

Tri-Force Where? Triathlon

This event is being staged purely for training purposes and is not a race. Times are only being taken to allow evaluation and training progress.

By participating you agree to abide by all the rules of the BTA, including non-drafting, Helmet fastening and mount/dismount. You also agree to abide by rules/laws governing cycling on public highways. You accept that the Tri-Force club, its committee and the organisers of this training event can not be held responsible for the condition of the pool, or the cycle and run course and any problems or accidents you encounter as a result.

LOCATION

Please get to the Herts Sports Village, near the Galleria absolutely no later than 6.45am. Preferably by 6.30am. – You can find maps and directions to HSV from the club web site under Monday training.

TRANSITION

There will be a formal transition area consisting of the bike racks just outside the swimming pool. There is room for 1-bike each side of a rack. You may place your bike anywhere there is available room. All triathletes will be required to run from the pool exit up parallel to the furthest bike rack and around a cone before running to their bike. The same will be true when returning to transition.

There will be no security for the transition, but there will be timekeepers just outside the transition area. This should not be a problem, but again, we have no insurance to cover this nor will your BTA membership cover any losses, you are advised to take out your own bike insurance.

CHANGING, LOCKERS AND SHOWERS

As part of the rental, the Sports Village have allowed us to use the dry changing facilities including lockers and showers. These are NOT the changing facilities near the pool but are on the opposite side and will be much better after the race! There is separate male and female changing. We will not have access to the Sports Village before 7.00am.

THERE WILL BE A BRIEFING AT 6.45am outside the entrance and then I need you to move quickly to changing and into the pool. For the start, promptly at 7.05am.

START ORDER

Start is being handled as a regular triathlon start, slowest swimmers first. Your start time/order will be based on the time you emailed in. The slowest swimmer will start first and then a new swimmer will go in the pool every 30-seconds.

The start list is included, if you don't have a swim time that's because you didn't supply one.

THE COURSE

The route is not signed or marshalled. You are responsible for knowing the bike and run courses and taking every precaution. This is the same course as 2005, it is an out-and-back which gives a much better opportunity to pace yourself and to encourage other club members.

SWIM(400M): will be in the pool. You will complete 16-lengths. You will start in the lane nearest the changing rooms, swim to the end of the lane, swim back and then duck under the rope and do 2-lengths in each lane until you've swum 2-length in each lane. Please leave the pool by the fire exit in the opposite where you started, **DO NOT RUN!**

BIKE(21K): Immediately outside will be a cordoned off shute. You must run along the outside of the chute, turn at the top and run back to your bike position. **YOU MUST NOT MOVE YOUR BIKE UNTIL YOU HAVE YOUR HELMET ON AND DONE UP.**

One you've done up your helmet and collected your bike you must run out the chute towards the pool. It is a LONG run to the mount point, probably 150m. Follow the footpath out around the building until you get to the entry road to the Campus. Here you can mount and cycle out of the Campus to the first roundabout;

Left at first roundabout (the one you turn at to get into the Campus)

Straight across at next two roundabouts;

Left at the 4th roundabout – I plan to have this marshalled as it will also be the turnaround on the run

Left at the 5th roundabout

Straight across at the 6th and 7th roundabouts

Left into Coopers Green Lane and continue to the end

Right turn at the roundabout of CG Lane and Sandpit Lane

Right turn at the roundabout for Sandpit Lane and House Lane(head into Jersey farm)

Continue through Jersey farm up past the shops, around the back of Sandringham school to the next roundabout, here you do a 180-degree turn and head back through Jersey Farm

At the roundabout turn left

Next roundabout turn left into Coopers Green Lane and continue all the way to the Roundabout, 180-degree turn and back towards St Albans, turn left into the road to the Business Park and then it's the same back as out; so:

1st and 2nd roundabout straight over;

3rd roundabout right

4th roundabout right

5th, 6th roundabout straight over and 7th roundabout right and into the Campus

DISMOUNT YOUR BIKE AT THE SAME POINT AS MOUNT and run your bike back around the building to the transition area. You must once again run up the outside of the chute, turn and run back to your bike position.

DO NOT UNDO OR REMOVE YOUR HELMET UNTIL YOU HAVE STOPPED and

PUT YOUR BIKE BACK IN ITS PLACE.

RUN(5K): Having discussed it with numerous people and looked at the alternatives, I've decided on balance to leave the run course the same as last year.

The run is back out to the first roundabout, keeping to the footpath on the left and turning left at the first roundabout. From here you have to do 3-complete loops out to the cone and back before turning back into the Campus. You will be only person counting but we will be able to tell from your run time if you cut the course short! - The end of the course will be back at the swim exit where your time will be taken.

TIMING

We will take your time as you exit the pool, shout your surname!

We will take your time as you run out of T2 – if we have enough volunteers we will also take times at exit of T1.

Your finish time will be taken as you get back to the exit door from the pool, parallel to the start of the transition chute.