



12-13<sup>th</sup> June 2021

## Competitor Briefing

Please arrive on site between 6:30am and 7:30am

**THERE IS NO ON THE DAY BRIEFING  
PLEASE READ THIS BRIEFING DOCUMENT  
FULLY**

**YOU WILL ARRIVE, CHANGE, RACK, RACE, GATHER KIT, CHANGE AND LEAVE**

**TIME TRIAL TYPE START, RANKED RESULTS WILL BE AVAILABLE**

**THIS DOCUMENT HAS BEEN PREPARED IN LINE WITH THE BRITISH TRIATHLON COVID 19  
GUIDANCE FOR EVENT ORGANISERS, PERMITTED EVENT REQUIREMENTS**

**Final 3<sup>rd</sup> June 2021**

**Please attend on the correct day**

**Saturday 12<sup>th</sup> June 2021**

Super Sprint Triathlon

Aquabike Sprint

Sprint Triathlon

Sprint Triathlon Relay

**Sunday 13<sup>th</sup> June 2021**

Aquabike Standard

Standard Triathlon

Standard Triathlon Relay

**Key Timings**

Arrive on site to park, register, and rack between 6:30am and  
7:30am

Registration/Transition entry closes 7:35am

Rolling Swim Start commences at 7:45am

Transition open for kit removal on Saturday c. 10am

Transition open for kit removal on Sunday c.10:30am

There is no award ceremony

# Alton Water Triathlon - Sat 12<sup>th</sup> & Sun 13<sup>th</sup> June 2021

## Pre race confirmation of fitness to compete – COVID Restrictions

When you received this briefing you will have also been asked to provide confirmation that you are Covid 19 symptom free, and still healthy to race.

**If you are exhibiting any Covid 19 symptoms; persistent new cough, temperature etc you must follow government guidance and self isolate, do not come to the event.**

## Saturday Competitors (Sprint/Super Sprint)

If you are competing in the Sprint/Super Sprint Distance events then please complete the form here;

- <https://app.acuityscheduling.com/schedule.php?owner=19593253&appointmentType=23371503>

Anyone accompanying you to the event must complete the form here;

- <https://app.acuityscheduling.com/schedule.php?owner=19593253&appointmentType=23371619>

## Sunday Competitors (Standard)

If you are competing in the Standard Distance events then please complete the form here;

- <https://app.acuityscheduling.com/schedule.php?owner=19593253&appointmentType=23371565>

Anyone accompanying you to the event must complete the form here;

- <https://app.acuityscheduling.com/schedule.php?owner=19593253&appointmentType=23371647>

## **ESSENTIAL PRE-RACE REQUIREMENT**

**You must complete the pre-race form confirming you are symptom free and healthy to compete before 5pm Friday June 11th. No confirmation means you will not be allowed on to site and you will not be allowed to start.**

## Spectators

- Please discourage any friends or family from attending unless they are driving you here.
- Please remember that spectators are not allowed to help you in any way and this includes telling you where your bike is in transition, giving you a bottle or gel etc.

# Introduction

The 3<sup>rd</sup> edition of the Alton Water Triathlon will take place over the weekend of 12/13<sup>th</sup> June 2021. The event will be based at Alton Water with the swim taking place within the reservoir.

