

2011 HSV St Albans Triathlon organised by Tri-Force

Race Details

Dear Race Entrant,

This is your race pack for the St Albans Triathlon 2011. **Please note you will find your start time posted at registration.** If you have any queries regarding any aspect of the race including the preparation for the race, please contact one of the persons listed below. Directions on how to get to the HSV are given at the end of this note.

Drop-outs

Firstly, if you find that having entered the race you are now unable to take part, for what ever reason, please contact Howard Davis in order let him know. Howard can be contacted either by e-mail to <mailto:howardd@planetk2.com>, phone on 07951 935089 or by post to 11 The Exchange, Queen Street, Hitchin, SG4 9TY.

Arrival and Registration

Please make sure you have registered and racked your bike in the transition area **the race briefing time of 06:00**. Please use this time to familiarise yourself with the ways in and out of the transition area. There will be someone in the Transition Area to help if you are not familiar with the setting up arrangements for your bike, helmet, shoes etc. You will be given your race numbers (front and back) at registration. **Registration will close at 06:20. Please also note that the transition area will closed at 6:30 and if you have not racked your bike by this time you be unable to take part in the triathlon.**

If you are BTA Registered you must produce your valid BTA licence on race day, otherwise you will be required to pay the £3 BTA race fee.

Race Briefing

Race briefings will be held at **6:15 only** just outside the transition area. All entrants are expected to attend the race briefings. Please note that it is your responsibility to follow any instructions given at the briefing.

Race Rules

Normal BTA (British Triathlon Association) rules apply. Back stroke will not be permitted in the swim. All competitors must secure their cycle helmet (on their heads !!!) before removing their bike from the rack and must not undo or remove it before racking their bike at the end of the cycle section. You must also fully comply with and follow all rules of the highway code. Our primary consideration is your safety, make it yours as well!

Drafting

The draft zone is a rectangle measuring seven (7) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle."

Each athlete will still have 15 seconds to move through another competitors' draft zone. Competitors may enter the draft zone of another competitor for the purpose of overtaking but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to pass through the zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds the overtaking cyclist must drop back.

There will be "draft busters" on the bike course and you must abide by their instruction if they deem that you are subject to a penalty. Number belts will be allowed but competitors wishing to use them must ensure that their number is visible on the back during the bike section and on the front during the run section.

Swim Section (400m)

You will be asked to report to the swim starter, you will start in the lane furthest from the changing rooms and complete 2 lengths in each lane, 16 in total. You do not need to bring your own swim hat. Swim start times are allocated based on your original estimate, with the slowest starting first. Race numbers have been allocated from 1 for the slowest upwards. Please form a line at the side of the pool in race number order. You will start in this order no matter when you arrive in the line. Swim start times are estimates and our objective is to get everyone off as quickly as possible. Since there are always some people who do not turn up

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you may start BEFORE your allocated time. Please make sure you are there! **Your race numbers and start times will be available at registration.**

You will be swimming in a lane with no more than 4 other swimmers. You will be asked to swim down one side of the lane and return up the other. If you are caught up from behind by another swimmer (normally signified by a tap on the feet), please allow them to pass at the next turn to avoid congestion and frustration.

SWIM TO BIKE TRANSITION

There is to be NO RUNNING AT ALL UNTIL YOU LEAVE THE BUILDING. This is of upmost importance since the floors will be especially wet with a high volume of swimmers leaving via a small entrance. If you run, you are likely to slip and you will be subject to a 2-minute penalty. Our primary consideration is your safety, make it yours as well!

Bike Course (20k)

After securing your cycle helmet in the transition area (this must be done first before un-racking your bike) proceed **on foot** to a transition check-point where you will be instructed to wait until you are given the all-clear to your bike and start the bike course. Also note that for the bike course, **the normal highway code applies.**

The course will be marked with appropriate direction signs and it will be marshalled at key turning points. The terrain is flat using major roads and country roads. There are no hills. (See map attached.) As mentioned earlier, there will be static draft busters out on the course so please familiarise yourself with the drafting rules.

At the end of the bike course you will be told to dismount your bike at a given point. There will be no cycling allowed in or around the transition area and your helmet must remain secured until your bike is racked. Failure to comply with these requirements will result in disqualification. PLEASE LISTEN CAREFULLY for Road information at the race briefing.

Run Course (5k, 4 laps)

Upon exiting the transition area, you will be directed to the start of the run course. The course will be signposted and marshalled. The terrain is paved paths and quiet country roads with no hills. Please follow instructions of the marshals and give way to cyclists if needed. Please observe the instructions of the marshals when instructed to run on a particular side of the road/pavement (See map attached.). You will receive a rubber band for your wrist at the end of the first, second and third laps. It is your responsibility to keep count and collect the bands.

Finish

Once you arrive at the finish, there will be water available for refreshment. Please take care when approaching the transition and club area since others may still be racing.

Drink cartons, Gel Wrappers and rubbish

Please do not discard ANYTHING on the course that is not bio-degradable. This is especially true for Carbo gel packets. These contain a high amount of sugar and are particularly attractive to the wildlife who don't know they shouldn't eat the packets. If you need to use gels or disposable drink cartons please tuck the used packet in your shorts or shirt and put them in the bins when you get back to Cannons or take them home. Discarding any equipment on the course is against the rules and is punishable by time penalty or disqualification.

Prizes

There will be a prize giving at around 10:30. Prizes will be given to 1st, 2nd and 3rd male and female competitors in the Overall category and 1st prizes for each BTA age category including Youth and Junior prizes. Awards are passed down. So, 1st, 2nd, 3rd overall cannot also be an age group winner and the award will be passed to the next fastest in the age group who is not in the overall top-3.

HSV

Hertfordshire Sports Village
de Havilland Campus
Hatfield Business Park
Hatfield
Herts
AL10 9EU

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Parking

Please park in designated spaces at HSV, if this is full please do not park on the road, park at the Galleria across the main road. Allow sufficient time to get to the venue.

Contact Names/Numbers

If you have any queries regarding your entry or the race in general, please contact Howard Davis on 07951 935089.

Attachments

- Cycle and run course map

<http://www.tri-force.org/>

<http://www.britishtriathlon.org/>



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