leave transition. You must also collect your timing chips. You can also register the evening before at Hampton Pool between 5-6pm. If you wish to register for a spouse/friend etc, then bring confirmation (eg an email) showing that you have permission to do so. Just make sure you give them their race pack or they will not be able to race. We strongly recommend local athletes to come and register. You can then

arrive in the morning and go straight into transition and rack your bike early (there is no numbered racking).

### BTF DAY MEMBERSHIPS

Please remember to show your BTF Membership otherwise you will have to pay the :5 non-BTF' supplement. This guarantees you are insured on the day. No insurance means no race. This only affects competitors that have paid the BTF' entry fee.

### RACE NUMBERS & TIMING CHIPS

Your race numbers must be visible from the back on the bike and from the front on the run so take care when attaching. Race belts ARE required. If you do not have a number belt we will sell them on the day for :6. Please proceed to transition ASAP! Please put your timing chips around your LEFT ankle as very important as otherwise, you may not get a race time. PLEASE DO NOT LEAVE THE VENUE WITHOUT RETURNING YOUR TIMING CHIP; on leaving transition with your bike and kit, marshals will be collecting your chip. If for some reason you DNF and don't bring your bike back to transition, please remember to give the chip to a marshal and let them know you didn't finish the race.

### TRANSITION RACKING

BEFORE entering transition, you will need to place one of your number stickers on the front of your bike (somewhere easily visible), and the other number sticker on the front centre of your helmet. You will also need to put on your security wrist strap, which will allow you entry in and out of transition. We will provide a poolside race briefing at 06:30am, race start is at 6.45-7:00am. Please follow the correct procedure. Bike racking is marked out by the black arrows: You need to rack the side that the arrow is pointing. The space between racking positions is set according to BTF standards and racking on the wrong side will cause bikes to be too close together. Each row is lettered; please refer to the entry list and registration envelope to check which row you have been allocated, and stick to this, as numbers have been calculated exactly and it will cause congestions if you decide to rack elsewhere. YOU MUST RETURN YOUR BIKE TO THE SAME RACKING POSITION AFTER THE BIKE SECTION; RACE OFFICIALS WILL BE LOOKING OUT FOR THIS. Only keep your race essentials at your racking position. Any large items, boxes or bags need to be kept out of the way, such as along the transition fencing. Marshals and officials will remove any items deemed too big. There are secure lockers in the changing rooms if you wish to store valuables safely.

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To ensure bike security, bikes will not be allowed to be removed from transition (to go home) until all competitors have started the run course. This should be at around 09:00. Please present your security wrist band and return your timing chip on exiting transition after collecting your bike.

### THE COURSE

**Swim** - you will set off at short timed intervals (between 10-15 seconds) in race number order for the 426m. Please note the pool surround is slippery between transition and the bike mount point, though we will have matting down to assist the bare-footers.

- ⌋ Our BTF Referee will not allow anything to be worn on your feet in the pool. No wetsuits, calf guards or buoyancy shorts allowed.
- ⌋ Please enter the pool in your designated number order. Competitors entering before their start slot may be asked to leave the pool at the end of the first length and restart at their correct start time. Competitors that have missed their start time, may not be allowed to start the race.
- ⌋ Swim 2 lengths in each lane then move up to the next lane.
- ⌋ If you want to overtake, tap the feet of the person in front.
- ⌋ If someone taps your feet, let them past at the end of the length, marshals will be supervising the pool to ensure you comply with this rule and let faster swimmers go past.
- ⌋ After 12 lengths, you will reach the steps at the far side of the pool where you get out of the pool and head towards the transition area.

**The bike route** (see map) will take you towards Hampton Court and then doubles back on itself. The route then turns left at the traffic lights and follows the Thames through Lower Sunbury to the roundabout with the A244 near Walton. From here, the route continues straight on along the B375 towards Shepperton/Chertsey. At the main roundabout just before Chertsey the route doubles back on itself again and retraces its steps back through Lower Sunbury. The bike section ends by the waterworks just before the junction with the A308. Once you have passed the timing point (stay close to the left of the road to ensure your chip is registered) continue straight on, you have completed the race part of the bike

section. There will then be a 7-minute~ non-competing' time in which you will return to Hampton pool (see bike map).