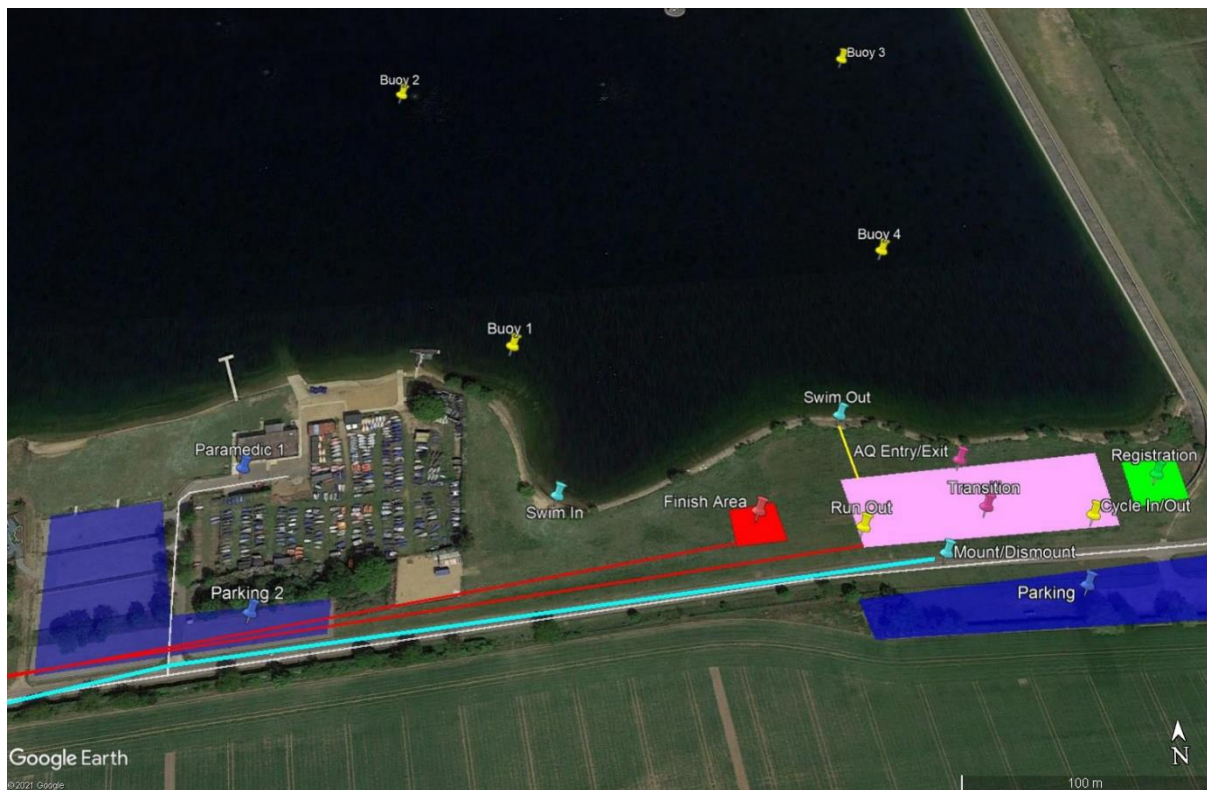
The event is expected to attract up to c.450 competitors across 2 days all completing a triathlon, or aquabike, with either a 20k or 40k Bike Ride.

In accordance with current BTF guidance the event will be split over 2 days, with approximately 225 people in attendance on both Saturday and Sunday. The event will employ a time trial start with swimmers starting in rows of six, 60 seconds apart, and so it will take around 35-40 minutes for all swimmers to start each day.

Parking, Registration, and racking in Transition will be open from 6:30-7:30. Transition will then close to entrants for the race and the transition area secured until competitors leave.

# Parking & Transition Location

Alton Water, Holbrook Road, Sutton, Suffolk, IP9 2RY



Marshalls will direct you towards one of the two parking areas highlighted above. On arrival you will be handed a barcode at the entry barriers onto site, please look after this as this will allow you to exit the site at the end of the event.

Please park as close as you reasonably can to other vehicles so we can maximise the number of cars that can be safely parked. If you competing in the Aquabike events please park at the car park opposite the dam.

## Upon Arrival

A registration table will be set up on the eastern end of the Transition Area. At Registration you will pick up your race pack. In your race pack you will find;

- A swim hat
- 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 which should be worn on the left ankle to avoid fouling the bike chain.
- All competitors will have their race number written onto their hand with a sharpie.

N.B Relay Teams: You will pick up 3 timing chips, one for each team member.

Hand Sanitiser will be available across the site.

## Changing, Toilets, and Security

Please arrive changed for the swim. If you need to change then please do so next to your car, before and after the event. Store everything other than your essential race kit in your vehicle, do not bring large bags or boxes into Transition. If you are coming by bike then you will need to have all your kit in a backpack, there is no storage available.

There will be a block of six 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.

## Relay teams

There is 1 entry pack per relay team, but there will be one timing chip for each member. 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. The 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 until the swimmer touches the rack by the bike, do not touch the bike or helmet until the swimmer has reached you. At the end of bike leg the runner should wait at the correct racking space. When the cyclist returns and has racked their bike and removed their helmet they should hand the race number and belt across to the runner who must then attach them before proceeding to leave transition.

# Transition Area

*Entrance to/from transition is strictly for race officials and competitors only.*

Transition is located between the entrance road and the reservoir. In order to get into the area you will need to ensure the following;

1. Your cycle helmet is done up, and you must be able to put no more than two fingers between your chin and the strap
2. You must have stoppers in the ends of your handlebars
3. Your brakes must be working and these will be checked
4. Your race number must be visible on the bike and helmet

Entry and exit to transition before and after the race will be patrolled by a race marshal and our technical official who will be checking the fit of your helmet. You will not be allowed to enter transition until your helmet is seen to be complying with this rule. **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.**

Once racked you will be called forward in stages to form a socially distanced queue around transition and this will slowly feed down to the swim start, where you will start in blocks of 6. This rolling start will take 30-40 minutes to compete so please keep layers on in transition so you stay warm.

