



9TH ANNUAL

BECCLES

TRIATHLON

SUNDAY 11TH JUNE 2023

Fund Raising for Beccles Lido - Charity Number 1132102

Competitor Information Pack

Beccles Triathlon is run by Beccles Lido Limited, supported by Beccles Triathlon Club

Beccles Triathlon 2023 Competitor Information Pack

Thank you for entering the Beccles Triathlon 2023. We really hope you're looking forward to the 11th June as much as we are! This briefing will hopefully answer any questions you have about the event and 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

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

- Timetable
- Car Parking
- Toilets, Facilities and Showers
- Baggage
- Transition and Equipment / Extra Baggage Storage
- Swim Waves
- Bike Security and Identification
- Refreshments
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Timetable

Saturday 10th June

5.00pm. Registration opens and will be open until 7:30pm.

It helps the organisers hugely if as many competitors as possible can register on Saturday evening.

Sunday 11th June RACE DAY

6.30am. Registration opens, transition area opens.

7.45am. Registration closes.

7.55am. Transition area closes.

8.00am. Competitor safety briefing.

8.20am. First swimmers to warm up area.

8.25am. First swimmers to pool side.

8.30am. Race starts!

Car Parking

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

Please note that the whole of Puddingmoor will be subject to restricted access (essential vehicles only) from 8:00am until 12:30pm. The section at Norgate lane (transition) is fully closed at these times. You will not be able to drive down, or park on, Puddingmoor between these times. If you want to be dropped off, or collected, on Puddingmoor it will need to be done outside these times. The gravel car park on Puddingmoor (Waveney Meadow) is reserved for event officials and should not be used by competitors or spectators please.

There is FREE CAR PARKING for competitors and spectators at Beccles Sports Centre, Ringsfield Road, Beccles, NR34 9PG. There is room for 120 cars in this car park so arrive early to ensure a place. Please park only within the marked bays. The car park is about a 1000m (15 minute) walk from the start, so please bear that in mind. If the car park is full there is plenty of on-street parking close by to it and several other free or pay and

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display car parks in town. Please be respectful of local residents and any other groups using the school or sports centre at this time.



P1 - Beccles Sports Centre, NR35 9PG. 15 min walk. 120 Spaces. **FREE**.
What 3 Words – meanders.back.lung.

P2 - Tesco Store, NR34 9EJ. 9 min walk. 390 spaces. **FREE**.
(Max 3 hours BUT can pay for longer www.yourparkingspace.co.uk/locations/show/4294957046).
What 3 Words – frozen.headed.currently.

P3 - Beccles Quay, NR34 9TB. 15 min walk. 270 spaces. **PAY & DISPLAY**. (Two hours free, ticket required).
What 3 Words – pepper.etchings.overdrive.

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P4 - Hungate Lane, NR34 9TN. 4 min walk. 66 spaces. **PAY & DISPLAY.** (Max 3 hours).
What 3 Words – amplifier.king.minority.

P5 - Newgate, NR34 9QD. 6 min walk. 75 spaces. **PAY & DISPLAY.** (Max 3 hours).
What 3 Words – probably.defected.cookbooks.

P6 - Blyburgate, NR34 9DB. 8 min walk. 255 Spaces. **PAY & DISPLAY.** (Max 3 hours).
What 3 Words – proudest.commuting.release.

On-street parking on many roads south of St. Marys Road. **FREE.**

Toilets, Facilities and Showers

Male and female (and disabled) toilets are provided inside the Lido. There are also 14 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 securely at the Lido - there are 38 lockers which will be available on the day and require a £1 coin (returnable) to operate them. 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 and Equipment / Extra Baggage Storage

We are operating a 'clean transition', therefore only equipment required during the race will be permitted inside transition. This must be stored neatly at all times, so as not to obstruct other athletes. All other equipment must be stored just outside transition in a reserved, but not secure, area. Please attach your sticky baggage label to your bag.

Swim Waves

All competitors will be allocated a swim start time before the event and will be notified of it at registration. This is based on the **standard 400m** swim time that you have submitted with your entry (or subsequent update) and will ensure you are swimming with others who have estimated a similar speed as you. Disabled athletes will start first. Followed by females and then males. In each group the slower athletes will start first.