**IMPORTANT SAFETY NOTE** ⌋ please read the section on cycling and the Highway Code contained within

### TRANSITION AREA: PLEASE REFER TO MAP

- ⌋ Before entering Transition after registering, your bike and helmet will be checked to ensure they are safe and comply with regulations. Please put your helmet on at this time.
- ⌋ Please take note of how the transition area works and your path through it as confusion on the day slows everyone down! There is no numbered racking, just places marked out on the racks, and different rows allocated to each number. The number range of each row will be signed at either end of the rows ⌋ this will be indicated on the Start list when published.
- ⌋ Timing restarts after the ⌋non-compete zone⌋ (i.e. as you enter Transition at BIKE IN).
- ⌋ Please note the spectator's route from the pool to the finish area, via Duke's Head passage. Spectators must NOT use the ⌋BIKE OUT⌋ gate.
- ⌋ There is one entry for the swim and return from the bike, one exit for the start of the bike and start of the run; please be careful of other competitors. If you are returning from the non-compete zone on the bike, make sure you get back in time and give priority to swimmers exiting the pool and entering T1 on the clock.
- ⌋ Note: It is the competitor's responsibility to know the rules of triathlon ([http://www.triathlonengland.org/britain/documents/about/british\\_triathlon\\_rulebook\\_2\\_013.pdf](http://www.triathlonengland.org/britain/documents/about/british_triathlon_rulebook_2_013.pdf)) and the race course. BT rules require competitors to be wearing a securely fastened bike helmet before they take their bike from the racking and not to remove it until the bike is back on the racking after the bike section. Also, tri suits and tops must be zipped up to the max if they open at the front and kept on at all times, otherwise a penalty will be applied. COMPRESSION CALF GUARDS ARE CURRENTLY NOT PERMITTED.

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**The run route** heads to the right out of the pool gate towards Hampton Hill, entering Bushy Park at Hampton Hill gate. The course then follows the tarmac path towards Chestnut Avenue where there is a figure of 8 loop to the finish within the Park grounds, just near the Duke's Head passage gate (see map). **Note:** It is the competitor's responsibility to know the rules of triathlon [www.britishtriathlon.org](http://www.britishtriathlon.org) and the racecourse.

### THE NON-COMPETE ZONE

The bike section end when you pass the timing point at the waterworks. Just pass through without stopping, and then head straight to Hampton pool. 7 minutes allows sufficient time to return to Hampton pool at a non-race pace. At Hampton pool you should dismount on the left-hand side of the road and cross to the pool under the guidance of the marshals. Your race time will restart on entry into transition 2. This is not an extra transition area. You cannot use the time to remove your clothing or your helmet. You can remove your feet from bike shoes that remain cleated to the pedals at the point you need to dismount. Any time over the 7 minutes allowed will be added to your transition time. The example below explains this.

Swim time	Bike time inc.T1	Non-competing time	Run time inc. T2	Total race time
10:00	45:00	5:30	27:00	1:22:00
10:00	45:00	7:00	27:00	1:22:00
10:00	45:00	9:00	27:00	1:24:00

The athlete in the 3rd example exceeded the allowed non-competing time by 2:00 and this has been added to their race time. There is no benefit in 'racing' back to T2, however, athletes must enter T2 on arrival and not cause congestion in this area

### MEDICS

In case of any accidents and emergencies, we have medics and an ambulance posted outside Hampton Pool, as well as in the car park in Bushy Park. Marshals will have their contact numbers so please ask them for assistance if required.

### A REQUEST FOR YOUR SUPPORT

Due to the urban surroundings and BTF course design rules, this is not a conventional Triathlon bike course, so we do ask that you familiarise yourself with how it works, before racing, and abide by the directions of the marshals on the day. It's worth remembering that

the marshals are volunteers and are there to protect your safety and well being, not to prevent PB's or chances of winning. With everyone's co-operation, we're sure that the event will be enjoyable and successful.