**Please practice social distancing in transition and throughout the event.**

## Acclimatisation & Race Briefing

Due to the Covid restrictions there will be no on the day briefing you must read this document, and fully brief yourself so you know what to expect on race day.

There will be no in-water acclimatisation available on the day.

## Water Quality Issues and Duathlon Contingency

Anglian Water check the water quality on a regular basis. In the event that the water quality deteriorates to a point where the swim is no longer safe then the triathlon event will switch to a duathlon on a run bike run basis as follows;

- Super Sprint – 1 lap run of super sprint course, 1 lap on bike, 1 lap run of super sprint course.
- Sprint – 1 lap run of super sprint course, 1 lap on bike, 1 lap run of sprint course.
- Standard Competitors – 1 lap run of super sprint course, 2 laps on bike, 1 lap run of standard course.

Aquabike competitors will have one or two laps of the cycle course as appropriate.



# Swim

Courses (keep Buoys on your right hand shoulder as you turn)

<p>Super Sprint (400m)</p>	<p>Turn right at first buoy, then turn right at next buoy and exit through Swim Out Arch</p>	
<p>Sprint (800m)</p>	<p>Straight on at first buoy, right at second and third buoys, then straight on past fourth buoy to Swim Out Arch</p>	
<p>Standard (1500m)</p>	<p>As sprint except turn right at fourth buoy and repeat loop for a second lap, then continue at fourth buoy to Swim Out Arch</p>	

**Entry/Exit:** On entering the water the ground ramps downwards relatively quickly and you will be out of your depth within a few metres of the lakeside. There is a soft grass/sand beach at the exit from where you will have a short carpeted run into transition.

**Safety Cover:** There will be multiple kayaks and rescue boats on the water, lifeguards along the shore, with paramedics available at the pontoon at the Watersports Centre. 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.

Please let us know at registration if you intend to swim backstroke.

**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 wetsuits are optional. The athlete can, if they choose, not wear a wetsuit. If you intend to swim backstroke then us know at registration. Please listen for [announcements on the day](#).

**You will in blocks of 6, each block separated by 1 minute.**

**Please maintain social distance at all times whilst waiting to enter the water.**

**In the water please ensure you give plenty of space if you are over-taking another swimmer.**

## Medical Cover

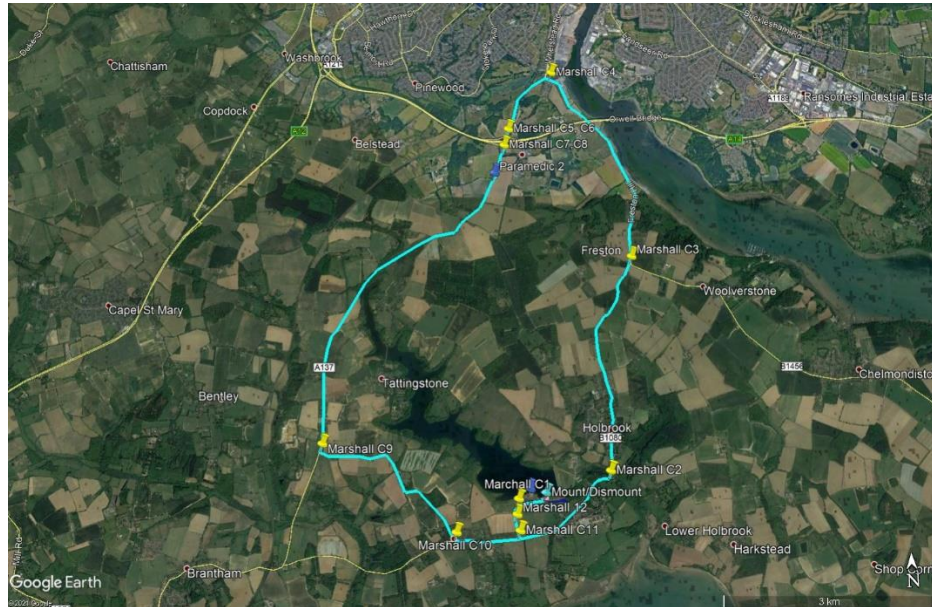
Medics24 are providing medical cover for the event, and they will have paramedic units placed at Alton Water Sailing Club, and at the Car Park at the northern end of Lemons Hill Bridge.



# Cycle

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

**THERE IS A NEUTRALISED SECTION ON RETURN TO ALTON WATER PLEASE READ CAREFULLY**



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. **There are no water stations on the course, take fluids with you.**

The bike loop is the very similar to that used in 2018. 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 on toward Freston, joining the B1456 towards Ipswich. Riders stay on this road until they reach the Wherstead Road roundabout. Riders will turn left at this roundabout to climb Wherstead Hill. 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 marshall points on the course, please obey marshalls instructions at all times, and be courteous to other road users.

