

## TRY-A-TRI – YOUR GUIDE TO WHAT HAPPENS ON RACE DAY



Not long to go until race day! It's a first-ever experience of triathlon for most of you (67 out of the 80 entrants), so Good Luck! This is your final communication before the race on Sunday 3<sup>rd</sup> August. At the end of this guide you'll find a list of start times / arrival times, as we have the swim in five "waves" and everyone can't start the race at the same time. If you have any questions after reading this, please get in touch so I can make everything crystal clear. We're looking forward to seeing you on race day and hope everyone has a great experience!

**Before the race:** I'd advise everyone to give their bike and all the kit they plan to use on race day a good checking over – and if you can ride round the bike course (assuming you live locally) and also have a practice transition somewhere, with your kit laid out as it will be on the day, that would be ideal. Now you know your race number / start wave you'll be able to plan your race day from arrival time to celebrating your triathlon finish.

### Travel to Tockington Manor School - BS32 4NY

We want to reduce traffic on the race route as much as possible, so if you are driving to the event, *please do not approach the school through Tockington Village*. This is especially important if you are arriving after 8am. Please head for the A38 regardless of which direction you are coming from and drive down Washingpool Hill Road towards Tockington, then you will come to the school car park without having to drive past the busy gateway of the race venue, which is the pavilion & playing field directly opposite the main school entrance. This may add a few minutes to your journey time, but it makes the race safer and simpler for everyone involved – thank you!

### When should I arrive?

You can arrive at Race HQ any time from 07:15 onwards regardless of your start time, and the latest you should arrive is 30-45 mins before your scheduled swim start – which is shown below.

**Race Numbers 21-36 – TRIATHLON WAVE 1** – pick up your number no later than 07:30, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 07:50. Your pool swim will start at approx. 08:00 but that time could vary by a few minutes.

**Race Numbers 37-52 – TRIATHLON WAVE 2** - pick up your number no later than 07:40, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:00. Your pool swim will start at approx. 08:10 but that time could vary by a few minutes.

**Race Numbers 53-68 - TRIATHLON WAVE 3** - pick up your number no later than 07:55, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:10. Your pool swim will start at approx. 08:25 but that time could vary by a few minutes.

**Race Numbers 69-84 – TRIATHLON WAVE 4** - pick up your number no later than 08:10, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:25. Your pool swim will start at approx. 08:40 but that time could vary by a few minutes.

**Race Numbers 85-100 – TRIATHLON WAVE 5** - pick up your number no later than 08:20, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:40. Your pool swim will start at approx. 08:50 but that time could vary by a few minutes.

## Toilets

For this small event there are few toilets in the pavilion and plenty more at the swimming pool which you will have a chance to use immediately before the swim start.

## Transition setup, numbers & swim kit

When you pick up your race pack it will contain 2 large race numbers, 8 safety pins, a number sticker for the front of your helmet, a number sticker for the seatpost of your bike & a swim cap. As soon as you get your race pack:

- pin one race number on the back of your kit, the other one on your front
- if you have a Race Belt, just use one race number, there is a hole punch if you need it by the number pickup
- apply the number stickers to bike and helmet, it's important they go in the right place so marshals can see them during the race

Then you can rack your bike on any space labelled for your start wave (each spot on the bike rack is marked Wave1 or Wave2 etc. rather than having a specific race number allocated to it). Next, lay out your kit as you want it. Everyone has 60cm of bike rack space allocated to them so that is more than standard but still not a lot – please keep your stuff within that space.

*\*Those of you in waves 3-5, if you are racking your bike and setting up your kit while the race is underway, please be mindful of athletes who are coming into transition from the swim to take their bikes and head out on the course – give them priority and make sure you don't impede them, thanks!*

## The Swim Wave Meeting Point

Once you've racked your bike and laid out your kit in Transition, please wait at the top of the field next to the gate where there is a sign saying SWIM WAVE MEETING POINT. Make sure you have with you:

- Your race swim cap & goggles.
- Shoes to wear on the way to and from the pool (the trainers you are going to run in later would be ideal).
- An extra layer to wear, if you want, to/from the swim – totally optional.

