



**Alnwick Triathlon 2018**  
Sunday 13th May  
Willowburn Sports Centre, Alnwick  
Start at 7:40am

Dear Competitor,

Welcome to Alnwick Tri 2018. Enclosed is all the information you should need for the race to help shorten the race briefing so you can focus on getting ready for your race start.

**ARRIVAL + PARKING**

Willowburn Leisure Centre is just off the A1.

**From the south**, travel on the A1 north, take the first exit signed Alnwick (A1068). Turn left at the roundabout on to Willowburn Avenue. Willowburn Sports Centre is on the right.

**From the North**, travel on the A1 south take the 2<sup>nd</sup> exit signed Alnwick (A1068). Go straight over the roundabout onto Willowburn Avenue. Willowburn Sports Centre is on the right.

Post Code for Sat Nav: **NE66 2JH**

**Parking is available in the industrial estate opposite the sports centre, you will be directed to the parking area by marshals.** You must park here, not at the Leisure Centre. Please also avoid parking on Willowburn Avenue since this is part of the cycle course. When the industrial estate is full, you will be directed to park in the Homebase car park.

**REGISTRATION + RACE BRIEFING**

Registration will be held in the sports hall, and will be open from **6:10am – 7:00am**. The leisure centre does not open until 6:10am. If you are a BTF member please show your race licence. If you do not have your current race licence with you, you will be required to purchase a day licence for **£3**.

During registration, you will get 2 numbered labels. One goes on the front of your helmet and the other goes on your bike. Please ensure your stickers are attached before you try to enter the transition area. This is for the security of your bike and you will be asked to match your bike and body number to get out of transition post race.

Timing chips are attached to a strap and to be worn round the left ankle as we are advised the reader picks them up more accurately in this position.

You will also be provided with your race numbers and T-shirt. Number belts are permitted to turn the number to the back on the bike and to the front on the run. Alternatively, there are 2 x race numbers provided in your race pack so you can attach a number to the back and front of your race gear. Remember to bring safety pins.

Please rack your bike in your numbered space in the transition area. All bikes must be racked in the transition area prior to the race briefing at **7.05am** in the sports hall. **All competitors must attend this compulsory briefing.** Competitors will be given important safety information and told of any last minute changes during this briefing.

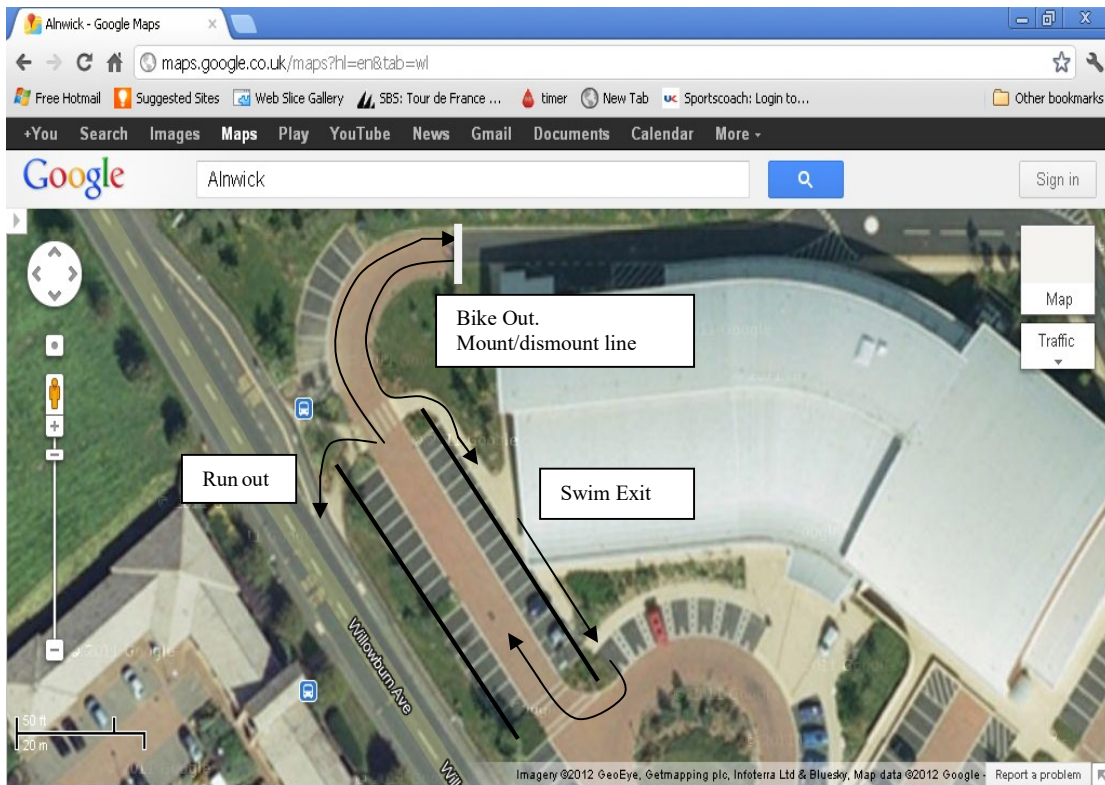
**Transition Area**

This is a closed and secure area where only competitors, marshals and race officials are allowed.

