



6TH ANNUAL  
**BECCLES**  
**TRIATHLON**

SUNDAY 3RD JUNE 2018

Run by Beccles Triathlon Club and all proceeds to Beccles Lido

# Competitors Information Pack

## Beccles Triathlon 2018 Competitors Information Pack

We really hope you're looking forward to the 3<sup>rd</sup> June as much as we are. This briefing will hopefully answer any questions you have about the event, and also give you some guidance about what to expect. You can also view and download this pack from the Beccles Triathlon website: [www.becclestri.com/competitor-briefing](http://www.becclestri.com/competitor-briefing)

This briefing will give you everything you need to know about:

- Timetable
- Car parking
- Toilets, facilities and showers
- Baggage
- Transition boxes
- Swim waves
- Bike security
- Refreshments
- Spectators
- Timing chips
- Photography
- Stalls
- Trophies and prizes
- What to do on the day for competitors (including **relay teams, equipment checklist, official BTF rules** and **contacts**)

# Beccles Triathlon 2018 Competitors Information Pack

## Timetable

### **Saturday 2<sup>nd</sup> June**

**5.00pm** Registration will be open until **7:30pm** - it helps the organisers hugely if as many competitors as possible can register on Saturday evening.

### **Sunday 3<sup>rd</sup> June RACE DAY**

**6.30am** Registration opens, transition area opens

**7.45am** Registration closes

**7.55am** Transition area closes

**8.00am** Competitors safety briefing

**8.20am** First swimmers to warm up area

**8.25am** First swimmers to pool side

**8.30am** Race starts!

Beccles Lido is on Puddingmoor, Beccles, Suffolk NR34 9PL. Telephone: 01502 714911.



### Car Parking

Please note that Puddingmoor, the road leading directly to the start of the Triathlon, will be closed to all traffic, except essential safety vehicles, from 8am until 1pm. You will not be able to drive down Puddingmoor between these times and you will not be able to park in Puddingmoor for the duration of the event. This closure will be strictly enforced.

If you want to be dropped off on Puddingmoor it will need to be done prior to 8am as no vehicles will be allowed access after that time.

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There is FREE CAR PARKING for competitors and spectators at Sir John Leman High School, Ringsfield Road, Beccles NR34 9PG. This will be signposted off the B1062 from both directions. There is room for 138 cars in this car park so arrive early to ensure a place. Please [download](#) and display one of our signs in your windscreen.

The car park is about a 1000m (15 minute) walk from the start, so please bear that in mind if you're walking from the car park to the Lido with your kit. If the Sir John Leman car park is full there is plenty of on-street parking close by.

### **Toilets, facilities and showers**

Male and female (and disabled) toilets are provided inside the Lido. There are also 15 outdoor changing cubicles around the poolside which will be available for competitors. Warm (outdoor) showers are next to the poolside for use after the event.

### **Baggage**

There is limited room to store baggage at the Lido, although there are 38 lockers which will be available.

We would encourage you to come with a spectator friend who can look after the clothing you arrive in and / or clothes to change into after the event (as well as being there to encourage you of course!).

### **Transition boxes**

This year we are operating a 'clean transition', therefore only equipment required during the race will be permitted inside transition. All other items must be stored just outside the area in our specially marked spot.

### **Swim waves**

All competitors will be allocated a swim start time before the event and will be notified at registration. This is based on the 400m swim time that you have submitted and will ensure you are swimming with others who have estimated a similar speed as you.

### **Bike security**

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All competitors will be given a race number, a sticky label for the bike, another for your helmet and will have the number marked on their body. **NOTE: Helmets are compulsory** and you will not be allowed to take part if your bike helmet is damaged. Security marshals will be guarding the entrance to the transition area at all times and you won't be able to rack or remove your bike unless all the numbers match. NO ONE, apart from competitors, will be allowed in the transition area at any time. Competitors who have completed the race will only be allowed to remove their bike from transition after the last runner has left for their run. Once again, you will be asked to show your numbers before removing your bike.

### Refreshments

There is a Café at the Lido which will be serving hot and cold drinks and light snacks from 7:30am onwards.

