



Alton Water Triathlon, July 15th, 2018.

Waves

Waves are scheduled as follows;

- Wave 1: Standard Distance, faster swim times, (Blue & Green Caps)
- Wave 2: Standard Distance, (Red & Orange Swim Caps)
- Wave 3: Sprint Distance, faster swim times (White & Silver Caps)
- Wave 4: Sprint Distance, (Pink & Yellow Caps)

Timings

6:30am Site Opens for parking, registration, changing and racking,

Please do not park up on surrounding roads if you are early. Only park in designated field

8:15am All competitor equipment to be racked and arranged correctly in the Transition Area.

Regardless of Wave all race kit to be racked in transition before 7:45 when it will close

- 8:15am Lake opened for 10 minute acclimatisation period for Wave 1
- 8:25am Briefing at Swim Entry – Wave 1 (Blue & Green Caps)
- 8:30am Race start – Standard Distance Wave 1
- 8:35am Acclimatisation for 10 minutes for Wave 2
- 8:45am Briefing at Swim Entry – Wave 2 (Red & Orange Caps)
- 8:50am Race Start – Standard Distance Wave inc Relay teams 2
- 9:05am Acclimatisation for 10 minutes for Wave 3 & Wave 4
- 9:15am Briefing at Swim Entry – Wave 3 & Wave 4
- 9:20am Race Start – Sprint Distance Wave 3 (White & Silver Caps)
- 9:25am Race Start – Sprint Distance Wave 4 inc Relay teams (Pink & Yellow Caps)
- 11:00am (approx.) Transition area open for kit removal after last bike back.
- 12:00pm (approx.) Presentations



Site location

The race is based at Alton Water, near Holbrook in Suffolk.

The address for Alton Water Sailing Club adjacent to the start is Holbrook Road, Stutton, Suffolk

Best Postcode for the site is IP9 2RY.

Further details for Alton Water can be found at;

<http://www.anglianwater.co.uk/leisure/water-parks/alton/>

Main Site Layout

The main site layout is shown below. You will be directed to the parking field at the far eastern end of the site. Do not park on the entrance road or the grass unless so directed.

It is around a 700m walk from the parking area to the Transition area situated on the southern side of the lake, to the west of the sailing club. Please allow plenty of time to walk to transition, and bring the minimum of kit. Please walk on the grass, not the road.

Changing Tents, 8 toilets, and registration will all be found adjacent to the Transition Area.





Registration

Please proceed to Registration (adjacent to Transition Area) and pick up your race pack. In your race pack you will find;

- A swim hat coloured according to your wave
- Your Race number, this race number is to be worn on the cycle and run stages. On the bike the number must be visible from the back, on the run it must be visible from the front (BTF rule 2.9). This is most easily achieved by attaching the number to a race belt so it can be easily pulled round from back to front.
- Two race numbers for your bike, one for the bike, and one for your helmet.
- You will also pick up your timing chip.
- Your race pack will also confirm which wave you are starting in.

Changing, Toilets, and Security

There is not sufficient storage at the site for all competitors' kit to be stored during the race.

We would ask that competitors arrive on site where possible, already changed into their race gear. Where necessary please use the changing tents to get changed, and then return any kit beyond what you require for the race to your car where possible.

There will be eight portable toilets on site, feel free to use them, but we would ask you not to fertilise the hedgerows.

There are no showers available on site.

Transition Area

Transition is located on the opposite side of the access road to the Alton Water Café. In order to get into the area you will need to have your bike helmet and bike appropriately numbered, and you will have to have your helmet on and securely fastened. Entry and exit to transition before and after the race will be patrolled by a race marshal and our race official who will be checking bikes and helmets to ensure they are safe for racing. **Please rack your bike in the correct numbered space.**

British Triathlon Rule 7 Transition Area Conduct; This rule states only items to be used can be brought into transition. Boxes are not allowed to be left in Transition. The rule does permit a small soft sided bag, such as a rucksack. The stress is on **SMALL**. Once you have placed, in Transition, what you need to complete the event, **boxes and larger bags must be removed from Transition.**



Acclimatisation & Race Briefing

15 minutes before each wave time the lake will be open at the swim in point (north-west of the transition area) for acclimatisation for a period of 10 minutes. Competitors will be asked to leave the water 5 minutes before the start for briefing.

The race briefing will take place 5 minutes before the start of each wave at the Swim In point. Please be there, ready to race.

Swim leg Sprint (750m) & Standard (1500m)

Swim-Safety will be providing safety cover for this leg of the race, and there will be kayaks and safety boats on the water, as well as lifeguards on the shore. Please follow all instruction from marshalls, lifeguards and the safety crew.