You must rack your bike in your numbered spot and keep all your race gear within your allotted area. There are no bags or boxes to be left in transition. Please place them back in your car or in the sports centre lockers.

Movement through the transition area during the race is in one direction only so you enter T1 and T2 near the sports centre entrance and you leave at the other end. Flow through transition is shown below.

Access to transition during the race is limited to competitors actually racing so please take everything with you when you go to race brief and remember your trainers need to be in the transition area.



### **SWIM – 400m (16 lengths)**

The swim is 400m (= 16 lengths) in the same lane. All competitors have been assigned a wave number and lane number along with their race number. Competitors that are the same wave and same lane will start 10 seconds apart. The swim leg starts and finishes at the deep end of the pool and you must **walk** to the fire door and exits outside next to the transition area.

Coloured swim hats with numbers on are worn by the competitors to help the marshals identify swimmers in each lane. Tumble turns are allowed at both ends of the pool however if someone taps on your feet to get by you must stop at the end of the length to let them by.

The waves will start at the following times, please check the published start list for your Race Number, Wave Number and Lane Number.

<b>Wave</b>	<b>Start Time</b>
1	07:40am
2	07:56am
2a	08:00am
3	08:10am
4	08:22am
5	08:34am
6	08:45am
7	08:55am
8	09:03am

Swim start times will also be displayed next to the registration desk – please check your swim time on the day in case of any changes. The first swimmers will start as soon as possible after the race briefing (scheduled 7:40am). Please report to the poolside at least 10 minutes before your start time to be checked in. If you miss your swim time, your race is over.

Please be careful when exiting the pool as the floor may be slippery. Following safety advice, we request that everyone walk to the exit of the building and time penalties may result from anyone spotted running on the carpeted area on poolside.

### **Bike 23km:**

Cycle helmets are compulsory and must be worn for the cycle and must be on your head and fastened before you un-rack your bike.

Please ensure that you are familiar with the route and pay careful attention to the Highway Code. Failure to do so could lead to your disqualification or even place the future of the event in jeopardy. In particular the following actions will be considered to be "breaking road traffic regulations" and/or "dangerous conduct or riding" and will result in a DQ. Note any marshal has the authority to report the offence, no warnings need be given, and the DQ will apply even if the athlete is only informed after finishing.

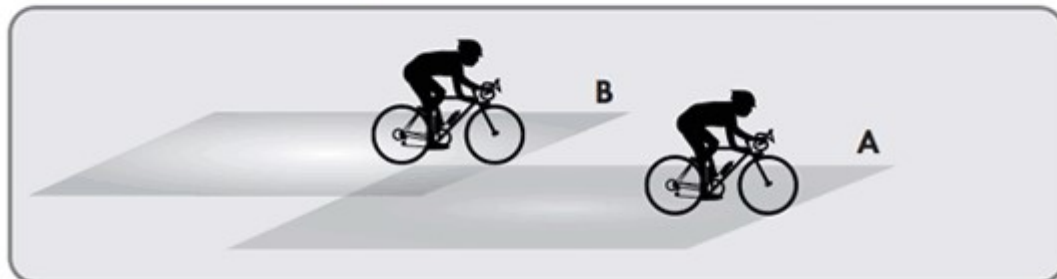
- 1) **Crossing central white lines on a single carriageway road**
- 2) **Not signalling when turning right at a roundabout – to avoid any doubt (and ensure equality for all) it is irrelevant whether you believe there is any other traffic present or not – indeed from a safety point of view, the other road user that you are not aware of is the one that must definitely be signalled to**
- 3) **Not being ready to brake when navigating road junctions and roundabouts – this means that both hands (single hand if signalling) must be covering the appropriate brake and must not be on the tri bars throughout the entire junction**

The route will be well signed and marshalled. Maps of the cycle course and a route profile are available in the Sprint Tri section at [www.alnwicktriathlon.co.uk](http://www.alnwicktriathlon.co.uk). The course is undulating. Drafting (taking pace from another rider) is not permitted. See below diagrams which explain the drafting zone.

**Diagram 1** Distance of drafting zone for ALL competitors

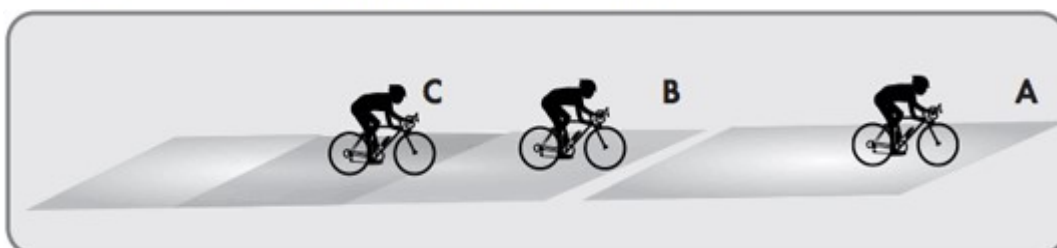


**Diagram 2** Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe. B can only overtake A on A's Right Hand Side.

**Diagram 3** Drafting and not drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

On leaving the transition area, push your bike past the mount line. The mount /dismount line will be marked by the change in the road surface from red paving to tarmac approximately 20m from the transition exit. Follow the road around the back of the sports centre. Look out for vehicles on the sports centre roads – there are shops open with the same access area as Willowburn so please be aware of road traffic priorities. Give way to traffic entering/leaving Sainsbury and Homebase car parks.