Within a few minutes the race director will meet your group and we'll walk you over to the swim start which is only 2 mins away. You will have a few mins there to use the loo one last time if required and stash your shoes by the poolside so you can get them on straight after the swim. We will show you where to put your shoes and any other kit you need for that jog between swim and transition. If the weather is a bit dodgy, feel free to wait undercover in (or just in front of) the Pavilion, until the race director arrives at the meeting point and announces that the briefing for your wave is about to start.

## The Swim Start

In advance of the race, you will have been told your race number and start wave and also your Pool Lane – there are 4 lanes with up to 4 swimmers in each. The marshals at the pool also have lists so they will know what lane to put you in if you forget.

**Special request** – please try to know what lane you are in from the info in this guide (there will also be boards at Race HQ with this info) and get straight to your lane and into the pool when we call you

into the pool area. If everyone waits for everyone else to get into the water, then minutes tick by and we risk running over our pool booking time and/or delaying all the later start waves.

For the swim start we will get everyone in the water and the starter will say “*RED hat swimmers get ready – 5,4,3,2,1, GO!.....WHITE hat swimmers get ready, 5,4,3,2,1,GO!.....BLUE hat swimmers get ready, 5,4,3,2,1,GO!..... YELLOW hat swimmers get ready, 5,4,3,2,1,GO*”. Make sure you go when the starter says GO and not before, we don’t want any false starts!

*Of the 4 lanes in the pool, 2 are designated CLOCKWISE so in those you swim on the left of your lane, the other 2 are designated ANTICLOCKWISE and in those you should swim on the right of your lane.*

TIP for first timers – most novice triathletes go off way too fast out of nerves/excitement so, as there is a full 10 seconds before the person behind you is due to start swimming, why not take the first few strokes nice and slow then ease up to your normal pace as you get well down the pool? If you go off too fast you might get breathless, so just try to swim your normal pace and only think about going faster once you are settled.

### The swim



The swim is **8 lengths** – or you could think of it as 4 laps as that is easier to count. The swim marshals will be counting your laps and ticking them off as you go, so if you lose count, stop at the end of a lap and ask them. We hope to have enough volunteers at the race to provide “tappers” who will simply tap each swimmer on the shoulder with a swim float when they have 1 more lap to go. Overtaking is best done at the end of a length rather than mid-pool, if somebody catches you up it is best to hold on to the end of the pool for 1-2 seconds while they turn and then follow them, it allows the faster swimmer to go at their natural pace and the slower swimmer to swim without any pressure.

If you do overtake mid-pool, it’s a bit like overtaking in a car, just look before you pull out and make sure there is not going to be any problem with a swimmer coming back in the other direction.

### The Swim Exit

Once you have completed your 8 lengths, get yourself out of the water at the end of your lane, **without** using the steps, and head over to where the shoes are, alongside the wall of the pool area. When putting on your shoes PLEASE FACE TOWARDS THE POOL with your back to the wall – otherwise you could easily step back accidentally and push somebody into the water which would not be great on their first triathlon! Once you have your shoes on, you exit via the door at the side of the pool and marshals/signs will show you the way to Transition.

## Road Crossing

To get from the main school where the pool is, over to the pavilion/field where your bike is, you need to cross a road which is open to traffic. Here you will have to wait if there are cars OR BIKES approaching. The marshals have a STOP/GO sign and this is directed at you, not at the traffic, so if you see a red stop sign facing you, please wait until they swivel it round to GO before you cross.

## Field Gate and Transition 1

Enter the field through the LEFT SIDE of the gateway as cyclists will be exiting through the other side – there is a cone in the gateway so stay left of the cone. You follow the arrows into Transition, which lead you down the left side of the bike racks– don't go IN the way people are coming OUT. This is well signed.

