



BECCLES TRIATHLON & AQUATHLON SUNDAY 9th JUNE 2024

VOLUNTEER INFORMATION PACK

INTRODUCTION AND PREPARATIONS

Firstly, thank you for offering to assist or marshal at the 2024 Beccles Triathlon. Without you the event would not take place!

To assist in communications, please bring your mobile phone (if this is possible) on the day. Please give your phone number to your Section Lead, so that it is recorded, along with your location / duties, prior to race day. Not least, this will assist us in responding promptly to any incident on the day.

PRIOR TO RACE DAY

There will be a volunteer briefing with your Section Lead. Time, date, and location to be confirmed by the Section Lead. Please note that part, or all, of the brief may be delivered electronically. At the briefing each volunteer will be given / shown:-

- The Section Leaders telephone number.
- Contact numbers for Event Control.
- A map of your location.
- Instructions on who to contact in the event of an incident or emergency.
- Instructions on carrying out your duties.
- The opportunity to ask questions about any details in this pack that you may require clarifying.
- A high visibility waistcoat, if applicable.
- “What 3 Words” for your location, if appropriate.

If you have any questions or concerns or find that you are unable to attend (or receive) your briefing, please contact us at marshal@becclestri.com or contact your Section Lead.

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ON RACE DAY (OR THE DAY BEFORE FOR CERTAIN DUTIES!)

Please report to your Section Lead and be punctual as everything needs to be in place to start the event at 8:30am on Sunday 9th June. If you have previously received all the briefing information, you require electronically and you wish to proceed directly to your (remote) location then please agree this with your Section Lead. You will need to plan for collection and return of your high visibility waistcoat (if applicable) and to receive your refreshments.

If you are unable to attend, please contact your Section Lead asap. This way we can arrange for your position to be covered by another volunteer.

Please note that there are no toilets provided out on the course, however, they are available at the Lido.

ROLE

Volunteers are a very important part of the Beccles Triathlon. Volunteers are there to help us ensure the event is safe for the competitors and spectators, to direct and encourage the competitors and to assist the event organisers in making sure the event takes place successfully. We have to ensure that it is fair, within the rules and enjoyable.

Volunteers act as a point of communication with the event organisers in case of an emergency. You are also asked to support competitors taking part in the event by cheering and encouraging them to keep going.

GUIDELINES

You will be allocated a specific location and duties. This will be explained at the pre-race briefing by your Section Lead. It is key that volunteers are in place at the allocated times and remain at that point for the required period. Please follow the instructions given for your location.

Please do not move any cones, barriers, signage etc unless you are told to do so by Event Control or your Section Leader. However, please let your Section Leader know if any have been moved from their original place, or you feel something is not correct.

If a competitor is seeking help, this should be summoned by contacting your Section Leader who will call through to Event Control. If you are unable to contact your Section Leader, telephone Event Control directly on the number you will have been given at your race briefing.

In the event of a serious accident/incident notify Event Control directly. If for any reason Event Control cannot be reached, then call 999 and inform Event Control immediately afterwards. If you do need to call 999 you must inform them that you are working at the Beccles Triathlon.

Please inform your Section Leader of any problems or safety hazards that you may notice at your location.

If applicable, please wear the high visibility waistcoat that you have been given when interacting with competitors or spectators. Please wear suitable clothes for the weather and bring waterproofs in case of bad weather. Also, don't forget sunscreen, extra water, and sun hats if it's very hot!

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You will be provided with free refreshments on the day from the Lido Cafe. Your high visibility waistcoat is your “food voucher”, so have it to hand when collecting.

If you are located on the bike or run course, you may find it easier to reach your marshalling point by bike. Please do bring bikes along, there are places to lock them at Event Control. You can then ride your bike and lock it up at your marshalling station.

If applicable, please return the high visibility waistcoat to your Section Leader on being stood down on Race Day.

INFORMATION ABOUT BECCLES TRIATHLON 2024

Race Organisers

Beccles Triathlon is being organised by Beccles Lido Limited, supported by Beccles Triathlon Club, with the assistance of numerous external companies and a large number of volunteers.

Charity

The profits from the event go to support Beccles Lido. Beccles Triathlon Club also receives a small contribution towards their running costs.

Race Overview

The 10th Beccles Triathlon is to be held on 9th June 2024 starting at 8.30am. The event will be limited to 200 athletes and is currently full, with a waiting list. The event is traditionally classed as a “Sprint Distance” pool triathlon. In addition, in 2024, we are holding the 1st Beccles Aquathlon – comprising the swim and run segments of the triathlon. We are currently close to the entry limit of 50 athletes.