**Super Sprint/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.

## Neutralised Section

To avoid any conflict with other Alton Water Traffic the return ride up the Alton Water access road has been neutralised.



As you turn back into the Alton Water site **you must to do the following;**

- Sit up and look forward
- Watch for parking barriers (should be raised), other traffic could be emerging onto road from campsite and parking areas, pedestrians could step into road, please be responsible.
- No overtaking other competitors.

Grab a gel, take drink, sit up, watch for others and catch your breath before you run.

## 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 dismount line, and run with it into the transition area. Motorcycle marshalls will be policing 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. Beware emerging traffic from Suffolk Food Hall just before Orwell Bridge
- 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.

## Accidents/Emergency

Look after your fellow competitors

Please report any incident to the nearest marshall or motorbike official, or phone 07795 240201 detailing nature of incident, and whether immediate medical support needs to be dispatched.

## Aquabike Competitors

Your race finishes once you have dismounted your bike. After the dismount line there will be a shirt funnel to allow you to run under the finish arch with your bike and take your glory. Head back in to transition and gather your swim kit. You will have a dedicated exit available to exit transition. Please leave the site with care to oncoming cyclists and other site users.



# Run

Courses run along southern perimeter footpath around reservoir, with relevant turning points signed.

<p>Super Sprint (3km) Red Course</p>	
<p>Sprint (5km) Red + Green</p>	
<p>Standard (10km) Red + Green + Pink</p>	

Exiting transition in the SW corner you will run along the grass by the access road towards the Watersports Centre Car Parks. There are six marshalls around the course.

Please be aware the path is slightly uneven in places, and so please keep your wits about you in order to avoid trip hazards. **Stay left!**

All courses have to pass both ways through the car parks at the Watersports Centre. There are gaps in the fencing to allow this, marshalls will be directing you accordingly, as well as at the crossing of the access road into the Watersport Centre. Between the car park and the perimeter footpath you will run through a grassed area open to the public. Please be courteous to other members of the public who may be using the area as you proceed towards the perimeter footpath.

On the Super Sprint Course your turning point will be at the Information Board c. 1 mile from transition, this will be marshalled and signed.

For the Sprint course you will carry on running beyond the Super Sprint Turn for another 1km before doing a short loop on the path through the woods just before The Wonder car park (the turn is marshalled and signed), rejoining the main footpath and heading back to the Finish.

The Standard course on Sunday will simply follow the perimeter footpath all the way to shortly before the gate at Lemons Hill South where a turn point will be marshalled and signed.

**There are no water stations on the course, take some fluids with you if required. Some bottled water will be available in the finish area.**

#### **Overtaking**

**If you need to overtake please shout "On your right" when you approach the runner in front**

**If you are being overtaken stay on the left of the path if you hear "On your right" from behind.**

**Please ensure you maintain a good social distance as you pass.**

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.

#### **Littering:**

Discarding equipment (tops, gloves, bottles) or gel wrappers etc. is counted as littering and you will be asked to pick the offending item up before you continue, if you do not you will be penalised which may include disqualification. This includes handing bottles and pieces of kit to marshals and technical officials. Basically if you leave transition with it then you cross the finish line with it too.

**Accidents/Emergency on Run Course:** Look after your fellow competitors

Please report any incident to the nearest marshal or motorbike official, or phone 07851 118660 detailing nature of incident, and whether immediate medical support needs to be dispatched.

## **Finish Area, Post Race & Prize Giving.**

Once you have finished please grab a bottle of water, and take your souvenir medal from the table.

Please exit the finish area quickly.

Once you have recovered, and officials indicate it is safe to do so, please recover your kit from transition, return to your car, get changed, and leave the site when marshalls indicate it is safe to do so.

In accordance with BTF guidelines there will be no prize giving at the event.

## **Results**

Ranked Results will be available online shortly after the event.

# Thank You All

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

We are so thankful for your support and that of everyone involved after two cancelled years.

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.

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

- Seven Telematics
- Keystone Estate Agents
- Trifarm
- Hudsons Signs
- Trinswimwell
- Medics24
- David Ebbs & Ipswich Lifesaving Club
- Race Timing Solutions
- Braintree Canoe Club
- Waveney Canoe Club

Thank you to Andy Woolnough, and Watersports Centre team 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, Mark Weston & Ruth Hatch

The Alton Water Triathlon Team



# 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:

## Fluids

You need to bring the fluids you will need for the bike and run, there is only water available at the end of the race in the finish area.

## Kit for the swim

- Swim costume / trunks to wear under your wetsuit
- Wetsuit
- 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 experienced 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.
- 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..
- 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/CO<sub>2</sub> canister and puncture repair kit.
- Race belt

## Responsibilities

The organiser 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](mailto: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.