### SPECTATORS

Spectators are most welcome at the race and have an opportunity to see the swim, transition, run and finish. However, space is tight around the gateway entrance to Hampton Pool so we request you advise any spectators you are bringing to not stand around the gateway area. There are clearly marked entry points and paths for spectators to access and exit the pool, and we ask they adhere to these so as not to impede competitors. On leaving the pool area via the main entrance to the building, spectators should walk via the signed path and exit the car park by the pedestrian gate, turn left and head towards the run and finish area via Duke's Head passage (see run map).

### RACE RESULTS

We will provide race results on the day and present prizes for overall winners, age group winners and novice prizes. Results are live from the moment we start the race. When possible, we will have a screen and printer available for checking your times on site. Full results will be available within a couple of hours on our chip timing suppliers' website. The link for this is publicized on our website and on your race number.

We will also post an Excel file on the Race Series website in due course. Results will NOT be sent out by Royal Mail. With chip timing in place, you can see your race time after the race. Post-race massage is available poolside. Please wait to see the results as any queries can only be investigated while officials are available to do so. Once we leave Hampton Pool, the results are final.

### PRIZES & PRESENTATIONS

Due to the size of the field there will no prizes or awards for the super sprint.

If you have any further questions, please check the website, [www.thamesturbo.com](http://www.thamesturbo.com), where there are more maps and a very handy "Frequently Asked Questions" documents. If you still need assistance, send an email to [Race\\_Director@ThamesTurbo.co.uk](mailto:Race_Director@ThamesTurbo.co.uk). Thank you and we look forward to seeing you on race day.

**HAVE A GREAT RACE AND GOOD LUCK!!**

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### BIKE SAFETY FROM THE HIGHWAY CODE

Please be aware that there are some potential hazards on the course, which are highlighted below on the bike course map, these are open roads and you must be aware of other road users and pedestrians, failure to comply with the highway code could lead to a penalties and disqualification. The most pertinent rules from the Highway Code are listed below please read them carefully

- u U Traffic lights on Upper Sunbury Road u U you must stop when lights are red.
- u U 20mph speed limit zone u U there is now a short section on Thames Street with a 20mph speed limit, which could lead to slow-moving traffic.

### DRAFTING u U DON'T DO IT!

We have approximately 40 static marshals and they will report you if you are seen to be breaking these rules. We also have multiple Motorcycle Referees whose sole responsibility is to monitor the bike course, and one of their key tasks is to identify anyone gaining UNFAIR ADVANTAGE through drafting.

### PENALTIES AND DISQUALIFICATIONS ARE BEING ISSUED! You have been warned. Don't do it!

The following definition is taken from the official BTF Rule book.

#### 5.5 Drafting

- (i) Drafting is forbidden of another competitor or motor vehicle. Competitors must reject attempts by others to draft;
- (ii) A competitor is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- (iii) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- (iv) To draft is to enter the bicycle or vehicle drafting zone: u U Standard distance and shorter races: the bicycle draft zone will be 10 metres long measured from the leading edge of the front

wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor;

(v) Entry into the bicycle drafting zone: a competitor may enter a bicycle draft zone in the following circumstances:

- u U If the competitor enters the draft zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
- u U For safety reasons;
- u U Before and after an aid station or the transition area and dismount line;
- u U At an acute turn;
- u U If the Event Organiser excludes a section of the course for safety reasons.

(vi) Overtaking

- u U A competitor is passed when another competitor's front wheel is ahead of theirs;
- u U Once overtaken, a competitor must move out of the draft zone of the leading competitor within 5 seconds;
- u U Competitors must keep to the side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course;
- u U Traffic regulations must be followed when competing on open roads; competitors must only pass another competitor on the right.