### Spectators

It can make a real difference having friends and family around to encourage you and cheer you on, so we'd really encourage people to come along. Access to the lane leading down to the Lido from Puddingmoor will be limited for safety reasons 45 minutes after the start of the event, at 9:15am, until the last cyclist has returned. During this time access to and exit from the Lido will be at the absolute discretion of the Safety Marshals. Many thanks for your understanding and co-operation. Spectators accompanying a competitor will be admitted FREE.

### Timing chips

Each competitor will be given an ankle strap with a timing chip to accurately record start and finish times of each stage of the event – the timing chip should be attached to your left leg (this is to avoid any chance of it getting caught in your bike crank). T1 is the transition from swim to bike, and T2 is the transition from bike to run. Competitors will be clearly directed to pass across a mat which links to the timing chip which will record as follows:

- Your swim time, plus run into transition
- Your time in T1 and out to bike start
- Your time on the bike and into T2
- Your time on the run until the finish.

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Official times will be published on the Beccles Triathlon website within a few hours of the end of the event. Plus there will be a facility at the Lido to check your times as soon as you finish.

### Photography

We will again have our fantastic VOLUNTEER photographers at the Lido and out on the course. Some of the pics from 2013, 2014, 2015, 2016 and 2017 are on our [Facebook](#) page and the rest are [HERE](#) (and are still available to download in hi-res for a small fee, all of which will go towards the running costs of the Triathlon, with any profits going towards the upkeep of Beccles Lido). 2018 pics will also be available to download after the event (and your registration fee includes free lo-res photos that you can use on Facebook, etc as well as hi-res for a small fee).

### Stalls

A number of stalls will be on poolside and these should include [triharder](#) – Norfolk's first dedicated triathlon shop – who will be selling all manner of equipment, including race belts, goggles, helmets, shorts... and bikes! and [Sportlink Running & Fitness](#) – Norfolk & Suffolk's premier running shop – who will be selling all manner of running equipment (just in case you forget anything!)

### Sports Massage

Qualified massage therapist Philippa Drew and her team of expert but volunteer sports massage therapists will be offering massage before and after the race and, as the Triathlon is a fundraiser for the Lido, we are suggesting a voluntary contribution of £5, with all money raised going to the Lido.

### Trophies and prizes

There will be a prize giving presentation held in the grounds of the Lido at approximately 12noon. Awards will be given for the following categories:

- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> male
- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> female
- 1<sup>st</sup> team (x 3)

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- 1<sup>st</sup> male U20 (age 17-19)
- 1<sup>st</sup> female U20 (age 17-19)
- 1<sup>st</sup> male Open (age 20-39)
- 1<sup>st</sup> female Open (age 20-39)
- 1<sup>st</sup> male veteran (age 40-54)
- 1<sup>st</sup> female veteran (age 40-54)
- 1<sup>st</sup> male super-veteran (age 55+)
- 1<sup>st</sup> female super-veteran (age 55+)

The above age groups are in line with British Triathlon Eastern Region League rules. 5 year age group results will also be published after the event,

### **What to do on the day for competitors**

Once you have parked make your way down Puddingmoor to the Lido with your kit. If you didn't already register on Saturday evening, on the day registration opens at 6.30am and closes at 7.45am. If you are a member of BTF please bring your ID to show you have a race license, non-members will be given a day license. All competitors will be given a goody bag, a timing chip (to put round your LEFT ankle), 2 race numbers (one for your front and one for your back), a sticky label for your bike and another for your helmet. Please write details of any medical conditions we need to be aware of on the back of your race number together with an emergency contact.

A map of the course will be displayed on site.

After registering, rack your bike in transition. A marshal will give your bike and helmet a safety check. Your helmet must be in good condition and not cracked. If you don't have a helmet in good condition you will not be allowed to race. Racking places will be allocated on a first-come, first served basis, and at the SOLE DISCRETION of the marshals, so please arrive in good time. You can then spend time in transition laying out your kit.

**7.55am** Transition closes so please ensure you have racked your bike before the safety brief starts.

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**8.00am** There will be a compulsory safety brief for all competitors inside the Lido. You will be taken you through the basic safety rules plus any last minute changes, and it will last around 10 minutes.

**8.20am** The first swimmers will be called to the warm-up area by the small pool in the Lido. You can wait on the grass or warm up in the small pool.