Turn left onto Willowburn Avenue at the roundabout so please be aware of traffic coming from the right. This roundabout is very dangerous as cars from the right do not slow down. A filter lane will be coned off to assist cyclists – please keep the cones on your right.

Turn left at the roundabout at the end of Willowburn Avenue on to South Road. Follow the marshals' instructions as this is a major roundabout. A filter lane will be coned off to assist cyclists – please keep the cones on your right.

Head towards Alnwick on the A1068. Turn right at the Oaks roundabout (4<sup>th</sup> Exit) towards Lesbury. Follow the A1068 to Lesbury. Turn left at the roundabout before the bridge and head towards Boulmer Village.

After about 3 miles, watch out for the sharp left turn in Boulmer village.

Turn left at Longhoughton and head under the rail bridge. A filter lane will be coned off to assist cyclists – please keep the cones on your right.

Turn left at Denwick. Please slow down while approaching this junction. A filter lane will be coned off to assist cyclists – please keep the cones on your right.

Head back into Alnwick, past the Alnwick Garden. There is a pedestrian crossing outside the garden entrance. We will have marshals on this crossing, encouraging pedestrians to wait for cyclists before using the crossing. However, if the lights are not on green, you must stop. Marshals will do their best to keep competitors moving but safety is paramount and if you have to stop, your number and stationary time will be taken and your final result will be adjusted accordingly.

Turn left and follow the road to the Oaks roundabout.

Turn right (3<sup>rd</sup> Exit) at the roundabout back towards the sports centre. There is a further pedestrian crossing on the next stretch of road – again we will have a marshal at the crossing to record your number & stationary time if necessary.

Turn right at the roundabout into Willowburn Avenue.

Turn right at the roundabout into the sports centre, take the road around the back of the building and dismount before the line. Push your bike back into the transition area, and rack it in your numbered space. Take care when passing the exit of the swim as competitors may be coming out of the building having finished their swim. **DO NOT undo your helmet until you have placed your bike on the rack in transition.**

### **Run 5km**

On exiting the transition area follow the footpath and turn left onto Willowburn Avenue. You will need to cross the road before you reach the industrial estate. **It is the competitor's responsibility to ensure they cross this road safely.**

Run through the industrial estate, past the Royal Mail sorting office and onto the rugby field.

Turn left and follow the edge of the field to the first gate (marshalled).

Once through the gate turn right and follow the smooth tarmac path around the high school – the school boundary is a green metal fence and you will be running 4 loops with this fence on your left throughout. Please keep to the left hand side of the path at all times except when overtaking. To count laps there will be marshals handing out hair bobbles – simply collect one hair bobble on each lap. When you have collected 4 (suggest you put them over your wrist) then on returning to the gate where you joined the smooth path, return back through the gate, retrace the route around the rugby field and to the finish. If you return to the finish with less than 4 hair bobbles you will be DQ-ed – if you have 5 or more then hopefully you enjoyed the extra distance?

### **RULES**

The race will be held under BTF rules. Please familiarise yourself with these rules, which can be found at <https://www.britishtriathlon.org/competitionrules>

### **AFTER THE RACE**

Plenty of shower and changing facilities are available at the sports centre. The Rugby Club (opposite Willowburn Sports Complex) will be open from 10:30am and a buffet lunch will be provided from 11.30am. The prize giving will be held in the Rugby Club as soon as possible after the last competitor has finished.

Transition will be closed to race finishers until after the last person has returned from the bike course and has started their run. This will be approx. 10.30am. Please do not try to get your bike before this time as it is not

fair on other competitors and distracts the marshals from doing the jobs they need to do. No exceptions will be made to this rule so please do not ask to pick up your bike until the transition marshals announce transition is open.

There are post race massages available in the sports hall for those who would like to take advantage of this service. These are FOC but the masseurs will be collecting money for charity.

### **Willowburn Sports Centre**

The facilities in Willowburn are shared with all members of the public so please respect the space: take off dirty shoes, leave clothing in the lockers (which take a returnable £1 coin), leave bikes in your car until you are registered so they do not obstruct the reception area.

### **Sponsors**

Alnwick Sprint Tri could not happen without the support of our generous sponsors.

Thank you to The Alnorthumbria Veterinary Group for sponsoring the event and SUEZ for supplying the race bags.



### **VOLUNTEERS**

The smooth running of the event relies on plenty of help from roughly 80 volunteers. If you know someone who would be willing to help marshal on the day, please get in touch or let registration know on arrival.

All marshals will receive a race T-shirt and are invited to the post race buffet where they will receive a free drink and food. Marshals are requested to arrive at the sports centre by 7am, ready for a briefing at 7:15am.

I hope you enjoy the event and look forward to seeing you there.

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