

Southwater Relay Triathlon Sunday 1st September 2019

RACE INFORMATION

REGISTRATION

Saturday 31st August 4 - 6pm

Sunday 1st September 6 - 7.30am

- Please register on Saturday if possible. NOTE: this is also an opportunity to have a swim practice in the lake on Saturday 31st between 5 and 6pm (see details at the end of this document)
- Please nominate **one** team member to register your team and collect race information and numbers. You **MUST** make a note of your team number (this will be emailed to you a few days before the race) to avoid chaos at registration!!!
- Be prepared to quote your team race number and show your teams BTF licences in order to receive your £3 per BTF member refund where appropriate
- Make sure bikes are roadworthy and helmets conform to BTF standards.

PARKING

- Competitor parking is accessed via Worthing Road in Southwater and is located in Southwater Business Park, postcode **RH13 9JJ**. From the carpark it is a short walk through the Country Park to transition. **Please note this is the only competitor parking**. After the race you will be guided back to the car park via a footpath to avoid the competitors still running around the Country Park.

NUMBERS

- Ensure that the first competitor has the yellow number that starts with a number 1, the second the green number 2 and third white number 3. You will also be given a sticky label for your bike, please make sure that it is clearly stuck on as you will not be able to remove your bike at the end unless bike number and the number on your hand match up.
- You will be issued with 1 race number. You must display this number on your back for the bike section and on your front for the run section. For this reason it is highly recommended that you get a race belt which saves you time and allows you to move your number position and / or clothing more easily and avoids putting safety pin holes in your clothing (if you type in 'triathlon belt' into Amazon there are a number of options from around £3.50)

BAG DROP

- Once you have set up your kit in transition on race day all remaining items must be placed in a single bag that will go in the bag drop within transition. This is in order to keep transition as safe and clear as possible

TIMING CHIPS

- Please ensure that chips are securely attached using the velcro strip to your **LEFT** ankle. You will be charged £20 if you lose your chip. Please also ensure that you do not go over any of the chip matting apart from when you are racing

BIKE RACKING

- All competitors will have their number written on their hand on the way into transition
- Only competitors will be allowed to remove bikes from transition
- **All** bikes must be racked before the race starts. This means all competitors bikes, not just the first team member.
- No bikes may be removed from transition until the last competitor has finished the bike course. When you remove your bike you will be directed along a footpath back to the car park to avoid the main part of the Country Park where people may still be racing

RACE RULES

- Please find the full list of 2019 BTF Race Rules via this link:
<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

RACE DAY

- Registration Closes at **07:30**
- Transition Closes at **07:40**
- Race Briefing **07:45**
- Race Start **08:00**
- Each team will consist of three competitors, who complete the whole course in turn
- **Wetsuits are compulsory for the swim unless the lake temperature exceeds 24 degrees (Horsham District Council Safety Requirement)**
- Team member 1 will take part in the mass start. They will complete the 400m swim, 18.5k bike (1 lap course), finishing with the 3.8k run (2 laps of the park). At the end of the run, team member 1 will tag team member 2 in the designated handover pen, who likewise will complete the course, hand over to team member 3, who will complete the team's race by finishing. The total team time will be calculated as team member 3 crosses the finish line.

SWIM COURSE

- Please ensure that you are wearing the correct swim hat for your wave:
- Number starting with a 1 (YELLOW) 1st competitor – use YELLOW swim hat
- Number starting with a 2 (GREEN) 2nd competitor – use GREEN swim hat
- Number starting with a 3 (WHITE) 3rd competitor – use WHITE swim hat
- The swim course is out and back with a clockwise turn around a buoy. At the exit from the lake there is a step on to a grassy bank. There will be marshals there to assist.

BIKE COURSE

- There will be marshals and/or clear signs at all junctions. NO DRAFTING ALLOWED
- Motorcycle draftbusters will be present. The Highway Code must be adhered to, otherwise instant disqualification — this is particularly important at the roundabout on the A24 at the start of the course and at the traffic lights at Buck Barn near McDonalds
- **AS FROM 2018** - There is a new pedestrian crossing (that will be out of use) and a new roundabout at the start of the bike course on Mill Road in Southwater before you get to the roundabout on the A24. TAKE EXTRA CARE. You will go straight over the new roundabout, then when at the A24 roundabout go all the way round (giving way to traffic!!) and come back on yourself towards Southwater, as per the usual route. You will then pass back over the new roundabout and pedestrian crossing again on your way into Southwater. The location of the new roundabout is marked on page 2 of the Parking and Route Maps Info.

RUN COURSE

- Two laps clockwise of the Country Park.
- NOTE: at the end of a competitor's first run lap, they must collect a tag. The tag will allow the competitor to enter into the handover pen at the end of their second run lap. The tag is not handed on. Please hand your tag back after completing your race. No tag = no handover

FINAL FINISHERS – At around 10:45am all remaining third leg competitors who have not yet started their race will be set off from the holding pen, regardless of the position of their number two teammate. THIS WILL NOT IMPACT FINAL TEAM TIMES as these will be calculated and added up in the usual way. Horsham Amphibians introduced this change in 2018 as we want everyone to have a good race experience and avoid imposing cut-off times. Hopefully this will also enhance the race experience for our slower competitors as they will avoid a long wait in the holding pen!

PRIZE GIVING

- There will be a prize giving ceremony for various categories of teams around 12.30pm near the race finish

FACILITIES AND REFRESHMENTS

- Catering will be provided by the Southwater Café
- Toilets and limited showering facilities are available at the event
- Alan Law Physiotherapy will be present for a post-race massage



- Pedal Out Cycles will be present from 6am for any last minute bike tweaks! bikefix@pedalout.co.uk



SWIM PRACTICE

Note: only members of clubs that are registered with Southwater Country Park have permission to swim in the lake at designated times. However, the Warden has granted permission for anyone taking part in Sunday's race to practice on Saturday 31st August from 5pm to 6pm. Horsham Amphibians Triathlon Club members will act as spotters, and all competitors are welcome to come along in that hour. Please ensure that you have a brightly coloured swim hat.

If you have any additional questions please email relay@horshamamphibians.com

Finally – many thanks to our sponsors More Than Insurance and CLIF!!