Make sure you have your helmet on and clipped up before you take your bike off the rack. Push your bike out of transition and up to the top of the field where you can get on and start riding as soon as you have passed the CYCLISTS MOUNT HERE sign. Take care turning out of the field on to the road, it is open to traffic and you don't have right of way – highway code applies.

## The Bike route

The route is well signposted with big arrow signs. It's a 5km loop so you do 2 laps and then return to the Transition area to start the run. Make sure you do both laps! The point where you turn left to go round the loop a second time is clearly signed and marshalled.



You must display a race number on your back on the bike ride, obey the highway code, ride safely....and no "drafting". There are signs explaining what drafting is, displayed at the race HQ. Essentially the rule is you cannot ride alongside or just behind another rider except briefly when overtaking.

A sweep vehicle will be lapping the course and the marshal who is in it will be able to help you if you need assistance with a puncture or minor mechanical problem. The sweeper or any

marshals on the course can also call out a first aider if you need one, there are a few on site and one can travel quickly to any spot on the course if required. In the unlikely event that you see another rider needing first aid, please assist if you can and inform the nearest marshal or the driver of the sweep vehicle.

Roads around Tockington are popular with horse riders – we have notified local stables that we have an event on the morning of August 3<sup>rd</sup> so they can choose to rider before or after we are on the roads, but if you do have to pass a horse please slow down, tell them "*cyclist coming past*" and pass them Wide And Slow. Goodwill of other road users is essential for our event to happen again in the future.

## Transition 2 and Run Course

Once you have completed the bike ride you will need to enter the field on your bike at a safe speed (this is a right turn, so you must give way to oncoming traffic) through the left-hand side of the field



gateway. Immediately dismount and push your bike down into transition (following the arrows again, so you go in down the left side of the bike rack).

The rules of Triathlon require you to dismount before you pass the CYCLISTS DISMOUNT HERE sign, aka the Dismount Line, and to keep your helmet on and clipped up until you have re-racked your bike.

After you have stowed your bike and helmet and are ready to run, come out of the Transition Exit and instead of heading up to the gate, you U-turn and head down the field alongside the Transition area to start the run course which is 5 laps of the field, turning around a cone at each corner. As well as the cones at the 4 corners of the course, there are arrows to mark the run route. We've had a hot summer so far, so I just want to remind you that the rules of triathlon require your whole torso to be covered on the bike and run sections. You can't do the ride or run in a crop top / bra top or even (guys sometimes forget this) no top, so make sure you have legal kit on for the run.

We will tick off your laps as you go, so if you lose count, ask the marshals with clipboards near the drink station and they will tell you how many you have still to go. **You MUST have your race number clearly visible on your front** throughout the run, not on your shorts etc. and not covered by a jacket. There is a water station where you can grab a drink if you need to (self-service) – if you want to put a bottle of your own there you are welcome – label your bottle clearly with your name and bring it to the race and that saves us having to use so many single-use bottles (any unused bottles will be rolled over to future events).

When you are on your 5<sup>th</sup> and final lap, you fork left as you run along the top edge of the field and finish between the blue flags – as soon as you finish, you get your medal then we will get a photo of you. Race Tees and Buffs are available for sale in the Pavilion.

After finishing, we recommend you have a rest before driving/riding home, so take your time collecting your bike/kit etc. You will need to show your race number as you leave so we can make sure you have taken the right bike, so keep hold of that number until you have left the race venue.



If you have any questions please get in touch, we'll see you on race day. Good luck!

Garga Chamberlain - Sri Chinmoy Triathlon Club

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**ENTRANTS IN ALPHABETICAL ORDER**