**8.25am** The first swimmers will be called to pool side – we aim to always have the next 6 competitors at pool side waiting to start, with later swimmers in the warm-up area.

The lane marshal will instruct you when to enter the pool. Swim hats are compulsory for all – even if you have no hair! These will be issued to you at registration.

It is important that you are on time as your timing chip will be synchronized to start at a certain time. If you are late we may be able to slot you in later, but this is at the sole discretion of our poolside official.

The pool is heated therefore wetsuits are not necessary and are not allowed in this race; neither can calfguards be worn for the swim. The swim distance is **480m / 16 lengths** of the Lido. Swimmers will start at 30 second intervals. The start official will tell you when to enter the water, down the steps into the shallow end on the far side of the pool (opposite the Lido's changing rooms). You will be told when to start and then swim 2 lengths in each of 8 lanes, ducking under the lane rope after completing each 2 lengths until you reach the nearside shallow end, where you will exit by the steps and follow the marked course into transition. Please take care when exiting water, as your balance may be impaired by the swim. Overtaking etiquette will be explained at the race briefing and there will be strictly no overtaking when exiting the pool.

If at any point before, during or after the swim you feel unwell or don't want to compete please finish at the end of the length you are doing and inform a marshal.

In an emergency in the pool, please turn onto your back and put your hand up in the air. This indicates to a lifeguard that you need help. For this reason, **swimming backstroke is NOT allowed.**

Please note that for the run and cycle sections of the race your front torso must be covered. This includes zips being completely shut and if wearing a two piece outfit the gap between top & bottom must not be visible. Covering

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the legs below the knees (eg. calfguards) is not allowed in the swim segment, but is allowed in the bike and run segments.

All your cycling and running equipment should already be in the transition area. When you have got your helmet on and fastened you can remove your bike from the racking and walk/ run with your bike to the exit of transition.

**Note: you must not pick up or remove your bike from the rack until your helmet is on your head and fastened** – time penalties will be issued for non-compliance.

Take your bike and make your way through the 'Bike Out' chute, over the timing mat and up to the mount line at the top of the lane on Puddingmoor.

You must not mount your bike until you are over the mount line. This area will be marshalled but please take care when getting on and off your bike.

The bike section is a single lap of the **20.3km (12.63m)** course. Usual Highway Code rules apply ON ALL SECTIONS of the bike route. The route will be clearly marked all the way round and marshals will be directing you and warning you of sharp bends or potentially dangerous junctions.

**There is a COMPULSORY foot down at the exit from Puddingmoor.** You MUST stop! Penalty for non-compliance is, at the sole discretion of the marshals, DISQUALIFICATION. On the return into Puddingmoor please take extreme care on the first right hand bend and **you must remain on the left side of the road** all along Puddingmoor to avoid any oncoming vehicles or obstructions on the right hand side. Despite road closed signs we will be permitting entry/exit to some vehicles so please take care and normal highway code rules apply. There will be marshals along Puddingmoor for your safety and any dangerous riding will, at the sole discretion of the marshals, result in a time penalty or disqualification.

Every competitor **must** ensure that his/her bicycle is in a safe and roadworthy condition. Competitors must wear their race numbers provided at all times throughout the cycling section of the event and in such a way that it is clearly visible from behind. (Number belts will be allowed, but must have number visible on back during cycle, and front during run).

Cycle helmets approved by the BSI, ANSI, Snell or equivalent standards authorities must be worn and fastened up at all times during the cycling section of the event, including the return of the bike to the cycle rack.

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Competitors are **NOT ALLOWED TO DRAFT!** The cycle draft zone is defined as 10 metres extending backwards from the leading edge of a competitor's front wheel. You may enter this zone but must be seen to be progressing through. A maximum of 20 seconds is allowed to pass through another competitor's draft zone. The 10m draft zone does not apply at transition, mount & dismount line or at any sharp turns. We will have draft busters out on the course and any drafting will be punished by time penalties.

All competitors must follow the normal rules of the road, obey all traffic signals and must follow any directions given by the police, race marshals or officials. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.

If you have an accident on the bike route or mechanical problems please contact a nearby marshal. If no marshals are around be reassured that you will be found if you stay where you are – a sweep vehicle will be following the last rider around the course and will collect you.