The swim legs of the race are shown on the plan above

On entering the water the ground ramps downwards relatively quickly and you will be out of your depth within a few m of the lakeside. Please be aware of other swimmers, and if you are a nervous swimmer then wait towards the rear of the pack to minimise the risks of collecting a flying elbow or leg.



If at any point you need assistance or help simply roll on to your back and raise your arm into the air and a member of the safety team will be with you to offer assistance.

There is a soft grass/sand beach at the exit from where you will have a short run into transition.

Sprint Distance: For the sprint distance race competitors head north west from the start and simply complete a single lap of the course, swimming straight on at Buoy 5 heading for the blue Swim Out Arch on the shore.

Standard Distance: Lap 1 of the standard distance swim follows the same course as the Sprint Distance above up to Buoy 5. At Buoy 5 swimmers will turn right, heading back Buoy 1 and a second lap of the course until they reach Buoy 5 the second time, on this occasion swimming straight on for the Swim Out Arch.

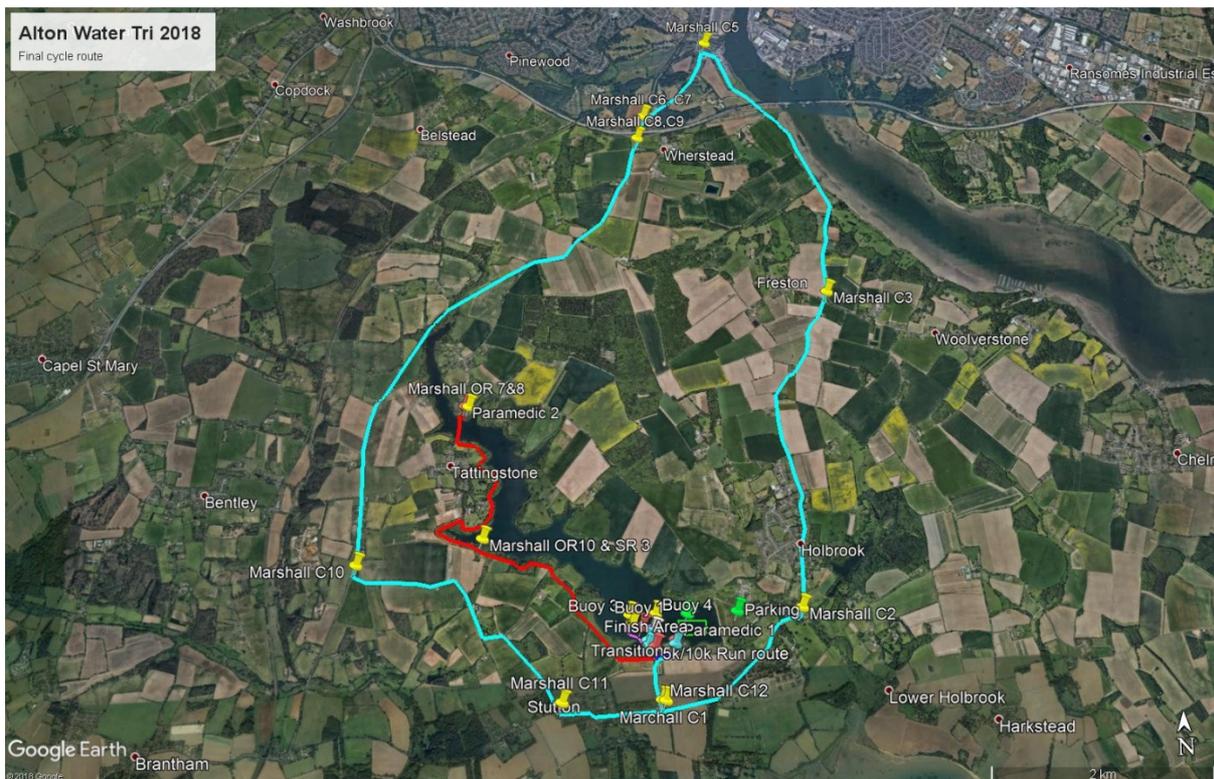
Wetsuits: British Triathlon Rule 4 Swimming Conduct; This rule gives the water temperature at which wetsuits are mandatory or forbidden. Below the temperature of 14 degrees Celsius, wetsuits are mandatory. Above the temperature of 22 degrees Celsius, wetsuits are forbidden (at swim distances not exceeding 1500m). Between 14 and 22 degrees Celsius there is no requirement for wetsuits to be worn. The athlete can, if they choose, not wear a wetsuit. If you intend to swim backstroke then please let race control know at the briefing. It is unlikely that the water temperature in the reservoir will be above 22 degrees.