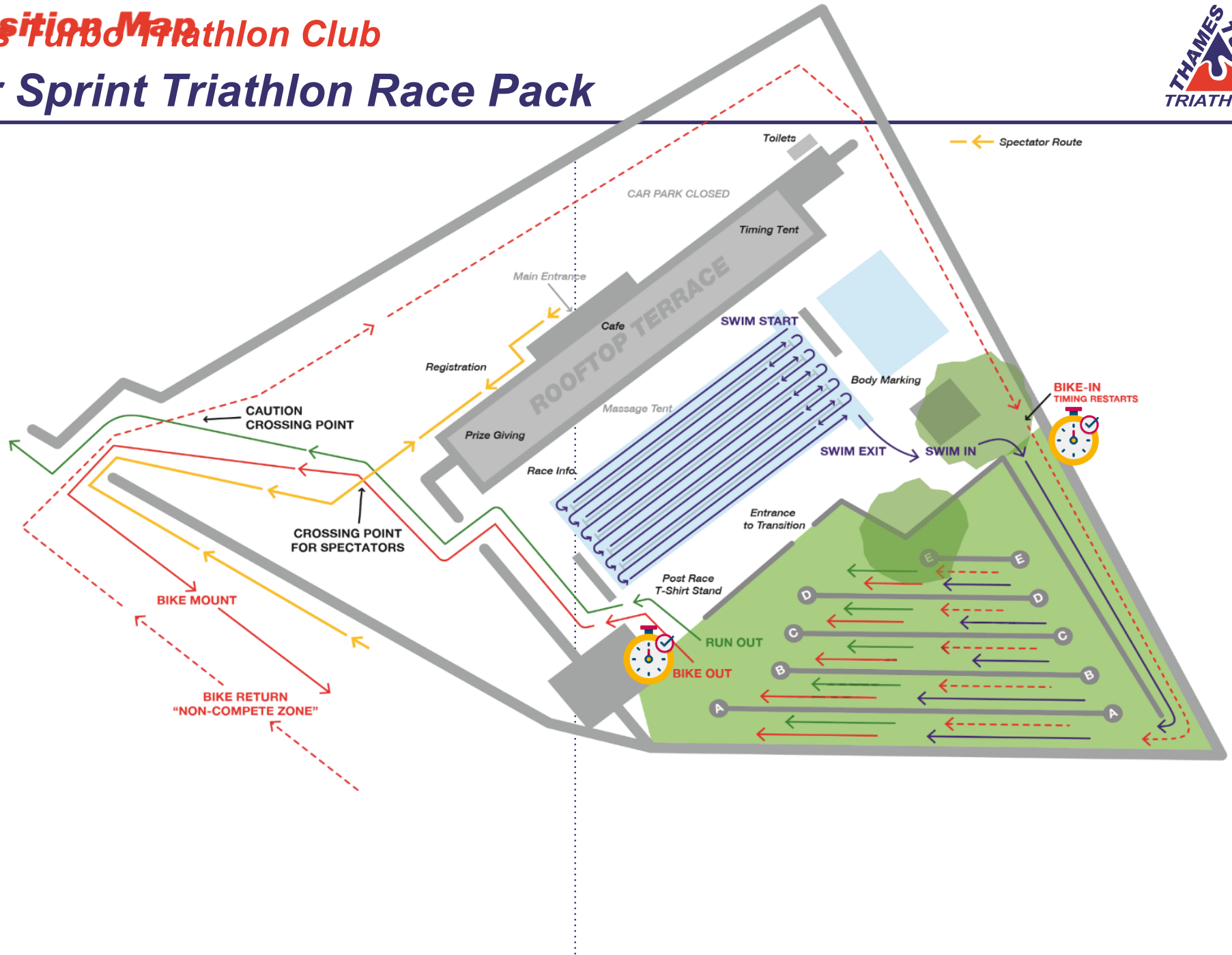
#### 5.6 Penalties for Drafting:

- a) It is forbidden to draft in a race declared as draft-illegal;
- b) Technical Officials will notify competitors who draft they are subject to a time penalty sanction; it is the competitor's responsibility to ensure they are aware of any penalties that have been awarded against them;d) The penalties awarded for drafting are detailed in Section 3 u U Penalties;
- e) Unless safe to do so and as not to place either the official or competitor at risk, Technical and Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.

