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HATCH END – HARROW TRIATHLON: COMPETITOR INFORMATION ADULT RACE

Venue: Hatch End Playing Fields / Pool, Uxbridge Road, Hatch End, Harrow, HA5 4EA

The race will be run under British Triathlon Federation rules, copies of which are available on <https://www.hatchendtri.com>

Maps of the course are also available to view on the same website page.

PARKING / ARRIVAL

Please arrive in plenty of time to park, register and set up. Please refer to the start list on the Race Info page to find out your allocated time to report to the swimming pool for the start. This list also shows the race briefing you should attend.

This will be posted on the website on Thursday 9th May.

You are not permitted to park in the Morrison's or Arts Centre car parks. Please come prepared to allow time to park in local roads. See <https://www.google.co.uk/maps/place/HA5+4EA>

REGISTRATION & RACE BRIEFINGS

Registration will open at 6.10am and close at 8:00am. You should register early enough to allow time to prepare your belongings in transition and to attend your race briefing which will contain important information and any late changes that may affect the race.

In registration, give your name so you can be identified on the registration list

2. You will be given your race numbers and timing chip. The two large numbers (waterproof & tear proof) must be worn on the bike and run sections, attached to your T-shirt/vest or to a number belt. The small numbered sticker should be attached to your bike helmet and the larger sticker to the seat post of your bike before you enter transition. The timing chip should be securely attached to your left ankle using the Velcro strap.
3. You will also have your race number written on your right arm/shoulder and the back of your left hand with marker pen (this is waterproof but will come off with a bit of soap and a scrub after the race).

TRANSITION AREA

The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different parts of the event. Please arrive with enough time to familiarise yourself with the transition area, which will be open between 6:15 and 8:15 only.

For security reasons **no one is allowed into Transition unless they are competitors in the race.**

You should rack your bike in the designated area of racking, setting out your kit in a tidy way so as not to impede other competitors. You are responsible for keeping your kit within your space throughout the race. The organisers cannot accept responsibility for any loss.

The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run.

Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Un-sportsmanlike conduct will lead to disqualification.

British Triathlon rules state that a number should be visible on your back for the bike section and on your front for the run section - you may use a number belt, but remember, it is your responsibility to make the numbers visible at all times. **PLEASE MAKE SURE YOUR NUMBERS ARE VISIBLE AT ALL TIMES.**

THE SWIM (400m - 17 lengths)

Please come to the pool wearing only your swimming costume / tri suit, after you have received your briefing. This is an important instruction, vital to ensure the race runs on time. Your swim start block has been allocated to keep you with swimmers of similar speeds. If you have not provided a swim time, you will be allocated in to the final block of swimmers. If you think that you have put down the wrong swim time and you wish to move to a different swim block (with someone of similar ability, say), then simply turn up to that block's briefing and stand in an appropriate place in the poolside start queue.

You should enter the pool building through the entrance for the male changing room and find your place in the queue. You need to wear your timing chip which should be securely attached to your left ankle using the Velcro strap provided. The timing chip will automatically record your times as you go around the course.

Swimmers will queue up in race number order. Please try to arrive promptly, but if you do miss your slot, do not stress, we will set you off as soon as possible.

At poolside, you will be given a coloured swim cap, which must be worn for the swim. The starter will check your start number with you and you will start in the water and go when the start marshal tells you.

An indicator will be placed in the water in front of you when you have 2 lengths to go (15 done). Please get out of the pool quickly as others will be finishing behind you.

Exit through the double doors at the end of the pool (be careful of the step here) and then run to Transition, following the signs along the side and around the corner of the pool building, which will be marshalled to indicate the route.

CYCLE SECTION (17km - 3 laps)

Find your bike, and then put on any clothing which you want to wear for the cycle section of the race.

You **MUST** have your helmet in place and **FASTENED BEFORE you touch your bike.**

You must not cycle in the transition area. Push your bike out of transition and up to the Uxbridge Road before you mount. You must follow the Highway Code, including observing traffic lights, pedestrian crossings etc. There are no road closures and you do not have right of way. Non-compliance will lead to disqualification. Take care at the roundabout by Morrison's supermarket – beware Sunday shoppers! Be prepared to stop at the pedestrian crossing in the row of shops in Hatch End, this will be marshalled and failure to comply will result in disqualification!

BEWARE!!: Sections of the road surface on the course are poor and there are some potholes. Please be careful.

This is a non-drafting race so you must pass another rider swiftly and not draft behind them (i.e. do not ride directly behind them) otherwise this will also result in disqualification. If asked by marshals please call out your race number.

Follow the course **three times** and when you are about to finish, dismount on the Uxbridge Road at the finish line and wheel your bike back to Transition. Re-rack your bike in its original position but **do not unfasten your helmet until your bike is re-racked.** Then prepare for the run section and follow directions to the run course.

RUN SECTION (3 km - 3 laps)

All competitors follow the same course, from transition to the finish, which will be marked out on the grass. Please make sure you are familiar with the course before the start of the race. There will be marshals and a water station on the course.

You must wear running shoes, otherwise you will be disqualified!

As you run round each lap, you will be handed a rubber band to put on your wrist - on your third lap you should run down the finish straight, into the finishing funnel (please stay in the order you finish), hand in your three rubber bands and your timing chip. . It is your responsibility to ensure that you have completed the correct number of laps.

Well Done you are a triathlete!!

When your race is finished you must show the marshal your large number to retrieve the correct bike. If you cannot you will have a long wait until all the other bikes have been retrieved!