Bike Security and Identification

All competitors will be given two race numbers plus a sticky numbered label for the bike and another for the helmet, plus a baggage label and will have their number marked on their body. Security marshals will be guarding the entrances to the transition area at all times and you won't be able to rack your bike unless all the numbers match. No one, apart from competitors and officials, 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 confirmation that the last runner has left T2. This will be announced via the tannoy – please be patient. 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 6:30am 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 Lido from Puddingmoor will be limited for safety reasons. This access will be via a barriered channel at the side of transition. Spectators can also view the race from the Puddingmoor end of transition. Please respect the barriers that are in place to ensure that the race course remains clear. Managed crossing points will be provided. Many thanks for your understanding and co-operation. Spectators accompanying a competitor will be admitted free of charge into the Lido.

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 ankle (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 mats which link to the timing chip which will record as follows:

- Your swim time (plus run into T1).
- Your time in T1.

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- Your time on the bike.
- Your time in T2.
- Your time on the run.

Official times will be published on the Beccles Triathlon website within a few hours of the end of the event.

Photography

We will have volunteer photographers at the Lido and out on the course. Some of the pictures from earlier years are on our [Facebook](#) page and [HERE](#). This year's pictures will also be available to download after the event on our [Facebook](#) page. Your registration fee includes free low-res photos that you can use on Facebook etc.

Stalls and Sponsors

We expect to have a [TriHarder](#) stall on poolside this year to assist with last minute purchases and support. The Lido sells (basic) swimming goggles. "Sports Store", a five minute walk to Beccles town centre, is expected to be open and offering discounted sales. We also have support from [Broadway Colours](#) (sponsorship), [Snap Fitness](#) (water bottles), [Tesco](#) (bananas) and [SportsStore](#) (vouchers) in Beccles town centre.

Sports Massage and Medical

Qualified medical crews and lifeguards, both with first aid qualifications, will be on hand at the event. A team of massage therapists will be offering massage before and after the race and we are suggesting a voluntary contribution of £5 – with resultant funds going to support the Lido. 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. Always let a marshal know, give them your name and hand them your timing chip.

Trophies and Prizes

There will be a prize giving presentation held in the grounds of the Lido at approximately 12:30pm. Awards will be given for the following categories:

- 1st 2nd 3rd male overall.
- 1st 2nd 3rd female overall.
- 1st relay team (x 3)
- 1st male U20 (age 17-19)
- 1st female U20 (age 17-19)
- 1st male open (age 20-39)
- 1st female open (age 20-39)
- 1st male veteran (age 40-54)
- 1st female veteran (age 40-54)
- 1st male super-veteran (age 55+)
- 1st female super-veteran (age 55+)

The above age groups are in line with British Triathlon Eastern Region League rules, of which this event is a part.

5 year age group results will also be published after the event. Ages as of 31st December 2023. One prize per competitor – ie. age group prizes will cascade to 2nd and 3rd etc if overall prizes are won by a competitor in that age group.

On the Day for Competitors

6.30 – 7.45am. On the day registration is open.

If you are a “Core” or “Ultimate” member of BTF please bring your membership ID to show you have a race license and are therefore insured. This will be your paper card or, if you have elected the paper-less route, the

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electronic version on your phone. This is available via your BTF account and should include a photograph. The renewal email from BTF will not suffice. “Essential” BTF members and non-members will be given a “one day” race license (which should have been paid for on entry – if not you will be charged £6 cash). If you forget your BTF membership ID, you will be charged £6 cash for a “one day” race 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 and one for your baggage. Please write details of any medical conditions we need to be aware of on the back of your race numbers together with an emergency contact. Body marking will also take place. Key triathlon rules will be posted.

6.30am. Transition opens.

After registering, rack your bike in transition. A marshal will give your bike and helmet a visual safety check. Note – bike helmets are compulsory and you will not be allowed to take part if yours is damaged or incorrectly fastened. Racking places will be defined by the numbers on the racking which will correspond to race numbers. You can then spend time in transition laying out your kit and familiarizing yourself with the routes through T1 and T2. All athletes will pass through the main body of transition (T1 and T2) travelling “up the hill” to avoid any contra-flow. There is no advantage, overall, in a “high” or “low” racking position.

7.55am. Transition closes.

Please ensure you have racked your bike before the safety brief starts.

8.00am. Compulsory safety briefing for all competitors inside the Lido.

Covering the basic safety rules, race requirements plus any last minute changes. It will last around 10 minutes.

8.20am. Warm up.