The bike section ends at the dismount line on Puddingmoor. **You will be required to dismount your bike just before this line.** Again, time penalties will be issued for non-compliance. From there you will walk your bike back into transition through the 'Bike In' chute.

Rack your bike in the same position you took it from. **You must NOT unfasten or remove your helmet until your bike is racked** – time penalties will be issued for non-compliance. Then follow the 'Run Out' chute.

The run section is a **6.7km (4.11m)** loop mainly along the River Waveney tow path. The route will be clearly marked with signs and marshals will direct you.

One of your race numbers must be securely fixed and clearly visible from the front at all times. Competitors **must** follow the directions and instructions of all race officials. (Number belts will be allowed, but must have number visible on front during run, and back during cycle).

There will be 2 water stations, one at Beccles Quay and the other where the route leaves the river tow path and returns cross country. Please drop your cups close to the water station so as to assist us in clearing up.

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The race ends as you cross the last timing mat at the top of the lane leading down to the Lido. But keep going after this point down the lane and up the ramp and into the Lido where spectators will be cheering to see you finish and you will receive your finishers medal.

### Relay teams

Relay teams may comprise 2 competitors (with one competitor doing one of swim/bike/run and the other competitor doing 2 of swim/bike/run) or 3 competitors (with each competitor doing one of swim/bike/run). PLEASE CAN ALL MEMBERS OF THE TEAM REGISTER TOGETHER. The same rules shall apply to members of relay teams, EXCEPT for relay exchange, where a team member hands over to the next team member as follows:

Relay Exchange:

- a) The relay exchange from one team member to another will take place inside the exchange zone(s), which will be clearly marked on the day and before the bike entry zone / run exit zone
- b) The exchange is completed when the timing chip has been unfastened from the incoming competitor and attached to the outgoing competitor
- c) If the exchange occurs outside the exchange zone, the team will receive a time penalty
- d) If the exchange is not completed, the team will be disqualified
- e) It is the next team member's duty to be in the exchange zone in good time for chip handover
- f) Competitors must not put their helmet on until they have been tagged by their team mate; only once the competitor has left the exchange zone can the helmet be picked up and secured before the competitor can touch their bike;
- g) Competitors must remove their helmet once their bicycle is racked; only once the helmet is placed in their area in transition can the competitor enter the exchange zone and tag their team mate.

If at any point you feel unwell, have an accident or simply want to stop there will be plenty of marshals around to help, summon first aid or get you emergency assistance. Please don't just walk off the course otherwise we will be looking for you until midnight! Always let a marshal know, give them your name and hand them your timing chip.

And, most of all, remember that this is about HAVING FUN! So get on and enjoy it.



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### Equipment checklist:

#### MUST HAVES

- Outfit in which to swim, bike and run
- Swim hat (provided at registration)
- Roadworthy bicycle
- Cycle helmet
- Shoes for bike and run (can be the same pair)
- Safety pins (provided at registration) OR Race belt
- BTF race license (Members) or day license (provided at registration for non-Members)

#### OPTIONAL

- Swim goggles
- Towel to dry feet
- Talc (to ease shoes onto wet feet), or
- Vaseline (to ease shoes onto wet feet)
- Socks
- Race belt
- Rain jacket
- Cycle glasses
- Cycle gloves
- Cycle pump
- Spare inner tubes
- Warm clothes for after the event
- Filled bottle for the bike
- Gel fuel
- Small bottle of water for transition

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### Official BTF rules:

The Triathlon will be raced according to Official BTF Rules, which can be found here, and competitors should note that there have been some changes for 2018:

<https://www.britishtriathlon.org/competitionrules>

A British Triathlon Federation Race Official will be there on the day to ensure things run safely and smoothly.

In the unlikely event that circumstances dictate, the triathlon may be modified to a duathlon or aquathlon.

If you have any questions please contact:

- **Isabel Pollock, Event Administrator** 07787 158124 [admin@becclestri.com](mailto:admin@becclestri.com)

### Thanks!

Finally, we'd like to say thank you to our very hard working committee who have given a good deal of their own time to make this happen,

to our fabulous photographers and video jocks,

to our fantastic marshals and other volunteers for giving their time and without whom we wouldn't be able to do this,

and of course to **YOU** for being a good sport!