Given recent warm weather it is possible that the water will be above 22 degrees, please practice swimming without your wetsuit as the BTF rules will apply on the day



Cycle Leg: Sprint (21.1km), Standard (40.8km)

Bike Out will be from the SE corner of the Transition area, onto the main access track. The exit will be marshalled but you will immediately be crossing the access road. **The access road will not be closed so please look both ways before crossing, and respect zebra crossings.** You will need to run a short distance with your bike down the road to reach the mount point. Dismount will be at the same position on your return.



The bike loop is the very similar to that used in 2017. The course is an anti-clockwise loop from the Alton Water entrance, through Royal Hospital School, down Primrose Hill, and **sharp left** up through Holbrook. From Holbrook riders will continue onto toward Freston, joining the B1456 towards Ipswich. Riders stay on this road until they reach the Oyster Reach pub at the bottom of Wherstead Hill. Riders will turn left at the Oyster Reach and follow the quieter skislope road to the top of the hill before rejoining the A137 (**TO BE CONFIRMED AT RACE BRIEFING**). At the top of the hill riders will cross the A14 junction, joining the A137 Manningtree Road for 4 miles. As riders leave the village of Tatingstone they will take a sharp left onto Stutton Lane, which merges onto Bentley Lane to take riders back to the village of Stutton where they turn left back towards the entrance road. Including Entry/Exit, there are 8 marshalling points on the course, please obey marshalls instructions at all times, and be courteous to other road users.



Sprint Distance riders: After 1 lap you will turn left back into Alton Water entrance road and follow this to Dismount & Transition.

Standard Distance riders: You will continue past the entrance for a second lap of the course, before turning back into the Alton Water entrance road at the end of your second lap.

THIS IS NOT A CLOSED ROAD RACE, PLEASE RESPECT OTHER TRAFFIC AND OBEY THE HIGHWAY CODE AT ALL TIMES ON THE COURSE.

Point of Caution on the Cycle Route: There are six specific points that your attention is required;

- Just after Royal Hospital School you will descend Primrose Hill which has a sharp left at the foot of the hill. Take care to stay on your side of the road as you approach the foot of the hill.

The junction will be marshalled and any bike that crosses the white lines in the middle of the road whilst negotiating the Primrose Hill corner will be disqualified.

- Be careful descending the hill on the B1456 heading towards Ipswich from Freston, traffic can travel fast along this stretch, and there are a few bends.
- Pay attention to the Marshalls at the Wherstead Road roundabout, and A14 junctions so you pass through these safely.
- The A137 does have sections where passing traffic will be travelling at speed, please be careful to stay left.
- The left turn onto Stutton Lane is sharp, and the road narrow in places so slow to ensure you stay left travelling around the corner. This road has recently been resurfaced so please keep an eye out for loose chippings
- On the entrance road to/from Alton Water itself, there may be other pedestrian and vehicular traffic.

Drafting

Drafting on the bike section is illegal. Competitors should ride a minimum of 10m behind the cyclist in front, except when overtaking. This is about the length of an estate car. If overtaking is not completed within 20 seconds the overtaking cyclist must drop back. Static marshals will check that all competitors comply with the drafting rule.

You will be required to dismount your bike at the Trifarm gate, and run with it back into transition.

There is no cycle support on the bike route, so please have adequate spares and tools with you to undertake running repairs. In the event of a major malfunction please go to the next marshal point who will contact race control, and we will try to arrange recovery for you.



Run routes

Please be aware other members of the public may be running, walking or cycling around Alton Water. Please be courteous and stay on the left of the track to allow others to pass easily.

Please be aware the path is slightly uneven in places, and so please keep your wits about you in order to avoid trip hazards. Please also be courteous to other runners as you overtake.

British Triathlon Rule 6 Running Conduct; This rule includes the requirement *Not run with a bare torso*. Simply put, competitors are not permitted to have their tops undone to the front. Not a problem with rear zip.



Run Leg Sprint Distance (5km, red on above plan)

The sprint run is an out and back course from Transition to the car park at The Wonder, where competitors will turn and run back to finish.

The sprint distance run will exit from the western end of transition and then immediately join the perimeter track and follow this for around 1.5 miles to the small car park, known as The Wonder, where there will be a water station, and a turning point from where sprint distance runners will retrace their steps back towards the finish arch.