# Transition Map

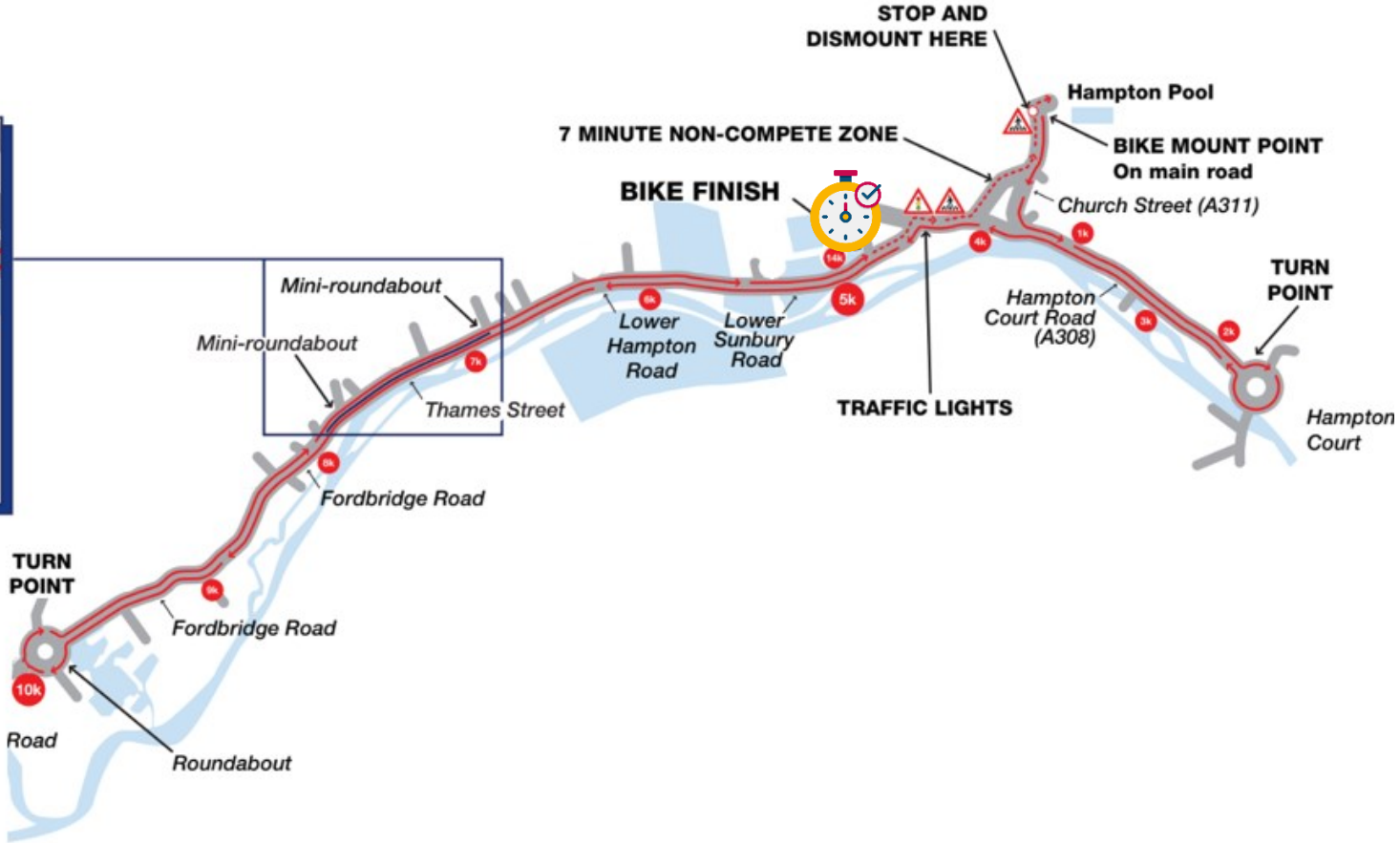
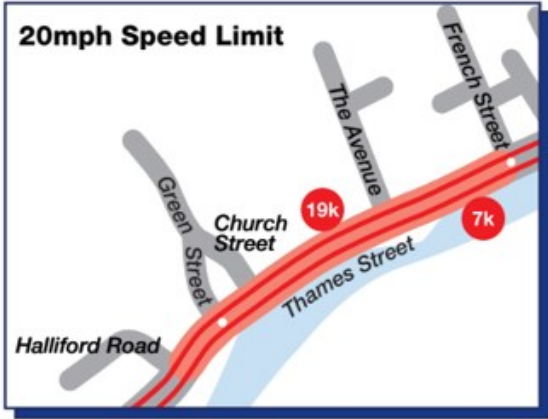
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