The event is based in and around the Beccles Lido. The event will start with a swim of 420 metres (14 lengths of the Lido). The cycle leg will be 12.6 miles (20.3km) completed as a “left turn only” single circuit between Beccles and Bungay. The run leg is 4.1 miles (6.7km) completed on an “out & back” course along public roads, footpaths, the banks of the River Waveney north of the quay and the adjacent tracks across the nearby meadows. The event will finish back on Puddingmoor at the Lido. The start and finish of the cycle and run routes, together with the transition area utilise the whole length of Puddingmoor (which is closed for through-traffic during the event, but we do safely marshal vehicles in and out of either end for access if necessary.) The triathlon transition area will occupy the whole of Norgate - the access road / car park from Puddingmoor to the Lido entrance. A second transition area will be provided for the aquathletes. This will be on the south and west sides of the pool.

Bike route - <http://connect.garmin.com/course/2030139>

Run route - <https://connect.garmin.com/modern/course/269533133>

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Event Management and Control

The event is managed in eight sections, each with a Section Lead equipped with a two-way radio:

1. Registration – Steph Day.
2. Signage – Claire Sargeant.
3. Site – Matt Day.
4. Swim – Tim Millett.
5. Transition, Finish, Baggage – Roly Shaw.
6. Puddingmoor – Shaun Crowley.
7. Bike – Phil Goffin.
8. Run, Remote Water Station – Mark Dixon.

The main event control is based at the Beccles Lido. The Event Control Team comprises the following who will be equipped with two-way radios:-

1. Shaun Crowley (Race Director) – 07710 976 519.
2. Roly Shaw (Event Organiser) – 07780 654 894.
3. Matt Day (Site Manager) – 07402 535 534.

Volunteers are asked to arrive at various times, depending upon duties and the event schedule. The following times are for guidance only and will be confirmed by your Section Leader at the briefing.

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|------------------------------------|---|
| 1. Registration 1 etc (Tri & Aqua) | Saturday 8 th 4.45pm (Open 5.00 – 7.30pm). |
| 2. Registration 2 etc (Tri) | Sunday 9 th 6.15am (Open 6.30 – 7.45am). |
| 3. Registration 3 etc (Aqua) | Sunday 8.30 – 9.30am. |
| 4. Signage 1 | TBC Saturday 8 th (Deploy). |
| 5. Signage 2 | TBC Sunday 9 th (Recover). |
| 6. Baggage | 6.15am (After first athletes have registered and set up). |
| 7. Swim / Site | 7.45am (Event starts at 8.30am). |
| 8. Tri Transition / Finish 1 | Saturday 6.30 - 8.00pm (Build). |
| 9. Tri Transition / Finish 2 | Sunday 6.15am (Kit set-up 6.30 – 7.55am, live 8.30am >). |
| 10. Tri Transition / Finish 3 | Sunday 12.00pm approx. (Dismantle). |
| 11. Aqua Transition | Sunday 8.15am (Kit set-up 8.30 – 9.45am, live 10.30am>). |
| 12. Puddingmoor | 7.00am (Need to ensure road is clear before event start). |
| 13. Bike | 7.45am (Some locations are distant). |
| 14. Run / Remote Water Station | 7.45am (Some locations are distant). |
| 15. Site Clearance | 12.00pm onward. |

It is planned to present prizes at approximately 12:30pm. Please join us!

Medical Cover

A qualified medical crew will provide the on-site medical cover. The East of England Ambulance Service has been advised that the race is taking place. Qualified lifeguards (with first aid qualifications) will be present at the poolside. Volunteers are not required to give first aid unless trained and confident to do so.

Road Closure and Road Re-opening Schedule

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The agreed event safety arrangements enable us to close, or limit access to, the full length of Puddingmoor to traffic during the race. The road closure is planned to commence from 8:00am approx and should be completed by 12.30pm approx. The relevant permissions and notifications have been issued from / to the appropriate authorities. The road closure is arranged by qualified Traffic Management Managers (TMM's) and enforced by qualified Traffic Management Operatives (TMO's) who will be positioned at either end of Puddingmoor. The volunteer's role does not involve directing traffic or enforcing the management of road closures. Please remember that the Highway Code applies to all people on a public highway.

Note:- For the 2024 event there are building works at the corner of Puddingmoor (north end) and Northgate / Bus Station. These make the managing of the event and the road closure more challenging. Your Section Lead will brief you on any specific requirements for this year.

Vehicles on the Course and Official Race Vehicles

Please be aware that even when roads are closed there may be vehicles on the course at any time. This may include emergency services, residents' cars travelling to / from properties within the road closure and/or vehicles visiting businesses (usually Galleon's Boatyard and Waveney Hotel), race support vehicles. Please be alert at all times.

Volunteer Parking

Arriving volunteers should be aware that other people will be walking around the event area setting up the race. Once volunteers' cars are placed in the Waveney Meadow gravel car park on Puddingmoor, they cannot be removed until the road closure is terminated. If it is necessary for a volunteer to leave the event before the road is reopened, we recommend they park their car outside of the road closure area and make their way to the event area on foot. Further parking options are listed on the Lido website: <https://beccleslido.com/parking>

Finally....and again.....

We thank you for your assistance without which we could not put this event on.

Shaun Crowley

Roly Shaw

Matt Day

Race Director

Event Organiser

Site Manager

Beccles Triathlon Team

Beccles Triathlon Team

Beccles Triathlon Team