



STRADBROKE TRIATHLON

21st May 2023

RACE INFORMATION



Thank you for entering our event. Please take the time to read through the race information below as it contains important details you need to be aware of.

KEY EVENT TIMINGS

06:30am – 08:00am: Registration and race pack collection
(Community Centre adjacent to Swim & Fitness Centre)

06:40am – 08:10am: Transition open for competitors to setup equipment
(Outside Swim & Fitness Centre)

08:15am Race Briefing for all competitors (Mandatory)
(In front of Swim & Fitness Centre)

08:30pm: Race starts with first competitor entering water
(Pool, Swim & Fitness Centre)

11:45am: Prize presentations (possibly earlier)
(Playing Field or if weather poor Community Centre)

LOCATION

Stradbroke Swim & Fitness Centre, Wilby Road, Stradbroke, IP21 5JN.

CAR PARKING

There is no parking at Stradbroke Swim & Fitness Centre on event day. There is however plenty of free parking opposite the Swim & Fitness Centre at from 6:15am: -

Stradbroke High School, Wilby Road, Stradbroke IP21 5JN

Please note: -

- The School car park will be supervised by volunteers who will NOT be in attendance once the event begins
- You will be parking at your own risk
- There is no access to the school buildings
- Please also be careful when crossing the road to get to the Leisure Centre

REGISTRATION

Registration will take place in the Community Centre adjacent to the Leisure Centre. Signs will be posted directing you to registration.

For Triathlon England members, you will need to show your race license before receiving your event number. If you are unable to produce your license you will need to pay a £6 day membership fee for insurance purposes.

For those who purchased a Triathlon England day membership when entering, we will have a record of this.

You will collect your race pack including: -

- 2 large bib numbers
- 2 small number stickers
- A timing chip

You will be told your start time.

Your number will also be written on your right hand for identification purposes.

Please complete your personal/medical information on the back of the bib numbers.

The bib numbers need to be worn on your back for the bike and front for the run (either using a number belt or pinned on a T-shirt put on in transition after the swim).

The numbered stickers are to put on the front of your helmet and on your bike (for security purposes). You will not be allowed in transition unless you have done this!

Place the timing chip securely around your left ankle - **Please note: you must not lose the timing chip before starting the event and it needs to be returned after finishing otherwise the timing company will charge you a fee for this!**

TRANSITION AREA

After registering, please make your way to the transition area to set out your equipment, Transition will be situated between the Community Centre and the pool.

Set up in plenty of time and only leave in transition what you require for the race.

Boxes can be used to take items into transition, but they cannot be left there.

There is not sufficient space to leave bags in transition.

Please note: Only competitors and marshals will be allowed in the transition area.

Marshals will be in place to help, however competitors should familiarize themselves with the layout of transition, bike in/out, run exit etc. prior to the event starting.

EVENT FORMAT

Please be at poolside at least 10 minutes before you allotted start time.

Due to the limited space available only competitors, event staff and Leisure Centre staff on duty will be allowed on poolside - no spectators please.

Make sure your timing chip is securely in place (left ankle).

The event will commence at 08:30am.

For this year we will not have separate Open (previously Male) and Female start times. We will start everyone based on estimated swim times regardless of gender.

The fastest swimmers will start first to reduce the chance of congestion in the pool.

Swim: Competitors will start at 30-second intervals, completing 2 lengths in each lane before dipping under the lane ropes to continue this process and gradually work their way across the pool. You do not need to wear a swim hat but can choose to.

Transition 1: Please be careful exiting the water as balance may be impaired and the floor is likely to be wet. Make your way outside to your transition space and prepare for the bike section. Your helmet must be securely fastened before you touch your bike and you must not get on your bike until after the mount line. Please do not leave transition without covering your top half.

Bike: The course is fully sign-posted and marshals will be at all turns to direct you. You are not allowed to draft or ride in a group with other cyclists. You must obey the Highway Code and do not have right of way over other road users. If you have a mechanical issue or cannot continue for any other reason, let a marshal know and we will get assistance to you as soon as possible should it be needed.

Transition 2: You must get off your bike before the dismount line and entering transition. You must leave your helmet on until you have racked your bike. Shoes must be worn for the run and your race number must now be displayed to the front.

Run: The run route is off-road including a narrow running track following the boundary of the playing field, traces the edge of an adjoining farmers field and uses a section of grass. Please note that wet weather leading up to the race or on event day may make the route slippery/muddy.

The race distances are as follows: -

Swim	Bike	Run
160m (8 lengths)	17km (1 lap)	3km (2 laps)

Competitors are responsible for completing the correct number of lengths/laps.

MAPS

Swim/Transition & bike route maps can be viewed on our website at:

<https://canbuttri.co.uk/stradbroke-tri/>

The run route map will be available on the day.

ADDITIONAL INFORMATION

Please note: Spectators will not be able to cycle or run with a competitor (including in the finish chute).

No headphones (including bone conduction), phones, cameras etc. can be used whilst competing.

Helmets must comply with standards such as BSI, ANSI, Snell etc.

Bikes must be in good working order with 2 working brakes. Bar-end plugs must be in place where appropriate or bar ends taped over. This will be checked before you are allowed to set up in transition.

The race will be held in accordance with British Triathlon Federation rules and is fully permitted by the Governing Body for the sport.

CHANGING FACILITIES

Changing rooms will be available both wetside and dryside in the Leisure Centre.

All changing rooms have toilets and showers.

There will not be a bag drop in operation, please plan carefully where you will store items not required during the event. Lockers are available within the changing areas and require a £1 coin.

REFRESHMENTS

Competitors can leave a bottle in transition or take it on the bike section. Water will be at the finish and additional refreshments can be purchased for stalls.

COLLECTING KIT FROM TRANSITION

Transition will be open for you to collect your kit after all the competitors have completed the bike section and are out on the run course.

RACE RESULTS

Over-all results will be available as soon as possible once the last competitor has completed the course. This will be in the form of over-all time and finishing position before the prize presentations.

A link to full results will be published on social media and on our website (www.canbuttri.co.uk) as soon as possible after the event.

PRIZES

All finishers will receive a medal as they cross the line. 1st, 2nd and 3rd fastest over-all and age group prizes in both open and female categories will be awarded in: -

- Youth (15-16)
- Junior (17-19)
- Senior (20-39)
- Vet (40-49)
- Supervet (50-59)
- Vintage (60-69)
- Super Vintage (70-79)
- Classic (80+)

Presentations will take place as soon as possible. If you think you may have won a prize for your category, please stick around as prizes must be collected on the day and cannot be posted.

PHOTOGRAPHY/VIDEO

Diss Event Photography will be taking official photographs at the event. These will be available to view online a day or so after the event at their website <http://www.diss-> Please speak to the team if you do not wish photographed or videod.

For up to date posts about all our events please follow us on Facebook at

<https://www.facebook.com/Can-But-Tri-1935212143454463>

We very much hope you enjoy the event – Have a great race!!