The first swimmers will be called to the warm-up area by the small pool in the Lido in race number order. You can wait on the grass or warm up in the small pool – this is heated to 27-28°C, the same temperature as the main pool.

8.25am. Poolside

The first swimmers will be called to poolside in race number order– we aim to always have the next 6 competitors at poolside waiting to start, with later swimmers in the warm-up area.

Swim

Swim hats are not required or supplied, but you may choose to wear one. Ideally, tri suits or costumes should be worn in order to cover the front torso.

It is important that you are on time for your start as your timing chip will be synchronized. If you are late we may be able to slot you in later, but this is at the sole discretion of the Swim Start Manager. Swimmers will start in race number order.

The pool is heated to between 27-28°C therefore wetsuits are not allowed in this race. Neither can calf guards (covering below the knee) or full arm tri-suits (covering below the elbow) be worn for the swim. The swim distance is **420m / 14 lengths of the Lido**. Swimmers will start from 8:30am at 30 second intervals. The start official will tell you when to enter the water and you will be told when to start. Be aware that the entry steps and pool bottom can be slippery. There will be a narrow non-competitive lane adjacent to the slide in which competitors may familiarize themselves with the water conditions prior to being called to start. Competitors will **start at the shallow end away from the changing cubicles**. They will swim **two lengths** in the first competitive lane. They will **duck under the lane rope at the shallow end** and then swim 2 lengths in each of the remaining six lanes by **snaking across the pool towards the cubicles and ducking under the lane rope every two lengths to finish at the shallow end**. Swim on the left hand side of the lane at all times. Competitors must touch the end wall / rail at the completion of each length, but may exit via the steps if they wish. Overtaking etiquette during the swim will be explained at the race briefing. Tumble turns are permitted, but please do not impede other swimmers. 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. Follow the marked course into transition (Swim Out). Please take care when exiting the water, as your balance may be impaired by the swim. Also note, the **exit from poolside will be adjacent to the deep end** of the pool and there is a step down so please take care when exiting poolside.

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Bike

Please note that for the cycle and run 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.

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 (Bike Out). Proceed over the mount line. You must not mount your bike until you have placed at least one footstep on the ground over the mount line. This area will be marshalled, but please take care when getting on your bike. Penalties will be issued for non-compliance. You must remain on the left side of the road all along Puddingmoor to avoid any oncoming vehicles, runners or obstructions on the right hand side. Despite the road being "restricted access" we will be permitting entry/exit to some essential vehicles so please take care. There will be marshals along Puddingmoor for your safety and any dangerous riding may result in a penalty. Be aware that the first kilometre of the bike course may be shared with earlier competitors who are running.

The bike section is a single lap of the 20.3km (12.6m) course on open roads. 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.

Link to bike route - <http://connect.garmin.com/course/2030139>

There is a compulsory "Stop and Foot Down" at the exit from Puddingmoor. You must stop and place a foot on the ground simultaneously. Penalties will be issued for non-compliance. Proceed when safe to do so. 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, as despite the road closure notices we will be permitting entry/exit to some essential vehicles, so please take care. There will be marshals along Puddingmoor for your safety and any dangerous riding may result in a penalty.

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.

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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.

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 and the full width of the carriageway. When overtaking, you may enter this zone but must be seen to be progressing through it. 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, at any sharp turns, or along Puddingmoor, where overtaking is discouraged unless it is clearly safe to do so. If overtaken, competitors should actively drop back out of the draft zone within the same timescale. Penalties will be awarded for drafting.

All competitors must follow any directions given by the police, or safety instructions from race officials. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.

The bike section ends at the dismount line. You will be required to place at least one footstep on the ground before this line. Again, penalties will be issued for non-compliance. From there you will walk / run with your bike back into transition through the 'Bike In' chute.

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

Run

The run section is a 6.7km (4.1m) loop along public roads and footpaths including the River Waveney tow path and an off-road section along the river bank then back across a farm track. Please take care on the first and last few hundred metres, as despite the road closure notices we will be permitting entry/exit to some essential vehicles. The route will be clearly marked with signs and marshals will direct you. Usual Highway Code rules apply to all sections of the route that are on the public highway. Sections of the route are uneven underfoot with a steep gradient in places. Appropriate footwear is recommended.

Link to run route - <http://connect.garmin.com/course/2030162>

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Race numbers must be securely fixed and clearly visible from the front at all times. Number belts will be allowed. Competitors must follow any directions given by the police or safety instructions of race officials.