<b>Race Number</b>	<b>Forename</b>	<b>Lastname</b>	<b>Swim Cap</b>	<b>Lane</b>	<b>Wave</b>
23	Jeanny	Alavanza	blue	Lane 1	Wave 1
46	Emma	Anstey	white	Lane 3	Wave 2
22	Nicole	Askwith Williams	white	Lane 1	Wave 1
89	Paul	Austin	red	Lane 2	Wave 5
81	Nicole	Baldry	red	Lane 4	Wave 4
54	Michael	Barker	white	Lane 1	Wave 3
83	Romily	Barnett	blue	Lane 4	Wave 4
55	Favier	Beats	blue	Lane 1	Wave 3
97	Carolyn	Belafonte	red	Lane 4	Wave 5
56	Adrian	Blake	yellow	Lane 1	Wave 3
57	Maya	Bovill	red	Lane 2	Wave 3
38	Natasha	Burden	white	Lane 1	Wave 2
68	Mark	Cann	yellow	Lane 4	Wave 3
37	Rachel	Child	red	Lane 1	Wave 2
50	Luke	Chubb	white	Lane 4	Wave 2
29	Christopher	Clarke	red	Lane 3	Wave 1
75	Jazmin	Cooper	blue	Lane 2	Wave 4
24	Anthony	Craven	yellow	Lane 1	Wave 1
45	Sarah	Davis	red	Lane 3	Wave 2
71	Joanna	Deas	blue	Lane 1	Wave 4
91	Hannah	Diffey	blue	Lane 2	Wave 5
41	Emily-Jayne	Emery	red	Lane 2	Wave 2
33	Sadie	Forgan	red	Lane 4	Wave 1

36	Scott	Forgan	yellow	Lane 4	Wave 1
77	Lauren	Gough	red	Lane 3	Wave 4
79	Craig	Gough	blue	Lane 3	Wave 4
58	James	Gravenor	white	Lane 2	Wave 3
59	Harrison	Gravenor	blue	Lane 2	Wave 3
90	Fiona	Greaves	white	Lane 2	Wave 5
70	Susannah	Griffiths	white	Lane 1	Wave 4
49	Craig	Hand	red	Lane 4	Wave 2
80	Ruth	Hatcher	yellow	Lane 3	Wave 4
39	Ella	Hjarne	blue	Lane 1	Wave 2
98	Kate	Hoffen	white	Lane 4	Wave 5
35	Harry	Horniman	blue	Lane 4	Wave 1
92	Jose	Inacio	yellow	Lane 2	Wave 5
26	Nathan	Irwin	white	Lane 2	Wave 1
78	Emma	James	white	Lane 3	Wave 4
93	Ellie	James	red	Lane 3	Wave 5
87	Matthew	Johnston	blue	Lane 1	Wave 5
67	Naomi	Jones	blue	Lane 4	Wave 3
42	Macey	King	white	Lane 2	Wave 2
27	Gregory	Lebret	blue	Lane 2	Wave 1
72	Lenka	MacDonald	yellow	Lane 1	Wave 4
60	Aneesh	Malde	yellow	Lane 2	Wave 3
96	Harry	Medhurst	yellow	Lane 3	Wave 5
66	Emily	Meese	white	Lane 4	Wave 3
31	Alex	Miller	blue	Lane 3	Wave 1

85	Jessica	Miller	red	Lane 1	Wave 5
25	Lucy	Mills	red	Lane 2	Wave 1
61	Ben	Monteith	red	Lane 3	Wave 3
43	Lauren	Paddison	blue	Lane 2	Wave 2
82	Andrew	Phillips	white	Lane 4	Wave 4
28	Dawn	Pincott	yellow	Lane 2	Wave 1
88	Glenda	POWELL	yellow	Lane 1	Wave 5
95	James	Ritchie	blue	Lane 3	Wave 5
48	Maria	Rodriguez	yellow	Lane 3	Wave 2
76	Ellen	Russ	yellow	Lane 2	Wave 4
51	Louise	Sainsbury	blue	Lane 4	Wave 2
30	Jake	Salkeld	white	Lane 3	Wave 1
62	Kelly	Sartain	white	Lane 3	Wave 3
74	Kris	Silvester	white	Lane 2	Wave 4
63	Ian	Smith	blue	Lane 3	Wave 3
69	Kathryn	Sopp	red	Lane 1	Wave 4
32	Oliver	Talbot-Robinson	yellow	Lane 3	Wave 1
53	Megan	Tatum	red	Lane 1	Wave 3
86	Rosalia	Taylor	white	Lane 1	Wave 5
64	Hilary	Thomas	yellow	Lane 3	Wave 3
65	Renata	Titurusova	red	Lane 4	Wave 3
21	Michail	Vamvakaris	red	Lane 1	Wave 1
34	Tim	Vandecasteele	white	Lane 4	Wave 1
73	Sara	Vogan	red	Lane 2	Wave 4
40	Max	Webberley	yellow	Lane 1	Wave 2