Run leg Standard Distance (9.5km, red on above plan)

For 2018 the standard distance run is also an out and back course following the southern parts of the perimeter running track. The standard distance run will exit from the western end of transition and then immediately join the perimeter track and follow this for around 1.5 miles to the first water station at the Wonder Car Park. Standard distance runners continue on the perimeter track, eventually reaching Lemon's Hill Bridge which they cross and then turn in the Lemon's Hill North car park where there is a second water station. Runners then retrace their steps back to the finish.

Relay teams

There is 1 entry pack per relay team. Inside you will find the team swim cap, bike stickers, race number, and three Tyvek wristbands with your race number on to allow entry into transition. Will three team members should have wristbands on to access the Transition area. The swimmer should present their hand at registration so the race number can be written on it. The cyclist should have bike and helmet stickers attached as per instructions above, and have the race number on a race belt facing backwards. The cyclist should wait at their designated bike rack position, and the swimmer should pass across the timing chip to them when they arrive back. The timing chip should be attached to the leg before the bike is removed from the racking. At the end of bike leg the cyclist should wait at the correct racking space. When the cyclist returns and has racked their bike they should then hand both the timing chip, and the race number and belt across to the runner who must then attach them before proceeding to leave transition.

Medical Cover

Medics24 are providing medical cover for the event, and will have paramedic units placed at Alton Water Sailing Club, and at the Car Park at the northern end of Lemons Hill Bridge.

Please look after your fellow competitors, if you see anything that needs attention please let a marshall know.

In the event of emergency contact Race Control on 07977 252867 for paramedic dispatch



Finish Area, Post Race & Prize Giving.

Please exit the finish area quickly, collecting your medal and bottle of water. Please remain mindful and supportive of other competitors still racing.

Once all riders have returned then the Transition Area will be opened up for finishers to recover their race gear.

Prize giving will commence around 15 minutes after the last competitor has finished.

We look forward to a safe and exciting race, and thank you for entering the first Alton Water Triathlon. As a result these times will obviously be the course records until we do it again!

Results

Results will be available from Race Timing Solutions on the day and online after the event.



Thank You All

Thank you for competing in this second edition of the Alton Water Triathlon, kindly supported by Seven Telematics.

None of this would be possible without the help of all the officials, marshalls, and volunteers who will cheer you round on the day. Thanks to all who helped.

A special vote of thanks to Mark Weston & Tom Wright, who have provided much need support and enthusiasm to get today's show on the road.

Also a word of thanks to the companies who have supported us with prizes and their presence on site today;

- Seven Telematics
- David Lloyd Colchester
- SDCC Tri
- Hudsons Signs
- Trinswimwell
- Cycle Revolutions
- Runners World
- Medics24
- Swimsafe
- Race Timing Solutions

Thank you to Andy Woolnough, and Alton Water Sailing Club for letting us borrow the lake and boats today.

And finally thanks to Anglian Water for letting us use their fabulous venue again.

Bill Richmond

Race Director, Trifarm Ltd



Essential Kit You Will Need

The essential items you will need to get you from the start line to the finish line safely and comfortably are:

Kit for the swim

- Swim costume / trunks to wear under your wetsuit
- Wetsuit, although be aware that if water is above 22 degrees these will not be allowed.
- Good fitting goggles
- Swim hat (provided for you)

Your Swim Costume: You are going to go straight onto the bike from the lake. You don't nip into the changing rooms first, so make sure your costume is going to be comfortable for cycling and running. You can pull cycle shorts on top after you've left the water. The more experience triathletes may choose to wear a tri-suit.

Kit for the bike

- Bike in good, safe working order.
- Cycle helmet which must be adjusted to fit well, and be an approved standard.
- Biking top, needed if you swim in trunks as bare chests are illegal.
- Bicycle water bottle, although there will be a drinks station on the course.
- Suitable shoes

Kit for the run

- Running shoes and socks

Non essential kit you will find useful

- Shorts if you want to pull them on over your swim gear on the bike.
- Plastic box or hold-all to carry and keep all your stuff in.
- Old towel to wipe your feet on after the swim.
- Talcum powder to dust inside your shoes / socks before you start (easier to get damp feet in).
- Bicycle pump/CO₂ canister and puncture repair kit.
- Race belt

Responsibilities

The organisers cannot be held responsible for competitors' or spectators' property lost, stolen or damaged before, during or after this event. Everything possible has been done to ensure your safety and enjoyment of the race. For those racing for the first time and you are uncertain of anything, please contact us before the race day (email hello@trifarm.co.uk, tel: 07977 252867) we will do our best to advise you. The most important thing to us is that you have a safe race and you enjoy your experience.