There will be two water stations, at approximately one third and two thirds distance of the run leg. These water stations will be physically in the same location as each other and accessed from both directions. Please be aware of other runners at this point. Please drop your cups close to the water station in the bins provided so as to assist us in clearing up.

Runners are requested to gradually move over to the right hand side of Northgate when safe to do so. Please use the pavement. This is in order to minimize incidents with cyclists who will be turning left towards Bungay at the bottom of Northgate, whereas runners will be proceeding across the road and on to the Quay. The numerous corners in the vicinity of the Quay Café (both ways) and the crossing of Ravensmere at the end of Northgate (return) are potential hazards. Please be observant and keep to the left in both directions. Please use the pavement on Ravensmere.

The race ends as you cross the last timing mat at the finish line on Puddingmoor at the top of Norgate lane. Keep walking after this point to clear the finish line and hand your timing chip in. Proceed on into the Lido where you will receive your finishers' medal and water / refreshments.

Relay Teams and Exchange

Relay teams may comprise 2 or 3 competitors. Please can all members of the team register together for documents to be checked and issued. The same rules shall apply to all members of relay teams, except for relay exchange.

The relay rules are designed to ensure that the exchange is fair and safe and, as far as possible, reflect the requirements placed on the individual competitors.

- a) The relay exchange will take place at the bike position in transition. There is no relay pen. Bike and run competitors may position themselves at the bike position prior to their team member arriving from the preceding leg. They will enter transition via the steps opposite the Lido kiosk. They shall wear a race number in order to permit entry into transition prior to the exchange.
- b) If the exchange occurs elsewhere, the team will receive a penalty.

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- c) The exchange is completed when the timing chip has been unfastened from the incoming competitor and attached to the outgoing competitor.
- d) Incoming swim competitors may (but do not have to) remove goggles, ear plugs and swim caps etc prior to the exchange.
- e) Outgoing bike competitors may wear socks, shoes (the shoes can, alternatively, be attached to the bike) and shades prior to the exchange. However, they are not allowed to wear their helmet and then remove the bike from the racking until the exchange is complete.
- f) Incoming bike competitors shall replace the bike on the racking prior to removing their helmet and then completing the exchange. They may (but do not have to) remove shoes, but not race number, prior to the exchange.
- g) Outgoing run competitors may wear shoes, socks, cap and shades prior to the exchange.

Equipment checklist

MUST HAVES

- Outfit in which to swim, bike and run (weather dependent).
- Roadworthy bicycle with race number sticker (provided at registration).
- Cycle helmet with race number sticker (provided at registration).
- Shoes for bike and run (can be the same pair).
- Safety pins and race numbers (both provided at registration) or bring your own race belt.
- Your BTF race license or "one day" race license (provided at registration).
- Timing chip (provided at registration).

OPTIONAL

- Swim goggles, hat, ear plugs etc.
- Towel (to dry feet) and / or talc / vaseline (to ease shoes onto wet feet).
- Socks.
- Rain jacket.
- Shades.

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- Cycle gloves.
- Cycle pump.
- Spare inner tubes.
- Warm clothes for before / after the event.
- Filled bottle for the bike.
- Gel fuel.
- Small bottle of water for transition.
- Run cap.
- Sun block.
- Watch.

BTF Rules, Advice and Guidance

The triathlon will be held according to the current BTF Rules advice and guidance. See link to BTF Rules below.

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

Specifically, littering is not allowed as it has the potential to annoy local residents on whose goodwill we rely on in order to hold the event. Carry your rubbish or use the bins provided. A BTF Technical Official will be present on the day to assist the Event Organiser in ensuring that matters run safely, fairly and within the rules. Together they will endeavour to make your experience of this event as positive and enjoyable as possible.

COVID - 19 Legacy

The legal aspects of COVID-19 rules have now been removed. It is important that we still acknowledge COVID and make the race experience safe and enjoyable whilst still protecting participants and spectators. Be aware that every participant has a different level of comfort regarding COVID. It is recommended that we all continue the good practices learnt / adopted from COVID as we attend the event. Please do a pre race health check. Please do not attend if COVID +ive or you have symptoms.

In the unlikely event that circumstances dictate, the triathlon may be modified to a duathlon, aquabike, aquathlon or other format and if this is the case no refunds will be offered.

Contact

If you have any questions please contact the Event Administrator:

admin@becclestri.com