

### **30<sup>th</sup> August Triathlon Race Brief Notes**

To help keep social distancing (SD) on race day there will be no race brief, these notes are your race brief! There may be some race day alterations, if so these will be emailed to you before 30<sup>th</sup> August. Please decide on which event to enter, the Olympic or the Sprint, the fee for either is £20, or £10 if you are part of a relay team. If you wish to do one or two disciplines you can. If you are not a BTF member you will need a day BTF day license and the cost is £4 which you pay when you register for the event. After costs, any surplus money the event generates is given to the two club charities.

In line with BTF Covid rules, please note this is a "participating event" and will comply with the BTF participation regulations on SD. Mass starts are not allowed, participants will start at one minute intervals. The objectives of the event is to stay safe, enjoy the event, raise money for the two club charities and compare participants times. If you forget any of the below information, please ask me for a reminder on the day.

Registration. You do not need to sign any paperwork on the day, but you do need to say hello to Sheryl Knight (timekeeper) so we can note that you have arrived to take part and recognises you. You need to complete the health questionnaire before taking part and if you develop Covid symptoms 14 days prior to the event please do not attend. You will have a race number and start time previously given to you and will need to remember these! Your race number will NOT be written on your hand. If you forget your number, not to worry, shout out your name when passing the timekeeper. The timekeeper will be standing by the swim exit on the slipway, transition exit at the end of the bike loop and finish line in respect of the run.

Spectators. Spectators are not allowed, if you have a family member or friend who wishes to come along, please let me know and they can help whilst you race as we need several marshals. They also need to be free of Covid symptoms 14 days before race day.

Bike Racking and set up/take down. Once registered please rack your bike which will either be on the bike stands or on the wooden fence between transition and the car park. When setting up make sure you keep to SD, please wait to rack your bike if someone is setting up closer than 2 meters. Bring hand sanitiser with you and use it when racking your bike. The CO will have sanitiser. The "time trial" (TT) start format will help ease congestion in the transition area. The Covid Officer (CO) will be in the transition to keep SD and has the power to pause or stop the event. Please help the CO by listening to them. Set up in the normal way, be aware there may be some "participants" running through transition when you set up. Please stay out of their way. You may wish to carry your own water on the run, if so, leave a run bottle with your bike (water is available at the end of each 5km run loop). Leave an extra bottle for your post-race hydration and self-hydrate rather than rely on the event water. Wear flip flops to the slipway – don't forget to collect them at the end!

Start Time. Participants will start at 1 minute intervals starting at 7.30am for the Olympic race and 8.30am for the Sprint race. This will help SD. Please do not miss or swap your start time, you will give the timekeeper more to do.

Swim. Please arrive at the slip way a few minutes before your start time, I hope to allow you time for a warm up swim before you start. You will start from the slipway in chest deep water and will be given a count down. Please follow the normal swim course, which is clockwise around the usual triangular course. It is the duty of the overtaking swimmer to

maintain SD and once overtaken it is the duty of the overtaken swimmer to maintain SD from the faster swimmer. The Olympic swimmers must complete four laps, with the last lap passing the slipway buoy on their left. It is the duty of the "last lap swimmer" to maintain SD from the swimmers who are yet to complete their laps. The Sprint swimmers complete 2 full laps.

Please count your swim laps, no one else will! Don't forget to shout out your race number to the timekeeper on exit. The normal OWS rules apply for safety i.e. roll on your back and raise your arm if you get into difficulty. When you exit the slipway, there will be no one to help you regain your footing (unless you get into difficulty) so please take your time and regain your balance before making your way up the slipway and down the grass bank to Transition. The grass bank is uneven in places and may be slippery PLEASE TAKE CARE running to transition.

Transitions 1 & 2. Entry to transition will be controlled by the CO, enter as normal unless the CO holds you. The entrance to transition will be marked by a traffic cone on the way in and out. Only enter and exit via the cones please. If you are held, you will be held in units of 10 seconds, which will be given back at the end of the race. If you are held, relax and enjoy the recovery time. Transition as normal and if you cannot comply with SD, stop transitioning, count to 10 and come and see me afterwards. On exiting transition, mount your bike when it is safe to do so. The time taken in T1 will count towards your bike time (unless I have a volunteer to time it). Don't forget to shout your number to the timekeeper at the end of Transition 2.

The bike. The bike route will follow the usual Sprint route for both the Sprint and Olympic events, with the Olympic event completing two laps and the Sprint one lap. The route turns left out of ACC, up College Road to the T-junction, left onto the B2028, past Wakehurst, left at Turners Hill onto the B2110, past Worth School, left at The Cowdray Arms onto the B2036, fork left at Balcombe onto the Haywards Heath Rd, past the Ouse Valley viaduct (take care on the decent), then left into Copyhold Lane. At the end of Copyhold Lane, turn left onto College Road and make your way up and back to the AAC. The route will be signposted, but there will be no marshals. The Olympic participants should continue up College Road at the end of their first lap - do not come back to transition! You will be on public roads and must follow the Highway Code. If you have a mechanical, please let a fellow participant know and someone will come and collect you (eventually). Please ride safely.

The Run. The run will be along the usual run route. Run up the dam grass bank to the gate on the right of the dam (by the bird hide). Run around the edge of the reservoir, along the causeway path (not the road please), continue along the reservoir edge to the turn point which will be at 2.5km from Transition. The turn point will be clearly marked, no need to touch anything this year, just turn when you are in line. You will pass other runners, keep left please and comply with SD. SD may not be possible along the causeway path which is now quite overgrown. I have thought about asking "returning runners" to run in the road, but have decided it is more dangerous to do so than passing close by on the path. Please do not overtake a slower runner along the causeway path, stay 2m back, relax and remember this is still not an Olympic Qualifier. The end of the run lap is through one of the club gazebos.

Olympic runners will run the route twice. At the end of the 1<sup>st</sup> lap there is "self service" water. I hope to set up a system which will leave two paper cups of water on a table for you. Stop or take the water with you, please stuff the paper cup down your tri suit and carry on running. I have done this lots of times with plastic cups, it is fine. Dispose of the paper cup when you return to your transition bag please.

Relay. If you are part of a relay team, when you finish your part of the leg, there is no need to touch your team member, once you are in line they can go.

Finish. When you finish please shout out your race number to the time keep. Congratulations, you have finished your first Covid compliant Triathlon. Please have a chat with your fellow participants and the event helpers and please have a look at your event time... whilst all the time maintain SD. Then please go home! If you are one of the lucky ones who has volunteered to help me pack up, please don't go home! If you wish to volunteer to set up or pack up, have family member that would like to marshal, please email me.

Toilets. We do not have access to AAC showers or toilets. BTF rules stay participants must have access to toilet facilities 30 minutes before and after the event. So we have hired a port-a-loo. It will be sanitised and cleaned before being dropped off. It will be monitored throughout the day and be for participants and marshals only. It has running water, soap, loo paper and hand sanitiser. Please leave it as you find it. The BTF say you should go to the toilet at home if you can, I always seem to want to go at the event!

Summary. This is a participating event not a race, the format will be a "time trail", try not to miss your start time, rack with plenty of time to spare, bring your own hand sanitiser. Bring all your water, there is event water if you need it. Sorry no spectators. Please maintain SD during the event, if you have Covid symptoms at any time 14 days before the event please stay at home. Any surplus event money is given to the two club charities. Have fun.

M.Shoesmith 22<sup>nd</sup> July 2020.