84	Paul	Wilkinson	yellow	Lane 4	Wave 4
44	Andrew	Williams	yellow	Lane 2	Wave 2
52	Diane	Wood	yellow	Lane 4	Wave 2
47	Jonathan	Worsley	blue	Lane 3	Wave 2
94	tim	wye	white	Lane 3	Wave 5

WAVE 1	Number pickup by 7.30, briefing 7.50, start 8.00			
Race Number	Forename	Lastname	Swim Cap	Lane
21	Michail	Vamvakaris	red	Lane 1
22	Nicole	Askwith Williams	white	Lane 1
23	Jeanny	Alavanza	blue	Lane 1
24	Anthony	Craven	yellow	Lane 1
25	Lucy	Mills	red	Lane 2
26	Nathan	Irwin	white	Lane 2
27	Gregory	Lebret	blue	Lane 2
28	Dawn	Pincott	yellow	Lane 2
29	Christopher	Clarke	red	Lane 3
30	Jake	Salkeld	white	Lane 3
31	Alex	Miller	blue	Lane 3
32	Oliver	Talbot-Robinson	yellow	Lane 3
33	Sadie	Forgan	red	Lane 4
34	Tim	Vandecasteele	white	Lane 4
35	Harry	Horniman	blue	Lane 4
36	Scott	Forgan	yellow	Lane 4

<b>WAVE 2</b>	<b>Number pickup by 7.40, briefing 8.00, start 8.10</b>			
<b>Race Number</b>	<b>Forename</b>	<b>Lastname</b>	<b>Swim Cap</b>	<b>Lane</b>
<b>37</b>	Rachel	Child	<b>red</b>	Lane 1
<b>38</b>	Natasha	Burden	<b>white</b>	Lane 1
<b>39</b>	Ella	Hjarne	<b>blue</b>	Lane 1
<b>40</b>	Max	Webberley	<b>yellow</b>	Lane 1
<b>41</b>	Emily-Jayne	Emery	<b>red</b>	Lane 2
<b>42</b>	Macey	King	<b>white</b>	Lane 2
<b>43</b>	Lauren	Paddison	<b>blue</b>	Lane 2
<b>44</b>	Andrew	Williams	<b>yellow</b>	Lane 2
<b>45</b>	Sarah	Davis	<b>red</b>	Lane 3
<b>46</b>	Emma	Anstey	<b>white</b>	Lane 3
<b>47</b>	Jonathan	Worsley	<b>blue</b>	Lane 3
<b>48</b>	Maria	Rodriguez	<b>yellow</b>	Lane 3
<b>49</b>	Craig	Hand	<b>red</b>	Lane 4
<b>50</b>	Luke	Chubb	<b>white</b>	Lane 4
<b>51</b>	Louise	Sainsbury	<b>blue</b>	Lane 4
<b>52</b>	Diane	Wood	<b>yellow</b>	Lane 4

<b>WAVE 3</b>	<b>Number pickup by 7.55, briefing 8.10, start 8.25</b>			
<b>Race Number</b>	<b>Forename</b>	<b>Lastname</b>	<b>Swim Cap</b>	<b>Lane</b>
<b>53</b>	Megan	Tatum	<b>red</b>	Lane 1
<b>54</b>	Michael	Barker	<b>white</b>	Lane 1
<b>55</b>	Favier	Beats	<b>blue</b>	Lane 1
<b>56</b>	Adrian	Blake	<b>yellow</b>	Lane 1
<b>57</b>	Maya	Bovill	<b>red</b>	Lane 2
<b>58</b>	James	Gravenor	<b>white</b>	Lane 2
<b>59</b>	Harrison	Gravenor	<b>blue</b>	Lane 2
<b>60</b>	Aneesh	Malde	<b>yellow</b>	Lane 2
<b>61</b>	Ben	Monteith	<b>red</b>	Lane 3
<b>62</b>	Kelly	Sartain	<b>white</b>	Lane 3
<b>63</b>	Ian	Smith	<b>blue</b>	Lane 3
<b>64</b>	Hilary	Thomas	<b>yellow</b>	Lane 3
<b>65</b>	Renata	Titurusova	<b>red</b>	Lane 4
<b>66</b>	Emily	Meese	<b>white</b>	Lane 4
<b>67</b>	Naomi	Jones	<b>blue</b>	Lane 4
<b>68</b>	Mark	Cann	<b>yellow</b>	Lane 4

<b>WAVE 4</b>	<b>Number pickup by 8.10, briefing 8.25, start 8.40</b>			
<b>Race Number</b>	<b>Forename</b>	<b>Lastname</b>	<b>Swim Cap</b>	<b>Lane</b>
<b>69</b>	Kathryn	Sopp	<b>red</b>	Lane 1
<b>70</b>	Susannah	Griffiths	<b>white</b>	Lane 1
<b>71</b>	Joanna	Deas	<b>blue</b>	Lane 1
<b>72</b>	Lenka	MacDonald	<b>yellow</b>	Lane 1
<b>73</b>	Sara	Vogan	<b>red</b>	Lane 2
<b>74</b>	Kris	Silvester	<b>white</b>	Lane 2
<b>75</b>	Jazmin	Cooper	<b>blue</b>	Lane 2
<b>76</b>	Ellen	Russ	<b>yellow</b>	Lane 2
<b>77</b>	Lauren	Gough	<b>red</b>	Lane 3
<b>78</b>	Emma	James	<b>white</b>	Lane 3
<b>79</b>	Craig	Gough	<b>blue</b>	Lane 3
<b>80</b>	Ruth	Hatcher	<b>yellow</b>	Lane 3
<b>81</b>	Nicole	Baldry	<b>red</b>	Lane 4
<b>82</b>	Andrew	Phillips	<b>white</b>	Lane 4
<b>83</b>	Romily	Barnett	<b>blue</b>	Lane 4
<b>84</b>	Paul	Wilkinson	<b>yellow</b>	Lane 4

<b>WAVE 5</b>	<b>Number pickup by 8.20, briefing 8.40, start 8.50</b>			
<b>Race Number</b>	<b>Forename</b>	<b>Lastname</b>	<b>Swim Cap</b>	<b>Lane</b>
<b>85</b>	Jessica	Miller	<b>red</b>	Lane 1
<b>86</b>	Rosalia	Taylor	<b>white</b>	Lane 1
<b>87</b>	Matthew	Johnston	<b>blue</b>	Lane 1
<b>88</b>	Glenda	Powell	<b>yellow</b>	Lane 1
<b>89</b>	Paul	Austin	<b>red</b>	Lane 2
<b>90</b>	Fiona	Greaves	<b>white</b>	Lane 2
<b>91</b>	Hannah	Diffey	<b>blue</b>	Lane 2
<b>92</b>	Jose	Inacio	<b>yellow</b>	Lane 2
<b>93</b>	Ellie	James	<b>red</b>	Lane 3
<b>94</b>	tim	wye	<b>white</b>	Lane 3
<b>95</b>	James	Ritchie	<b>blue</b>	Lane 3
<b>96</b>	Harry	Medhurst	<b>yellow</b>	Lane 3
<b>97</b>	Carolyn	Belafonte	<b>red</b>	Lane 4
<b>98</b>	Kate	Hoffen	<b>white</b>	Lane 4
<b>99</b>			<b>blue</b>	Lane 4
<b>100</b>			<b>yellow</b>	Lane 4